

## **Maintain the Spirit – Filled Life**

Have you taken the Big Step yet? Have you surrendered to the Lord your life and decided that this is going to be the year of more exercising and eating healthier? If the answer is yes, you are on your way to a Spirit filled life as indicated in Galatians 5:16-18. If your submission to the Lord's authority occurred in the distant past, then take now to recommit yourself to living a life of total dependence on Him.

Christians who are spirit controlled will see themselves as God does and rescued from sin's enslaving force like eating too much food or being a couch potato and not exercising. Through Christ we can resist temptation and maintain the life style that is pleasing to him. As we embrace the Spirit's authority over us, we will free of our bad habits and ungodly ways. It may take a while, but if we persevere in remaining yielded to Him, we can win that battle.

Through Christ, we have been given the freedom to choose godliness. The Holy Spirit desires to produce the fruit of self control in us. He will provide the divine power we need to exercise restraint when we do, God is pleased.

When was the last time you said no to junk food and yes to fruits? Thank God for His Spirit, who enabled you to do so.