

Date	Topic		Key verses.	Study
12 May	Who is the Holy Spirit?	<ul style="list-style-type: none"> - Deity, not an entity - Spirit of Life - He is your forever friend 	2 Corinthians 3:17 Romans 8:2 John 14:16-17	He is the Spirit of life. Pg 29
19 May	The Personality of the Holy Spirit	<ul style="list-style-type: none"> - Comforter - Counsellor - Peace 	John 14:15-27 John 16:7-14	His presence is your vital need. Pg 65
26 May	Three aspects of the Relationship	<ul style="list-style-type: none"> - Lord - Teacher - Friend 	2 Corinthians 3:16-18 1 John 2:27 John 15:15, James 4:4-6	"You are the Holy Spirit's home". pg.71
2 June	The Temple of the Holy Spirit	<ul style="list-style-type: none"> - You are the Holy Spirit's dwelling place - You can grieve the Holy Spirit 	1 Corinthians 3:16 & 6:19-20 Ephesians 4:30-32 1 Thess 5:19	Be careful not to grieve Him. Pg 69
9 June	The Holy Spirit brings powerful change	<ul style="list-style-type: none"> - The Power we were promised - The Power we need 	Acts 1:4-5 Acts 1:8 Acts 2:1-4 & 38-39	His presence produces evidence. Pg 142
16 June	Praying with the Holy Spirit	<ul style="list-style-type: none"> - All Christians can pray - All Christians can pray with, in and through the Holy Spirit. 	1 Corinthians 14:1-28 Romans 8:15-27	"Praying with the Holy Spirit."
23 June	The Spirit continually fills us... if we allow Him	<ul style="list-style-type: none"> - you don't receive 2/3 of God, as if the Holy Spirit comes later. - But Paul tells the church to "go on being filled." - Early Christians kept "being filled" 	2 Corinthians 1:22 & Eph 1:13 Eph 5:18 Acts 2:4, 4:31, 13:52	Being filled is an ongoing experience. Pg 144&45

7 weeks considering the person of the Holy Spirit and the relationship we have (or don't have) with him.

Week 1. He is the Spirit of life.¹

The Holy Spirit is the Spirit of life! Wow, what a name! Think about it. Life is everything. It encompasses all aspects of health, growth, freshness, vim, and vigour. There is no shadow of death operating in the Spirit of life- no sickness or disease, no weariness or fatigue, no staleness or form of death whatsoever.

The Spirit of life was present at the time of creation, breathing life into every area of the Earth. International missionary and evangelist Lester Sumall confirms this, stating:

For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. Romans 8:2

“The first place in recorded Scripture where we see activity of the Holy Spirit is in Genesis 1:2. It is remarkable that the first page and second verse of the Bible shows the activity of the Holy Spirit. ...It was the act of bringing cosmos, beauty, and loveliness out of chaos.” The earth was without form and void. God was involved in His creative masterpiece, and the Holy Spirit moved to help Him. The Spirit of God moved on the face of the waters, and cosmos came out of the chaos.’²

Where in your life do you sense a void or see chaos? Where do you need the Holy Spirit of life to bring beauty, order, and freedom? Pray and ask Him to show you. Surrender these areas to Him in prayer, asking Him to move over them and bring order, just as He did at creation.

Enter text.

¹ Taken from “The Holy Spirit” by John Bevere. Pg 29

² Lester Sumrall, Spirit, soul and body (New Kensington, PA: Whitaker house, 1995) 113

Are you worn out from the busyness of routine? The Spirit of life wants to strengthen you with his might. As you spend time with Him and get to know Him, He will renew your strength. Take a moment and meditate on these powerful promises from God:

Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, does not faint or grow weary; there is no searching of His understanding. He gives power to the faint and weary, and to him who has no might He increases strength (causing it to multiply and making it to abound).

Isaiah 40:28-29 AMP

It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, he'll do the same thing in you that he did in Jesus, bringing you alive to himself? When God lives and breathes in you (and he does, as surely as he did in Jesus), you are delivered from that dead life. With his Spirit living in you, your body will be as alive as Christ's!

Romans 8:11 The Message

I have strength for all things in Christ Who empowers me | am ready for anything and equal to anything through Him Who infuses inner strength into me.....

Philippians 4:13 AMP

What is the Holy Spirit speaking to you through these verses? Write a prayer asking the Spirit of life to infuse you with inner strength and make you as alive as Jesus when He walked the Earth. This request is not a "feeling" prayer or a "Worthiness" prayer. Rather, it's a prayer of faith grounded in the promise Yahweh has made to us.

For Further Study...

Genesis 1:2; Nehemiah 9:6; Isaiah 40:12-15; Psalm 8:3-9; 104:24-30; Job 33:4

Week 2. His presence is your vital need.³

You have said, Seek My face (inquire for and require My presence as your vital need). My heart says to You, Your face (Your presence), Lord, will I seek.... Psalm 27:8 AMP

David was not your average man. He had one thing that burned within his heart – one craving that consumed his consciousness. He had a passion for God's presence. "The one thing I ask the Lord," he said, "the thing I seek most – is to live in the house of the Lord all the days of my life, delighting in the Lord's perfection and meditating in his temple" (Psalm 27:4).

Nothing, absolutely nothing, is more valuable than the abiding presence of God and having Him as our Partner. Since the Father and the Son are in heaven, the Holy Spirit has been positioned on earth to manifest God's presence in and through every believer. Nicholas Herman, better known as Brother Lawrence, learned to "practice the presence of God" and made it his mission to help others do the same. According to this seventeenth-century monastic servant:

"The most holy and necessary practice in our spiritual life is the presence of God. That means finding constant pleasure in His divine company, speaking humbly and lovingly with Him in all seasons, at every moment, without limiting the conversation in any way."⁴

Stop and think: How vital is God's presence in my life? What would life be like without Him? Imagine getting up tomorrow without the presence of the Holy Spirit. Review the list of His names and roles.

- Comforter (used throughout the Amplified Bible)
- Holy One (Psalm 78:41)
- The Lord (2 Corinthians 3:17)
- Spirit of truth (4 times)
- Spirit of Christ (Romans 8:9; 1 Peter 1:11)
- Spirit of Jesus Christ (Philippians 1:19)
- Spirit of counsel (Isaiah 11:2)
- Spirit of knowledge (Isaiah 11:2)
- Spirit of might (Isaiah 11:2)
- Spirit of understanding (Isaiah 11:2)
- Spirit of wisdom (Isaiah 11:2)
- Spirit of the fear of the Lord (Isaiah 11:2)
- Spirit of your Father (Matthew 10:20)
- Spirit of glory (1 Peter 4:14)
- Spirit of grace (Zechariah 12:10; Hebrews 10:29)
- Spirit of judgment (Isaiah 4:4)
- Spirit of burning (Isaiah 4:4)
- Spirit of life (Romans 8:2)
- Spirit of love (2 Timothy 1:7)
- Spirit of power (2 Timothy 1:7)

³ Adapted from John Bevere's, "The Holy Spirit." Pg 65

⁴ Watchman Nee, let us pray (New York, NY: Christian Fellowship publishes, Inc.: 1977) 71

- Spirit of a sound mind (2 Timothy 1:7)
- Spirit of prophecy (Revelation 19:10)
- Spirit of revelation (Ephesians 1:17)
- Spirit of holiness (Romans 1:4)
- Spirit of the Holy God (4 times in Daniel)

With renewed perspective, write how vital His presence is to you.

When and where are we to experience the Holy Spirit's presence?

Lawrence continues: *"It isn't necessary that we stay in church in order to remain in God's presence. We can make our hearts personal chapels where we can enter anytime to talk to God privately. These conversations can be so loving and gentle, and anyone can have them. Is there any reason not to begin?"*

Without question, you need quality (and quantity) time in the Holy Spirit's presence, a time to totally focus your attention on Him. This includes things like time in His Word, talking and listening to Him, thanking Him and singing His praise, and just sitting silently. Stop and pray: "Holy Spirit, what should my devotional time with You look like at this season of my life?" Write what He reveals.

How can you practice God's presence?

Brother Lawrence said, *"Simply present yourself to God...and fix your attention on His presence. If your mind wanders at times, don't be upset, because being upset will only distract you more. Allow your will to recall your attention gently to God... cultivate the holy habit of thinking of Him often."* Pause and pray: "Holy Spirit, what can I do to focus my attention more on You?" Listen for His answer and incorporate it in your life.

Dave's challenge.

Set a timer on your watch or phone for 5 minutes. Get a place that's quiet or away from others. Sit quietly every day this week for 5 minutes. Tell Yahweh, "I am here to seek your presence". You might find your mind instantly gets caught up with a million thoughts! This is very normal, so don't be discouraged if it happens. However, as you "practice" seeking God's presence, you will become quieter in your mind in the five-minute sessions, and you will find you are more aware of the Holy Spirit throughout the day.

Further Study - Check out:

1 Chronicles 16:9-11; Psalm 22:26; 105:3-4; Proverbs 8:17-18; Isaiah 55:1-3, 6; Jeremiah 29:11-13; Matthew 6:33; Hebrews 12:1-2.

Week 3. You are the Holy Spirit's home⁵

Surely you know that you are God's temple and that God's Spirit lives in you!
1 Corinthians 3:16 GNT

God Almighty, the all-knowing, all-powerful Creator of everything from microscopic molecules to gargantuan galaxies, has chosen to make His home in your heart! Yes, as a believer, the very same Spirit that raised Jesus Christ from the dead lives in you! Pastor, author, and Greek scholar Rick Renner shares what it means to be home to God's Spirit:

"When the Holy Spirit came into your heart, He made a home that was so comfortable, He was actually happy to come live inside you! He moved in, settled down, and permanently took up residency in your heart—His new home!"

You see, when you got saved, the ultimate miracle was performed inside your heart. The Holy Spirit took your spirit, which had been dead in trespasses and sin, and raised it to new life. His work inside you was so glorious that when it was all finished, He declared you to be His own workmanship (Ephesians 2:10). At that moment, your spirit became a marvellous temple of God!"

Every place you go, every conversation you have, and every activity you participate in, you take God's Spirit with you. Stop and think about that.

How does this truth encourage, excite, and strengthen you? How does it shape your prayers?

How does this truth challenge and convict you? How do your answers move to pray?

Consider your choices in the entertainment you watch and listen to, the people you hang out with, and the activities you participate in.

⁵ Adapted from John Bevere's "The Holy Spirit." Pg 69

Where are you at?

So, how would you describe your current level of communion with the Holy Spirit? Are you enjoying fellowship, partnership, and intimacy? Are you hearing His voice and experiencing His real, manifest presence in your life? Is it time for a good "spring cleaning" so He can feel more comfortable and at home in you? Pray and ask Him to reveal the condition of your heart. What is He saying? What steps is He asking you to take?

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think....

Romans 12:1-2 NLT

Dave's challenge.

How did you go with last week's challenge? Share what you learnt and recommit as a group to have a go again this week.

Set a timer on your watch or phone for 5 minutes. Get a place that's quiet or away from others. Sit quietly every day this week for 5 minutes. Tell Yahweh, "I am here to seek your presence." You might find your mind instantly gets caught up with a million thoughts! This is very normal, so don't be discouraged if it happens. However, as you "practice" seeking God's presence, you will become quieter in your mind in the five-minute sessions, and you will find you are more aware of the Holy Spirit throughout the day.

Week 4. Be careful not to grieve Him⁶

And do not bring sorrow to God's Holy Spirit by the way you live.

Remember, he has identified you as his own.... Ephesians 4:30 NLT

Fellowship with the Holy Spirit is priceless. His manifest presence is life-giving in every area of living. For Kathryn Kuhlman, this was a way of life, millions heard her speak about God's love and the power of His Spirit, many experiencing His miraculous healing. In her book 'The Greatest Power in the World' Kuhlman explains how the Spirit can be grieved:

"...Even though the Holy Spirit is the mighty power of the Trinity, He is sensitive and easily grieved. There is no doubt that this wonderful person may be grieved by bitterness, by wrath, anger, evil speaking. In other words, He can be grieved by anything in the life of an individual that is contrary to meekness, longsuffering, forbearing one another in love, and endeavouring to keep the unity of the Spirit in the bond of peace."

It is vital to understand what grieves (saddens) the Spirit and causes Him to draw back from manifesting His presence in our lives. Carefully read Ephesians 4, which provides the context of what it means to grieve the Holy Spirit. (Pay close attention to verses 1-6 and 17-32).

What attitudes, mindsets, and behaviour mentioned in verses 17-24 grieve the Holy Spirit?

Ephesians 4:17-24 exposes lifestyle choices and thinking that sadden the Spirit and separate us from His manifest presence. Sum up the overall activity in verses 25-31 that saddens the Spirit. Take time also to write the specific actions revealed in the passage.

⁶ Adapted from John Bevere's "The Holy Spirit." Pg 69

Ephesians 4:25-31 reveals the specific ways we treat others that bring sorrow to the Spirit and separate us from Him.

Yes, we can sadden the Spirit, but the good news is that we can also gladden Him! Carefully read verses 1-7, 14-15, 25, 29, and 32 and name the kinds of conduct that make the Spirit happy (consider the antonyms/opposites of what grieves him when developing your answer).

The key to not grieving the Holy Spirit is to pursue and preserve a spirit of unity and oneness. While pride and impurity paralyses the work of the Spirit, unity unleashes it. Get quiet before God. Ask Him, "*Am I doing anything to grieve You?*" Repent of anything He reveals, and ask for His grace to work in humble, pure ways that gladden Him and invite His activity in your life.

Dave's challenge.

5-minute challenge and griefs and joys with the Holy Spirit.

This week, as you set your five minutes to seek God's presence, ask the Holy Spirit to show you:

What you do that brings joy to Him.

What you do that grieves Him.

Awareness: When you ask this question, often the first thing you hear will be from the Holy Spirit. Straight after this, you may question what you first "heard", putting conditions and doubts around what you first heard. This is usually "us" as our fear, insecurities or lies we've partnered with begin to try and drown out the voice of truth. If this happens, hold to what you first heard! Remember, we are promised that the Holy Spirit speaks to our spirit.

Week 5. His presence produces evidence.⁷

The evidence of the Spirit's presence is given to each person for the common good of everyone.
1 Corinthians 12:7 GW

When the Spirit of God is present, there is evidence! Rivers and seas give way to dry ground. Blind eyes and deaf ears are opened. The lame walk and the mute talk. Fear is defeated, and hope is reborn! Signs and wonders of all kinds mark the landscapes of our lives as we are knitted in relationship with God's Spirit. Again and again, the accounts in Acts confirm that when the Holy Spirit was present, people saw and heard the evidence. Look back over your life.

What evidence of the Spirit's presence can you remember? Write a sentence or two describing situations in which the Spirit showed up and changed your life.

I remember when...

I remember, when...

I remember, when...

(Don't rush. Meditate on God's goodness. Let the spirit reinvigorate you with new life as you recall his faithfulness!)

Once again I'll go over what God has done, lay out on the table the ancient wonders; I'll ponder all the things you've accomplished, and give a long, loving look at your acts.

O God! Your way is holy! No god is great like God! You're the God who makes things happen; you showed everyone what you can do. Psalm 77:11-14 The Message

The Holy Spirit has helped you before, and He desires to do it again! How do you need Him to help you now? Get quiet before Him and invite Him to do it again! Ask Him to show evidence that He is real and really cares about you and those around you. Be still. What is He speaking to you?

Pause and offer praise to the Lord. Write a prayer of praise and thanks to Him. He is worthy!

⁷ Adapted from John Bevere's "The Holy Spirit." Pg 142

Week 6. Praying with the Holy Spirit (Written by Dave).

Before I go any further, I want to mention the spiritual gift of tongues.

This gift was part of the Holy Spirit being poured out on the day of Pentecost. There has been a lot of controversy about tongues and a lot written! So it would be good to pause and consider this gift, in light of us considering more broadly how we pray with the Holy Spirit, whether we have this gift or not.

Back in Genesis 11, in their pride and self-righteousness, people sought to make a name for themselves by building a huge tower. God's response was to disperse them by "babbling" their language, restoring a part of God's original plan for mankind that we would subdue the Earth (Genesis 1:28).

When the Holy Spirit is poured out on people after Jesus' resurrection (Acts 2), people from all over the world with different languages hear Jesus' disciples declaring the gospel in their own native language. As a result, Peter got to preach to the crowd. 3,000 people respond that day and are brought back to God.

This shows us some things about gifts given by the Holy Spirit, specifically tongues.

Why Spiritual gifts?

Jack Deere comments about the day of Pentecost and the giving of Spiritual gifts.

"The purpose of the miraculous ministry of the spirit, whether at the beginning of the church or at the turn of Jesus, is to move people to call on the name of the Lord that they maybe brought into the eternal family of God (Joel 2:32: acts 2:21).⁸

So, all spiritual gifts are given so people can be drawn to Jesus and brought to repentance and faith in Jesus.

It is not surprising, then, that this sign is often misunderstood and maligned. On the day of Pentecost some of those who heard people speak in tongues called them "babblers" and assumed they were drunk. Such disparagements happen whenever you see Spiritual gifts exercised that promote Jesus. Just think for a moment of the criticism you see when people exercise a Spiritual gift of evangelism, prophecy, healing, leadership, mercy... I can think of examples both in my life and in the bible where people are criticised and persecuted (often by other Christians) for exercising a spiritual gift. Just think of people like Billy Graham, Mother Teresa, Kathy Kulmann, John Wimber...

My prejudice

When I was a young Christian, I was in a church where some people said those who spoke in tongues were possessed. Then, on my first summer mission (Blue Moose in Ocean Grove), I met people from the Geelong Revival Centre who said that unless you spoke in tongues, you were saved. As a young Christian, this abuse of the gift of tongues reinforced an already prejudiced view I had towards gifts of the Spirit because of the conservative church in which I became a Christian.

⁸ Jack Deere, "Why I am still surprised by the voice of God." 28

This prejudice against tongues and the gifts of the Spirit took me years to get over. Even when I was desperate for more of God and sought a deeper intimacy with God through the Holy Spirit, these old prejudices held me back.

The journey back for me was to the Word and the testimony of credible Christians. One super helpful book for me was “Surprised by the Power of the Spirit” and “Surprised by the Voice of God” by Jack Deere. Jack has updated both books in the last few years. They are excellent resources for those seeking a balanced biblical view of the gifts of the Holy Spirit, which can be lived out day to day (I have a copy if you’d like to borrow one).

I often see misunderstandings about tongues arise because a conclusion is arrived at based on our experience, or lack thereof, without looking at what the bible says about this and other gifts. The result is that we miss out on the gifts the Spirit gives for our edification and to point people to Jesus!

Why are tongues disparaged?

Tongues is often disparaged because it isn’t a “greater gift” (1 Corinthians 14:5-6) and it should only be used for private edification and never publicly (1 Corinthians 14:4).

This is a misapplied application of Paul’s instruction regarding tongues and the gifts of the Holy Spirit.

From my reading of scripture, the Holy Spirit has three manifestations of tongues.

1. A prophetic heavenly tongue used in public worship and/or to speak prophetically (1 Corinthians 14:6-9 & 22-28).
2. A worship or prayer tongue used to sing or pray to God (1 Corinthians 14:15-18)
3. A tongue of another language that the speaker doesn’t know (Acts 2:11) that is spoken to reveal and draw people to God.

I’d encourage you to examine the scriptures yourself as you consider this, but consider the ultimate foundation for the use of any spiritual gift is love, which builds up and points people to faith in Jesus (1 Corinthians 12:9, 31-13:1, 14 14:5:b).

Can someone pray with the Spirit without the gift of tongues?

Absolutely! Paul speaks wonderfully about what happens when we become adopted into Yahweh’s family when we are saved. Read Romans 8:15-27

I want to make a few comments about this passage and then encourage you in your group to talk about *How do we apply the truth of this passage to our prayer life with the Holy Spirit?*

1. We don’t have a spirit of slavery but of adoption as a child of God. Slaves must perform. The Holy Spirit doesn’t disqualify you for a gift based on performance. So, if you’ve disqualified yourself based on not being “good enough”, then that’s a lie you must dismantle.

2. The “first fruits of the Spirit” what is that? Some would say it’s an extra experience. It may be, but I don’t think it’s all about experience. If we look at the whole chapter, Paul speaks about being led by the Spirit, controlled by the Spirit, and the Spirit brings life. This is for all believers. However, there also do seem to be “experiences” of a deeper sense of love and connection we have with Father God.

This makes sense as I think about my Dad or being a Dad. I have wonderful memories that stand out as wonderful times of love, both with my Dad and being a Dad. However, when these didn't occur or were less prominent, love was absolutely still there. So, while I think we should expect to have moments of greater connection with God through the Spirit, we shouldn't be constantly hanging out for an experience to give us an assurance that we're loved and accepted.

John Stott puts it this way. *The whole paragraph appears to be descriptive of what is, or should be, common to all believers. Though doubtless in differing degrees of intensity, all who have the Spirit s indwelling (vs9) are given the Spirit s witness too (vs15–16).*⁹

So, whether you have the gift of tongues or not, we can expect that the Spirit will pray/speak:

1. To us (vs16).
2. Through us (vs26).
3. With us (vs27).

How can you grow in intimacy with Yahweh, praying with the Spirit?

1. **Thanksgiving.** Ask the Holy Spirit to show you how to praise and give thanks to God. Then, start praising God.
2. **Requests.** We all have situations that are beyond us. Ask the Holy Spirit to show you “how to pray” for these.
3. **Asking.** Ask for the gift of the Spirit, including tongues (Paul said he spoke in tongues more than anyone in the Corinthian church).

Dave's challenge. Continue to practice your five minutes of quiet. But this week, focus on “Thanksgiving”. In your quietness, ask the Holy Spirit to show you how to praise God. Then, focus quietly on an attribute of God. Then, at the end of the five minutes, starting praising God.

⁹ [1] John R. W. Stott, *The Message of Romans: God's Good News for the World*, *The Bible Speaks Today* (Leicester, England; Downers Grove, IL: InterVarsity Press, 2001), 236.

Week 7. Being filled with the Holy Spirit is an ongoing experience¹⁰.

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.
Ephesians 5:18, NLT

God's command through Paul to be filled with the Holy Spirit is vital. The Greek word for filled is pleroo ("play-ro-o"). It means "to fill and disperse throughout one's soul." Even more important is the tense of this verb: passive, imperative, present. The passive voice implies that "you" as the subject are to be acted upon; the imperative voice makes it a command, not a suggestion; and the present tense aspect implies continuous action.

Ephesians 5:18 in the Amplified Bible nails this truth: *"And do not get drunk with wine, for that is debauchery; but ever be filled and stimulated with the [Holy] Spirit."* The ongoing experience of being filled with the Spirit infuses us with everything we need to live like Jesus and bring God's will on earth as it is in heaven. Evangelist Smith Wigglesworth said,

"I can never estimate what the baptism of the Holy Ghost has been to me... It is a luxury to be filled with the Spirit, and at the same time, it is a divine command for us... I maintain that with a constant filling, praying morning, noon and night. As you live in the Spirit, when you walk down the steps of the house where you live, the devil will have to go before you. You will be more than a conqueror over the devil.

As you live in the spirit, you move, act, eat, drink, and do everything to the glory of God. Our message is always this, be filled with the Spirit. This is God's place for you, and it is far above the natural life as the heavens are above the Earth. Yield yourselves for God to fill it!"¹¹

Peter, John, and the other disciples were all baptised in the spirit at Pentecost. But they are filled again with the Spirit during prayer shortly thereafter.

Carefully read this account in Acts. What can you learn from this account to help position yourself to be ever filled with the Spirit?

Through Paul, God says, "Do not neglect the gift" of the Holy Spirit, but "stir up that inner fire which God gave you" (1 Timothy 4:14; 2 Timothy 1:6 Phil-lips). In other words, be continuously filled with the Holy Spirit. Carefully read Ephesians 5:18-19, 6:18, and Jude 20. What is the Spirit showing you about keeping His fire stirred up in you?

¹⁰ Adapted from John Bevere's "The Holy Spirit." Pg 144-145

¹¹ Smith Wigglesworth, *Ever increasing faith* (Springfield, MO: gospel publishing house, 1971) 96 - 97.

“So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going to work, and walking around life- and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.”

Romans 12:1–2. The Message