



WEEK THREE

Train Your Spirit

FOCUS

"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free." - Luke 4:18

INFORMATION

What messages do you hear from the world about your spirit, about being spiritual?

What does Jesus think about your Spirit, about being spiritual?

TRAIN

What stood out from Char's story to you?

PRACTICE

Deep Breathing + Seek the Spirit + Listen for the Spirit + Read Galatians 5 +

THE HOLY SPIRIT IS IN YOU

THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS,
GENEROSITY, FAITHFULNESS, GENTLENESS AND SELF-CONTROL