

Understanding How to Walk as the Christian You Are

The Christian's goal is to cultivate and practice godly thinking and habits. Trust and obey are good qualities to develop. As we do this over time, we find we'll be able to walk longer and longer between sins. We'll never walk sinlessly perfect on this earth as long as we're in these unredeemed human bodies, but as we grow in Christ, we'll walk longer and longer periods of time in authentic Christianity.


Growth as a Christian is measured not by how much I'm filled with the Spirit (because I'm either filled or I'm not) but by how much of the time I'm filled with the Spirit. If I'm growing as a Christian, I am filled more of the time this year than I was last year.

Christianity is positive, not negative. It's okay to do unless you know it's wrong Scripturally or the Holy Spirit lets you know it's wrong for you.

Fill in Forgiveness and Victory Cycles. Forgiveness Cycle: Temptation at 1:30, Sin at 4:30, Confess at 7:30, Forgiven and Cleansed at 10:30, Fellowship with God Restored at 12:00. Victory Cycle: Temptation at 1:30, Know at 4:30, Consider at 7:30, Present at 10:30, Reign in Life (**5:17**) at 12:00.

Go through ECRAT (or SCRAT) handout.

If needed for you and/or your disciple, use the **Gal. 5:16-25** and definitions handouts as supplements.



Forgiveness Cycle
1 John 1:9
Psalm 32:1-5



Victory Cycle
Romans 6:1-14

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1. **Examine (or Search) your life for sin (Ps. 139:23-24).**
 - a. Sin is missing God's mark. It may be in thinking, action, word, power source, or motivation. When you sin, the sweet fellowship with the Father is broken. The relationship remains but the fellowship is absent.
 - b. Be open to God's examination to see if there are any sins that are obstructing your fellowship with the Father. If your sin is the result of something from the past, the Holy Spirit knows the past, and He can bring it to your attention.
2. **Confess any known sin (1 Jn. 1:9, Ps. 32:1-5).**
 - a. Confess means to 'agree with'. You are to 'agree with' God concerning your sin. "Father, I tried to find life or love or meaning in something or someone other than You, and that's wrong. I agree with You that I've missed Your mark." Focus on God, see sin as He sees it, accept responsibility for your sin, repent of it, and confess it.
 - b. If it's a sin you committed from the past or present, when the Holy Spirit brings it to your attention, deal with it, make personal Jesus' forgiveness and cleansing that was accomplished on the cross, and then go on in His strength. When you fall, don't stay there. Let go of the whole burden of your sin, rest on the finished, complete work of the Lord Jesus, and resume walking. If the sin again comes to mind, it's an attack by Satan!
 - c. If your sin involved another individual, first confess the sin to the Lord, then go to the person, confess your wrong, and ask his/her forgiveness.
3. **Review who you are in Christ & in the Spirit (Rom. 6:11, 8:9-13, Gal. 3-6).**
 - a. Because your old man IN Adam died with Christ and you're now IN Christ, you are dead to sin and alive to God. You have a new nature, a new identity, a new heart, an alive spirit. Jesus IS your life!
 - b. Because you're no longer IN the flesh but IN the Spirit, you are no longer under law and, you have no obligation to the flesh. You owe everything to the Spirit. The Spirit gives life to your mortal body. Remember, the flesh is NOT who you are!
 - c. Your thinking, choices, behavior, and speech should reflect the new person you are in Christ and in the Spirit. Jesus has taken up residence in your *spirit*. The Holy Spirit has taken up residence in your *body*.
 - d. When you sin, you can't blame the nature—it's new in Christ. And, you can't blame the flesh—the Spirit dwells there to give you victory in your daily walk. So, when you sin, confess the sin, make personal the Lord's forgiveness, and review who you temporarily forgot or ignored you were (IN Christ and IN the Spirit).

Understanding How to Walk as the Christian You Are (ECRAT or SCRAT)

4. **Allow yourself to be filled with the Holy Spirit (Eph. 5:18, Gal. 5:16).**
 - a. "Allow yourself to be continually being filled." It's a constant choice to be made, not a one-time act or event.
 - b. Remember, you are always indwelt by the Spirit. But at any moment, you're either filled with the Spirit or you aren't. Sin is what breaks His filling, His control, His strengthening.
 - c. Having gone through the 5 steps, by faith assume you're filled until He lets you know differently. Go about your everyday life, making choices you know are honoring to God and realizing His Spirit is living the life of Jesus through you! You'll see His fruit (**Gal. 5:22-23, Eph. 5:19-21**), His life, through yours.
 - d. Cultivate Godly trust, thinking, habits, and choices. You'll find yourself walking according to the Spirit more and more of the *time*. That's what walking is all about!
5. **Thank Him (1 Th. 5:18, Eph. 5:20)**
 Thank God for: revealing sins in your life, forgiving and cleansing you, making you who you are IN Christ and IN the Spirit, and filling you!

Psalm 139:23-24 Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way. You've examined my life for sin, and if You've revealed a sin to me, I'm to '**1 John 1:9**' it—**If I confess my sins, You are faithful and righteous/just to forgive my sins and to cleanse me from all unrighteousness.** I've confessed any known sin. Then I review my identity. **Romans 6:11** says I'm to **consider myself to be dead to sin, but alive to God in Christ Jesus** based on the truths of **Romans 6:1-10**. **Romans 8:9** says that if I'm a Christian, **I'm not in the flesh but in the Spirit**. **Romans 8:11** states that **if the Spirit of Him who raised Jesus from the dead dwells in me, He who raised Christ Jesus from the dead will also give life to my mortal body through His Spirit who indwells me.** I've reviewed who I am in Christ and in the Spirit. **Ephesians 5:18** then says **be filled with the Spirit** and **Galatians 5:16** makes clear I'm to **walk by the Spirit, and I will not carry out the desire of the flesh**. **Galatians 5:25** adds, **Since I live by the Spirit, I should also walk by the Spirit.** I've allowed the Spirit to fill me. Finally, **1 Thessalonians 5:18** states **in everything give thanks; for this is God's will for me in Christ Jesus.** I've thanked God for His searching, forgiving, reviewing, filling work. Praise Him! Then by faith I understand that I'm walking in the Spirit's strength until He lets me know otherwise. What an abandoned life of freedom! Freedom to live as God intended me to live, a life of worship, love, and service!

Keys to Discipleship #5
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Page 1 of 4

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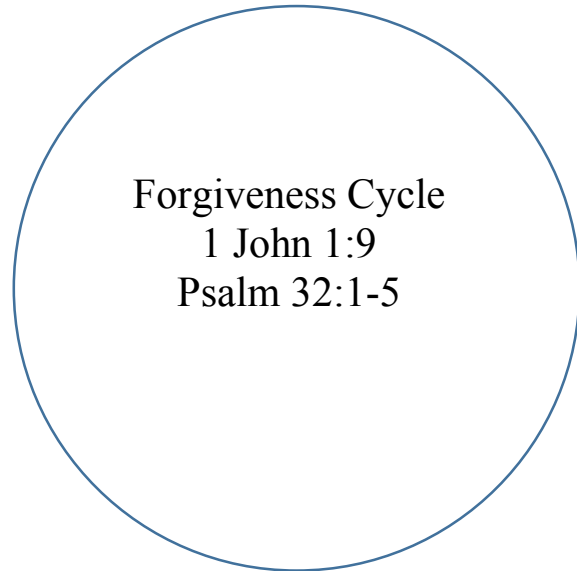
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