

## WHAT'S UNDER YOUR SKIN?

Scripture used: Galatians 5:22-23 (NLT)

### OVERVIEW

#### Big Idea:

Pastor Hurmon started us on a series of 9 sermons with the theme of peeling back the layers of our hearts to reveal key values and character traits God is intent on growing in every member of the Body of Christ through the power of the Holy Spirit. In Luke, the Holy Spirit appears like a dove and states that Jesus is God's dearly beloved son who brings God great joy. In our scripture from Galatians, the Apostle Paul reminds us that the same Holy Spirit moves into our hearts to trigger profound change. The life of faith is about allowing God to change us from the inside out, not just adjusting our external behavior.

### KEY POINTS

- 1) **God's Spirit hovers over our chaos.** We like to isolate God to some portions of our life, but God's spirit is not limited; He is active all over creation. Sometimes we see signs that reveal a special call to us. Some signs are dramatic, and some are subtle. All are unique and special. God needs His people in every walk of life.
- 2) **Being filled with the Spirit** gives us a sort of supernatural power. Dr. King's "I Have A Dream" speech did not originally include this iconic message. It was a speech on freedom and jobs, but God came upon Dr. King during the speech. It was truly a Spirit-filled and Spirit-inspired moment. God takes a natural gift (Dr. King's oratory, in this instance) to make something historic. Pastor Hurmon was once invited to guest-preach to a Brazilian congregation in Boston. He providentially felt called to preach boldly on domestic violence which prophetically spoke to this congregation. Unexpectedly, this turned into an invitation to go to Brazil and preach to more than twenty congregations there. When God's Spirit fills our actions with unique power, His transformative and redemptive work is unleashed.
- 3) **The Spirit dwells (lives in us).** God asks us to obey His commands. In return, He gives us an advocate, a counselor, a comforter in the Holy Spirit. By trusting the Holy Spirit, we allow God to lead our lives. The Galatian values are all aspects of the "fruit of the Spirit" and each aspect of fruit represents the character of God. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Paul is intentional about putting love first, as love (beautifully defined by Paul as patient and kind) inspires all other qualities and is the highest expression of God's character. Self-control and restraint are embodied by Christ during his martyrdom and crucifixion. These qualities represent unconditional affection and caring, commitment, and a redemptive element. We want to become better people. We want to serve others because of their intrinsic value - not with an expectation of anything in return. This is the love that God fills us with through the Holy Spirit.

### DISCUSSION

- 1) **HEAR** - Pastor Hurmon shared that the Spirit of God is at work in all of God's creation. Where do you recognize the Spirit of God working in your life?
- 2) **UNDERSTAND** - How have you experienced the Spirit of God working in your life to shape your character so your heart is more like God's heart (i.e., filled with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control)? Remember that the growth process is often slow and can take a lifetime - but there should be signs that fruit is growing!
- 3) **DO** - Ask God for the empowerment to express true love to the people you encounter this week (remember the definition of love: to serve others because of their intrinsic value, not with an expectation of anything in return). Pray daily to recognize opportunities, and for the courage to act! Share your commitment to love and the outcome of your actions with someone else in your life group!