

Speaker : Associate Pastor David Seah
Title : The Real Thing
Text : Galatians 5:25, 26

Introduction

How does an authentic life, the real thing, look like?

“But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard – things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely” Galatians 5:22, 23 (The Message).

A person who lives God’s way is one who does more and more - **the right thing at the right time in the right way with the right spirit**. How do we do that? Paul’s advice is two-pronged:

1. Allow the Holy Spirit’s Work

“My counsel is this: Live freely, animated and motivated by God’s Spirit. Then you won’t feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness” (Galatians 5:16, 17).

- He works in our personality

Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original” (Galatians 5:25, 26).

- “work out its implications in every detail of our lives...” – speaks largely of our behaviour and actions. Our behaviour stems mainly from our personality and temperament.
- “That means we will not compare ourselves with each other as if one of us were better and another worse” – There is no two same person alike, in the complexities of our personality and temperament.
- “Each of us is an original” – God’s design for everyone is different. We are wired differently and are led through experiences different from one another.

2. Train Well

“Exercise daily in God – no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever” (1 Tim 4:7, 8).

- Commit to Spiritual Disciplines

Prayer, bible reading, meditation, fellowship, worship, servanthood, giving, solitude, confession, celebration, and many more.

- Be intentional in doing certain things - worship, fellowship and servanthood
- Also, be intentional in refraining from doing certain things - fasting, solitude and silence

The Church is a powerhouse for spiritual disciplines!

Conclusion

The key to allow the Holy Spirit work in our personality, through spiritual disciplines is to find the rhythm of the Spirit. There is a rhythm the Holy Spirit brings in every season of our lives.

Every season offers its own opportunities and challenges for growth. Instead of wishing we were in another season, we ought to find out what the current one offers and be in step with His rhythm.

It could be a season of waiting, or of new beginnings, or of revisiting our past, or of growth, or of learning, or of investing, or of letting go, etc. (Ecclesiastes 3:1-8)

- Are we in sync with the Holy Spirit? Or are we out of rhythm?
- Are we feeling frustrated? Tired? Disappointed? Angry? Hopeless?

Hear what Jesus says - "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the **unforced rhythms of grace**. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" (Matthew 11:28).