

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery;
²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

18 (Therefore) if you are led by the Spirit, you are not under the law.

24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

Who or What is the Holy Spirit?



Who or What is the Holy Spirit?

Bible clearly declares that the Holy Spirit is God.



Who or What is the Holy Spirit?

The Third Person of the triune God
God in three persons.
Father, Son and Holy Spirit



Who or What is the Holy Spirit?

Sanctifies us

Comforts us, assists us in prayer

Indwells believers the moment we receive Christ

Convicts the world of sin

Gives us gifts to serve with

He guards and keeps our salvation



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Galatians 5:17

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Galatians 5:19-21

Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death?²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!
Romans 7:21-25



Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸ A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ Thus, by their fruit you will recognize them.

Matthew 7:17-20



Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly—mere infants in Christ. ² I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready.³ You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

1 Corinthians 3:1-3



For no one can lay any foundation other than the one already laid, which is Jesus Christ.¹² If anyone builds on this foundation using gold, silver, costly stones, wood, hay or straw,¹³ their work will be shown for what it is, because the Day will bring it to light. ¹⁴ If what has been built survives, the builder will receive a reward. ¹⁵ If it is burned up, the builder will suffer loss but yet will be saved—even though only as one escaping through the flames.

1 Corinthians 3:11-16





As these verses make clear it is not a time of punishment but a time of reward. Even the one who has built with wood, hay or straw, will not be condemned; but their reward will correspond to the quality of their building materials. When wood, hay and straw come in contact with fire they are burned up. They cannot stand the test. Gold, silver, and precious stones, however, do not burn. They will stand the test, and they will bring great reward.

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

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law.



OKLAHOMA
ALYSSA BRITO

OKLAHOMA
JAYDA COLEMAN

OKLAHOMA
GRACE LYONS

OKLAHOMA
PATTY GASSO

Micheal Eysenck
British Psychologist
Coined the phrase
“Hedonic Treadmill”



“People have become devoted to pleasure (hedonism), and yet that which gives of pleasure is constantly changing as the sparks fade and we must run to the next thing, whatever the next thing might be. Hence, we find ourselves on the treadmill, constantly chasing and never arriving.”

Article titled- *“Limiting Social Media Decreases Loneliness and Depression”*

“Spending more than 30 minutes a day on social media significantly increases levels of anxiety, depression, and loneliness.”

Article titled- *"The Effects of Active Social Media Engagement"*

"When women leave comments on social media pages of other women they consider more attractive than themselves, dissatisfaction of their own appearance increase"

**“I am the vine; you are the branches.
If you remain in me and I in you, you
will bear much fruit; apart from me
you can do nothing. ... ¹¹ I have told
you this so that my joy may be in you
and that your joy may be complete.**

John 15:5,11

Dallas Willard
Author of the
Divine Conspiracy



“Joy is not a passing sensation of pleasure, but a pervasive sense of well-being that is infused with hope because of the goodness of God.”



Jay Y Kim
Author of the
“Analog Christian”

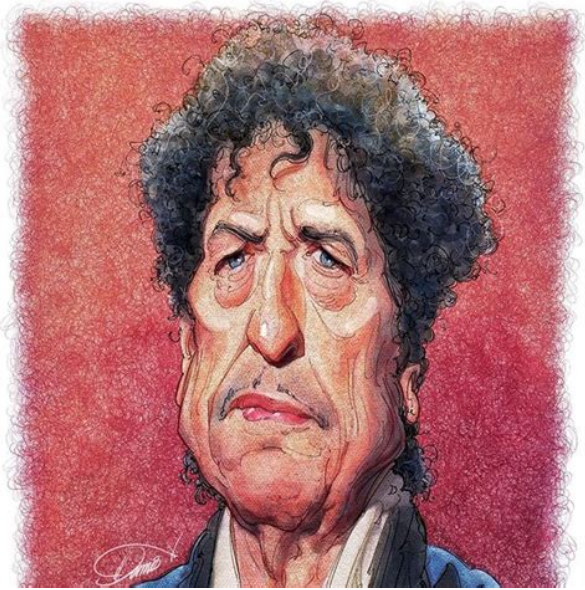
“The joy our culture sells, the façade of joy, the joy that always seems an inch or two out of reach—is a deception. Genuine joy endures and lasts and it’s always available. It’s not dependent on the shallow trappings of culture but on God’s unrelenting goodness and His infinite ability to work out all things, even painful things for good.”



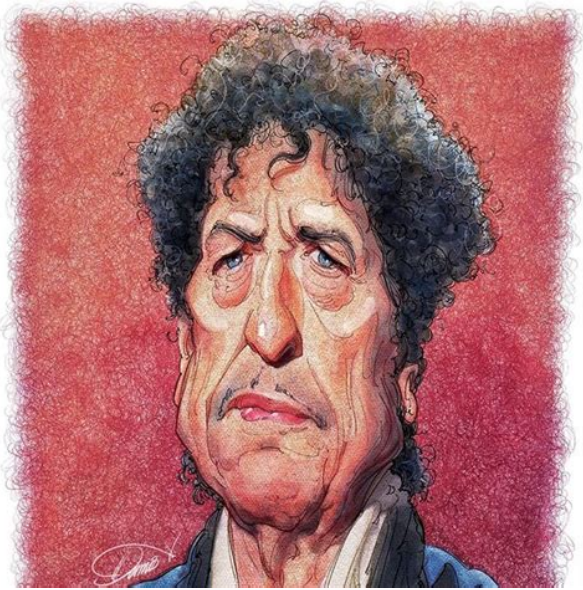
“The joy of the Lord is your strength.”

Nehemiah 8:10 (O.T.)





Bob Dylan
Rolling Stone Magazine
"Bob Dylan at Fifty"



Bob Dylan

Rolling Stone Magazine

"It's not happiness or unhappiness, it's either blessed or unblessed. As the Bible says, "Blessed is the man who walketh not in the counsel of the ungodly. Knowing you are the person you were put on this earth to be---that's much more important than just being happy."

“He was a man of sorrows and acquainted with grief.”

Isaiah 53:3



“But He endured the cross,
for the joy that was set before
Him, enduring the shame.

Hebrews 12:2



“The kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.”

Romans 14:17





Tim Keller
Author/Pastor

Definition of Biblical Joy-

Delighting in God and His salvation
for the sheer beauty and worth of
who He is.



Tim Keller
Author/Pastor

Opposite of Biblical Joy-
Hopelessness and despair.



Tim Keller
Author/Pastor

Counterfeit of Biblical Joy-

Elations that come from blessings and not the Blessor; mood swings based on circumstances.

★ *Summer Series*
2023 ★



Sierra Community Church est. 1959

Keep Tahoe Spiritual

Gal.5:16 walk by the spirit