



Notes | September 29, 2024

## As It Is In Heaven: Transform Desires

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Desire can be defined as something you want, the one thing you're chasing. You could have a big desire or a small desire. We all have desires, and the world would tell us to chase what feels good, our flesh. But the Kingdom tells us to operate in the Spirit. As Christ followers, we surrender our hearts to Jesus, but what next? Sometimes, we think, "Once I follow Jesus, I'll never want to return to that old way of life." Yet we've been living with these desires our whole life and that can make it difficult to live by the Spirit. An intentional heart change is needed to not only turn away from our old desires but to turn to the One who sets us free.

### Key Scripture | Galatians 5:17

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.

### Related Scriptures

Galatians 6:7-8, Romans 7:21-23, John 3:6, Romans 8:1-2,5-6, Galatians 5:22-24

### Icebreakers:

Q: Do you have a garden or flower bed? What is your favorite fall planting?

### Key Thoughts and Reflections:

I. We have competing desires.

Q: What are some common desires of our world today?



Q: In the examples of common desires shared above, what are some ways we attempt to justify giving in to our strongest desire?

Q: Read Galatians 5:17. What are examples of the desires of the Spirit?

## II. Poison ivy or an apple sapling.

Q: Was there a “poison ivy” desire that you knew was bigger than the Holy Spirit “seed” after you accepted Jesus? Why do you think this is true?

Q: Talk about a time where you chose to feed the desires of the spirit (apple) over the desires of the flesh (poison ivy). What was the outcome, or what did you reap?

Q: We all have competing desires, but there is a kingdom order to prioritize those desires. Name some practical ways we can live with competing desires and choose those in the Spirit.

## III. What you feed grows.

Q: Paul said that when we feed the desire of sin (the flesh), we reap destruction. What are some of the things we might feel when we reap destruction?

Q: The sins of our flesh have been fed for years. How can we keep from giving into the strongest desires of the flesh, so we do not end up with a mountain of regret?

Q: Read Galatians 5:22-25; when we feed the desires of the Spirit, what do we reap?

## Get Practical

Moving forward, you get to decide: Which desire will you feed? Which desire will you starve? Write down the desires you need to starve and ask the Holy Spirit to show you how. Some ideas: Find an accountability partner and/or ask someone to pray over you. Alternatively, the Holy Spirit may call you to feed your apple tree. Today, God wants to draw you near to Him. Some ways you can draw near: Re-commit to spending time with the Lord daily. Listen to worship music. Small Groups serve to “water” our apple tree; commit to your group to show up. Ask someone to pray over you if you need help in either of these. If you need to make a change, write it down, tell God you heard Him, and ask Him for help.