

TALK IT OVER

Why Am I Here?

BOTTOM LINE

Your desire for purpose is proof that you were created on purpose.

CONVERSATION STARTER

What's your most common food craving?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Our Dilemma of Spiritual Dehydration](#) by Louie Giglio (41 min.)

VERSES AND QUOTES

Here's my instruction: walk in the Spirit, and let the Spirit bring order to your life. If you do, you will never give in to your selfish and sinful cravings. For everything the flesh desires goes against the Spirit, and everything the Spirit desires goes against the flesh. There is a constant battle raging between them that prevents you from doing the good you want to do. Galatians 5:16-17 VOICE

Man shall not live by bread alone, but by every word that comes from the mouth of God. Matthew 4:4 NIV

Set your mind on things above ... Colossians 3:2 NIV

"God does not call us to kill desire – but to train it. Spiritual growth happens when we starve what destroys us and feed what gives us life." – Dwight Mason

"Obedience today becomes appetite tomorrow." – Dwight Mason

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How would you describe the difference between the flesh and the Spirit? How do you recognize when your flesh is prompting you or when the Spirit is prompting you? We can spiritually tag all desires as bad and dangerous. But Paul affirms that we have good desires; desires to do what is good and right. What are good desires that you recognize within yourself? Paul also says that for every good desire prompted by the Spirit, there is a desire of the flesh that battles against it. What specific enemy can you identify that battles against your desire to do the specific desire you know is Spirit prompted? It's about redirection, not denial. Is there an area of your life, not necessarily inherently spiritual, where you have found redirecting your desire to be effective? Share. This happens spiritually in our toughest areas. A godly Christian leader was asked in a class, "How do you deal with lustful thoughts?" He replied, "I am a married man with a wonderful wife, and the minute a thought comes to my mind, I thank God that I have a wonderful wife at home who is just what God knows I need, and then I begin praising Him for the life I have." What do you think of his redirection? How can you discover your own method? Just as we often naturally crave junk food instead of what is healthy and we must retrain, we must spiritually. How do you develop a spiritual appetite? How have you seen your cravings grow in the direction of what you consume? Fasting teaches the soul who is in charge. Discuss. How do you know who is in charge of your life, truly?

ACTION STEP

I know there is a battle between my flesh and my spirit in this area: _____ I will obey the voice of the Spirit by _____.