

*“Taking seriously the restoration of the heart is the most important thing you could ever do. The reason for this is that you were made for fierce love, fascinating adventure, exhilarating joy, and to fulfill your God designed destiny. All of those things require the restoration of your heart and soul.” – John Eldredge*

## **I. Foundational Understanding**

- A. Our goal in this freedom series is to provide the foundational understandings necessary to position you for restoration and freedom. We are constantly exposed to an unrelenting onslaught of sin, death, and forces of darkness that result in the brokenness of our hearts. We must understand that our restoration is a process not an event. In light of this we must cultivate courage, wisdom, perseverance, and honesty concerning our need for restoration if we desire to enter into the God ordained fullness of our lives and relationships. (Lk. 4:18)
- B. God has designed us for personal and corporate relationships and this is also the primary vehicle in He uses to restore and heal our lives. As we look to restoration and freedom we must understand that we need Holy Spirit empowered ministry and intimacy from our brothers and sisters in Christ.
  - 1. Lifegroups – Primary source of discipleship
  - 2. Deep Freedom Ministry – Lisa Quiller (970-946-8385)

## **II. Understanding How we are Created and Saved**

- A. Insight into how we are made – The created individual is made up of 3 parts, we are a Spirit (life and personality), that has a Soul (mind, will, and emotions), and lives in a Body (experiential functioning system). (1 Thes. 5:23)
- B. Salvation Process - Before we were saved every part of our person was fallen through the curse of sin and death. Our spirit, soul, and body all conformed to the image of sin and death, this is defined as “depravity”. Salvation or being saved is the process in which your entire 3 part being is transformed from death to life. (1 Cor. 1:18; Phil 2:12-13; 1 Pet. 1:10-11)
  - 1. Regeneration – (salvation of your spirit) - At the moment of conversion to Christ, His Spirit comes to dwell in your spirit and in doing so instantly causes your spirit to live by transforming it from depraved to righteous. Your spirit now has a totally new nature and desires the things of God rather than the things of Sin. This is biblically referred to as being “born again” or “being made alive in Christ”. (Eph. 2:4-5; Jhn 1:12-13; 1 Pet. 1:3)

2. Sanctification (salvation of your soul) – Unlike your spirit that is instantly transformed your soul (mind, will, and emotions) is being transformed progressively by God. The reason why it is progressive is to uphold the necessity of choice in the soul's decision to love. (Mk 12:30-33; Jhn 17:26; Eph. 3:16-19, 5:25-27)
3. Resurrection (salvation of your body) – The transformation of your body is an instant transformation known as the “resurrection of the saints” but awaits the environment of the installed kingdom of God upon the earth in which to function. (Phil 3:10-11; 1 Cor. 15:50-54)

### III. Walking in the Spirit

- A. If you were asked to think of a person who walks in the Spirit who would come to your mind and why? How about someone who is led by the Spirit? Is this the same person? What are the marks of an individual who walks in or is led by the Spirit vs someone who does not? Then finally the most important question, “Is that how God defines someone who walks in the Spirit?”
  1. In the Christian culture today there is much discussion concerning whether or not a certain church, pastor, or worship team is Spirit led. In many cases this discussion centers around the subject of spontaneity in methodology or the openness to scraping a preplanned agenda.
- B. According to the inspired words found within the pages of our Bible the earmarks of spontaneity and openness to scraping a preplanned agenda fall very sadly short of what it means to be led by the Spirit and to walk in the Spirit. Let's examine the following passages concerning the theme of walking in or being led by the Spirit. (Galatians 5:13-25; Romans 8:1-17)
- C. When examining these two passages multiple clear parallels occur.
  1. The flesh and the Spirit desire to devour the other. *The Flesh* – Depraved Sin Nature that rejects or does not desire God's ways of righteousness, but rather desires the ways of sin and death. *The Spirit* – The Spirit of God who abides in your Spirit which empowers and transforms mind, will, and emotions into the likeness of God's mind will and emotions. (Eph. 4:25-32)
  2. Through your desire for intimacy the Spirit ushers you into the relational knowledge of God's love, which in turn restores and heals your heart progressively through the power of God's love impacting you. The parts

of your soul that are impacted, are transformed and supernaturally empowered to love God in return.

- a. Through this process as you become more and more wholehearted in your love for God you automatically walk in and live a reality of Gods love fueling your mind, will, and emotions. Your actions also then follow in-line with you transformed heart.
- b. The end result of walking in the Spirit is the power and freedom to love God and those around you the way you were destined to. In turn the state of your life moves into the reality of God's intentions and destiny that He desires for you to experience. (Jer. 31:31-34; Ezk 36:36-37; Mat. 22:37-40; Gal. 5:14; 1 Jhn 4:19-21)

#### **IV. Practicals of Walking in the Spirit (Eph. 4:17-6:18)**

A. A large portion of Paul's letter to the church in Ephesus is dedicated to the practical applications of positioning yourself to walk in the Spirit. We will focus in on a small portion of this epistle but I would encourage you to read the section in its entirety. (Eph. 5:15-21)

1. Dependence upon Him – We need God to give us wisdom, clarity, and honesty. Many Christians fall into the trap of “being foolish” when it comes to the intentionality they have in their need for restoration. The days in which we live are evil, and we need God to give us eyes to see the depth of its impact upon us. Prayer is meant to be a dialogue not a monologue, so position yourself to hear. (Pr. 28:26; Jer. 17:9-10; Ps. 139:23-24; Jam. 4:1-10)
2. Be Intentional with your life – We are warned not to become drunk with the wine of this age leaving us in a distracted stupor as we go through life. We are called to have an intentional/sober lifestyle redeeming the time from evil to good and from darkness to light. The spontaneous encounters with God are most often found by positioning yourself to receive them. (1 Cor. 10:31; Col. 4:9)
3. Praise and Thanksgiving – God's presence is found in environments of praise and thanksgiving. Our lack of praise and thanksgiving results in of lack of upward and outward perspective, testimony, and remembrance. (Ps. 103; Rom 1:21)
4. Community centered upon Encountering God – Our evil days are also marked by being a generation whose relationships rarely venture past superficial and if they do we almost have no capacity to endure it. We are instructed over and over to bind ourselves together especially in our weaknesses. It is in the realm

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(Gal. 5:13-25; Rom. 8:1-17)

of relationship where our need for sanctification and the results of our sanctification are found. (Eph. 4:1-3; Col 3:12-17)

*“For the glory of God is man fully alive, and the life of man is the vision of God.” – Irenaeus*