

## Teaching Outlines

### Week 2 – Thinking in Harmony with Others

Watch your thoughts – they become words  
Watch your words – they become actions  
Watch your actions – they become habits  
Watch your habits – they become character  
Watch your character – for it becomes your destiny.  
Margaret Thatcher ( and many others have quoted this)

Philippians 2:1-2 (TPT)

*Look at how much encouragement you've found in your relationship with the Anointed One! You are filled to overflowing with his comforting love. You have experienced a deepening friendship with the Holy Spirit and have felt his tender affection and mercy. So I'm asking you, my friends, that you be joined together in perfect unity – with one heart, one passion, and united in one love. Walk together with one harmonious purpose and you will fill my heart with unbounded joy.*

- Walk together! Writing to the churches. So at least with Christian brothers and sisters you need to walk together.
- With others: *Do all that you can to live in peace with everyone.* Romans 12:18  
NLT

A Fresh Look at the Fruits of the Spirit in our relationships

If we are to walk together with other believers.  
If we are to be at peace with everyone  
We need the fruit of the Spirit in our life.

Galatians 5:22-23 NLT *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

(Some notes taken from Graham Cooke teaching)

The most important part of transformation is us becoming like Jesus.  
Securing the nature of God is every area of our life.  
So no matter what circumstance we are in – the nature of God comes through.

See Fruit of the Spirit handout on website <http://evergreen.study/philippians/>

The fruit of the Spirit = the nature of God.

This is who God is.

This is God's relationship with us!

He is unchanging.

**He is relentless!** (constant, continual, never-ending, showing or promising no abatement of severity, intensity, strength, or pace)

What fruit of the Spirit is God developing in you right now?

Put the word relentless in front of that fruit = that's who God is to you!

If God is teaching you kindness – there will not be a day in your life when you won't experience the relentless kindness of God.

Of all the things that hurt us, relationships hurt us the most.

Lots of negatives come into our life when we are dealing with people.

Don't pick up the negatives.

Put into action the nature of God – the fruit of the Spirit.

*Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. Let us not become conceited, or provoke one another, or be jealous of one another. Galatians 5:24-25 NLT*

According to Galatians 5:24-25- in our relationships with others – we need to:

1. Nail sinful thoughts to the cross:

Self-promotion      Pride

IMEMY              Conceit

Jealousy            Disunity – thoughts that divide

2. Follow the Spirit's leading in your thought-life

- Capture rogue thoughts.

*We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. 2 Corinthians 10:5 ESV*

“God designed humans to observe our own thoughts, catch those that are bad, and get rid of them.”

“Your body is not in control of your mind—your mind is in control of your body, and your mind is stronger than your body. Mind certainly is over matter.”

Dr. Caroline Leaf

Matthew Henry – The mind is the active ruling part of us; so that the renewing of the mind is the renewing of the whole man, for out of it are the issues of life.

Proverbs 4:23 TPT *So above all, guard the affections of your heart for they affect all that you are.* (includes our thoughts, our will, our discernment, our affections)

- Practice – choose- the fruit of the Spirit

As you practice love, hearts become soft

As you practice joy, the fear leaves.

As you practice peace, the troubled mind is calmed.

As you practice patience, quarrels end.

*2 Tim 2:24 A servant of the Lord must not quarrel but must be kind to everyone, be able to teach and be patient with difficult people.*