

St Martins C3 – June 18, 2023

The Overflow of the Spirit - Overflow

Sermon Notes:

In this series, we have been honest about what is inside us, surrendered it to Jesus, asked Him to fill our lives and invited the Holy Spirit in. In the next two weeks, we will see how this process changes our behaviour.

Read Galatians 5:16-26

If we live according to the Spirit we will see the fruit or overflow of His work in our life. This overflow will be seen through the earthly attitudes and actions being erased and new attitudes and actions taking their place.

1 – Overflow in our Mind

Love

Love is a central Christian virtue, it is the motivation behind all of God's actions and will be our motivation if the Spirit is controlling us. It is seen through warmth and care for others.

Joy

Our strength comes both from the joy that God gives us and the joy we see in His heart. We take joy in the work that He is doing and the satisfaction that goes beyond our situation.

Peace

The Spirit can give us a mind that is at peace. A mind that is tranquil despite the chaos that spins around us.

2 – Overflow in Relating to Others

Patience

Patience is more than waiting for something you want to happen. Patience is a relational characteristic. It is being patient with others, and bearing with their shortcomings.

Kindness

Simple acts of kindness can make a big difference to others. Kindness is a sign of love and of God's grace to them.

Goodness

When God created the world He saw that it was good. This means that it was good for human flourishing. The Holy Spirit is still using us to help the people around us thrive.

3 – Overflow in our Conduct

Faithfulness

We should be reliable, honest and trustworthy. We should also be faith-filled, letting our trust in God be shown in the way we live our life.

Gentleness

It's not what you say it's how you say it. As we relate to others, particularly when we enter conflict situations the Holy Spirit will show us ways to be gentle with other people.

Self-Control

The Holy Spirit helps us discipline ourselves to stay away from sin and achieve all God has called us to achieve.

If we have God fill our lives these things will begin to become our natural mode. Continue to grow closer to Him.

Questions for Connect Groups:

How would you recap the first four weeks of the series?

What stood out to you from this week's sermon?

Why does God care about us having good character and behaviour?

What does it take for healthy fruit to develop on a tree? How does this relate to the good fruit developing in our lives?

Look at the three Overflow areas, why do you think Paul has highlighted these characteristics?

Look at each of the Overflow areas and determine an area that God has worked on you. Share with the group what has changed.

Look at each of the Overflow areas and determine an area in each that God is still working on you. Share with the group how He is working.

Which of the fruit of the Spirit are most present in your life?

Thinking back to the first four weeks of this series, what can you do about those fruit of the Spirit which are not yet present in your life?

Monday Devotion: Overflowing Harmony

Read Romans 15:5-7

This week we are going to do two things. The first thing we are going to do is reflect on scriptures that show more examples of the overflow of the Spirit in our lives. We want to see the multitudinous areas that God wants to make us more like Him.

The second thing we want to encourage you to do is start a gratitude journal. Many scriptures this week encourage thanksgiving. We spend a lot of our time focusing on our sins and the ways we are not yet like God. However, when we honour what God has already done and thank Him for it, we focus more on His power and less on our weaknesses. Doing so opens the door for God to keep working.

Today's verse encourages us to see how God gives us the power to live in harmony with each other. It is through the power of God that we can be patient with others, join in giving God praise and accept each other despite our differences.

It is easy to stay focused on our own needs and desires, but today decide to grow closer to others in the family of faith. Look for ways to show care and love towards them.

Activity:

- Start a gratitude journal. Today begin by listing the things God has given to you. Make this list as long as you can.

Tuesday Devotion: Overflow of Faith

Read 2 Thessalonians 1:11

Paul's prayer for the people of Thessalonica was that they would live a life worthy of His call. He also prayed that God would give them the power to accomplish all the good things their faith prompts them to do.

One of the good things that the Holy Spirit gives us is the insight into what God wants us to do and then the energy and ability to carry it through.

As we pray in faith, God's Spirit gives us insight into the big things that are in God's heart. We need to take the time to hear from God and sensitively see what He desires. This is the beauty of time in God's presence.

Then, once we know what He has for us, we can step out in faith knowing that we are stepping out with God right beside us. Think about ways God might be calling you to step out in faith this week.

Activity:

- Continue your gratitude journal. Gratitude is rooted in the reality that "bidden or unbidden, God is present." (Carl Jung) Today, ask God to show you how He has been present over the past few days. Thank God for His presence in your life.

Wednesday Devotion: Overflow in Character

Read Colossians 3:5-17

Here we have a formula very similar to what Paul outlined in Galatians 5. He shows how coming to Christ looks like a complete change of behaviour. He explains the behaviours that are no longer consistent with living for Christ and explains the new behaviours we are to clothe ourselves.

In this list, he mentions many of the things of Galatians 5 – kindness, gentleness, patience, love, and peace. He also adds other elements of a changed life like mercy, humility, forgiveness, teaching with wisdom, singing and gratitude.

As I reflect on the ways God has changed me, I see many areas that I once struggled with but have seen God completely transform. One of them for me is the way I use my words. I was once hurtful with sarcastic comebacks; however, God has challenged me to use my words to build others up. Hopefully, you too can see the process God has taken you on and celebrate it.

Activity:

- Gratitude journal time. Today, look at the areas of character that you see God has changed in you. Think about the things you once struggled with that you no longer do or the things you have never struggled with (see Galatians 5:19-21; Colossians 3:5-9). Praise Him for His work of transforming you.

Thursday Devotion: Overflow that Grows

Read 2 Peter 1:3-8

Take a moment to reflect on the first few words of this passage: “By His divine power, God has given us everything we need to live a godly life.” What a powerful promise. God allows us to share His divine nature and escape the world’s corruption caused by human desires.

Yet, we know we are a work in progress. That is why Peter encourages his listeners to grow from simply having faith to living that faith.

To faith is added moral excellence, knowledge, self-control, patient endurance, godliness, brotherly affection, and finally love for the whole world. As one is added to another we are formed as the godly Christian we are called to be.

This does not happen all at once; it is a process of a lifetime. If all that you achieve in life is to form a character that reflects God’s character, you will achieve more of substance than those who do not. Give yourself to this endeavour.

Activity:

- In today’s gratitude journal explore the areas of character where you have seen some progress. These might be areas you still struggle with but have seen some victory. Rather than focusing on what is not right, focus on the ways you have improved. Thank God for that.

Friday Devotion: Overflow in Endurance

Read Colossians 1:9-14

We have a great God and King. He has rescued us from the Kingdom of darkness and transferred us into the Kingdom of His Son. He has given us knowledge of His will, spiritual wisdom and understanding. He has given us the ability to do His will.

He has also given us the power to be patient and endure in all the different areas of our lives. Sometimes we need the endurance to press into Him for more change. We should never give up on the transformation process He has for us but look for ways to keep growing.

Other times we need endurance to get through the difficulties of our lives. Life can be hard. Family issues, financial issues, health issues and other personal issues can easily overwhelm us. Yet, if we spend time with His Spirit, we can have the strength to endure all these things. What a great God we worship.

Activity:

- Today, thank God for the areas where you have seen little change in your character. Thank Him that He still has a plan for those areas and that the victory you have seen in other areas can be a reality in these areas. Thank Him for the ways that He loves you despite your failures and has moved you into His Kingdom.