"And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet."

Matthew 24:6

# The Beginning of Sorrows

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Now as He sat on the Mount of Olives, the disciples came to Him privately, saying,

"Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?"

And Jesus answered and said to them:

"Take heed that no one deceives you. For many will come in My name, saying, 'I am the Christ,' and will deceive many."

Matthew 24:4-5

### The Beginning of Sorrows

"And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet.

For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places.

All these are the beginning of sorrows."

Matthew 24:6-8

# Key Truths

Remember, just like salvation, we are filled with the Holy Spirit by faith.

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As you therefore have received Christ Jesus the Lord (by faith), so walk in Him (by faith), rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

Colossians 2:6

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They are as follows:

First, you must desire to live a life that will please the Lord.

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"Blessed are those who hunger and thirst for (what) righteousness, (why are they blessed) for they shall be filled."

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Second, be (what) willing to surrender your life totally and irrevocably to our Lord Jesus Christ.

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See Romans 12:1-2

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I beseech (urge, beg) you therefore, brethren, (on what basis) by the mercies of God, that you (what) present your bodies a living sacrifice, (described as) holy, acceptable to God, which is your reasonable service (based on the mercies of God). And do not be conformed to this world, but (what) be transformed (how) by the renewing of your mind, (why) that you may prove what is that good and acceptable and perfect will of God.

Third, confess every known sin that the Holy Spirit calls to your remembrance and experience the cleansing and forgiveness that God promises in 1 John 1:9:

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This is called spiritual breathing.

Again, you are not filled with the Holy Spirit because you desire to be filled nor because you confess your sins or present your body a living sacrifice—you are filled by faith.

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Faith in both the command of God (Eph. 5:18) and the promise of God (1 John 5:14-15).

The command of God:

The promise of God:

The promise of God:

Now this is the confidence that we have in Him, that if (*if* – condition) we ask anything according to His will, (*then* – promise) He hears us.

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Fourth, ask Him, by faith, to fill you with the Holy Spirit. You can pray something like this:

Dear Father, I need You.

I hunger and thirst for a more vital relationship with You. I admit that I have been in control of my life.

And, as a result, I have sinned against You.

Thank You for forgiving my sins through Christ's death on the cross for me. I now confess and turn from my sins and surrender the control of my life to the Lord Jesus. By faith I invite You to fill me with the Holy Spirit as You commanded me to be filled. You promised to fill me if I ask according to Your will. I pray this in the authority of the name of Jesus Christ.

To demonstrate my faith,
I now thank You for filling me with Your Holy Spirit
and for taking control of my life. Amen.

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I now thank You for filling me with Your Holy Spirit
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Let's do this right now.

To demonstrate my faith,
I now thank You for filling me with Your Holy Spirit
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Let's do this right now.

"But I don't feel any different."



Spiritual Breathing

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First, exhale by confession.

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1. You must acknowledge your sins before God

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- 1. You must acknowledge your sins before God
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  - 3. Repent (attitude and action)

Spiritual Breathing

Spiritual Breathing

Then, inhale by appropriating the fullness of the Spirit

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Remember the command (Eph. 5:18) and the promise (1 John 5:14-15).

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You become hard towards the Spirit and comfortable with your sin.

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You become hard towards the Spirit and comfortable with your sin.

Our example is Paul.

# How to Walk in the Spirit

## How to Walk in the Spirit

Get ready for the Great Adventure!

"Most assuredly, I say to you, (condition) he who believes (pisteúō – to have faith in, to trust, to be firmly persuaded) in Me,"

Is there a certain level of belief that must be met?

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Is it one?

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Is it one? Or maybe more than one?

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Is there a certain level of belief that must be met?

What aspect of Christ must one believe in?

Is it one? Or maybe more than one?

Or does the context speak of all aspects of Him?

"And (promise) whatever you ask in My name, that I will do, (reason) that the Father may be glorified in the Son. If you ask anything in My name, (promise) I will do it."

Do you believe these words?

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Do you see any "gotchas" in this promise?

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Do you believe these words?

Do you see any "gotchas" in this promise?

Do you know what it means to ask in His name?

From the World

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.

Do not love ( $agapá\bar{o}$ ) the world ( $k\acute{o}smos$ ) or the things in the world ( $k\acute{o}smos$ ). If anyone loves ( $agap\acute{a}\bar{o}$ ) the world ( $k\acute{o}smos$ ), the love ( $agap\acute{a}\bar{o}$ ) of the Father is not in him. For all that is in the world (kósmos)— the lust of the flesh, the lust of the eyes, and the pride of life— is not of the Father but is of the world (kósmos). And the world (kósmos) is passing away, and the lust of it; but he who does the will of God abides forever.

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From the World

From the World From the (your) Flesh

I say then: Walk in the Spirit, (why) and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, (result) so that you do not do the things that you wish.

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Galatians 5:16-17

Note, what you wish is to fulfill the lusts of the flesh!

No temptation has overtaken you except such as is common to man; but God is faithful, who (He) will not allow you to be tempted beyond what you are able, but with the temptation (He) will also make the way of escape, that you may be able to bear it.

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1 Corinthians 10:13

It is not a sin to be tempted, only to give in to that temptation.

From the World

From the World From the (your) Flesh

From the World
From the (your) Flesh
Satan, the Enemy

Be sober, be vigilant; (why) because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

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