

# *Free To Grow*



# Winning our daily battles

Romans 8.5-9a (NLT)

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. That's why those who are still under the control of their sinful nature can never please God. But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you.

2Corinthians 5.17 (NIV11)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

# Untrue thought patterns

# Our environment

# Giving in to temptation



1Corinthians 10.13 (NLT)

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Hebrews 2.18 (NIV11)

Because he himself suffered when he was tempted, he is able to help those who are being tempted.

# Traumatic experiences

We sort out spiritual conflicts

We learn to resist and  
overcome temptation

2Corinthians 10.5 (NIV11)

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

We choose to walk in and  
live by the Spirit

Galatians 5.16-17 (NLT)

Let the Holy Spirit guide your lives.  
Then you won't be doing what your  
sinful nature craves. The sinful nature  
wants to do evil, which is just the  
opposite of what the Spirit wants.