



Seeking Him

March 2025

The Spirit-Filled Life

Have you ever felt discouraged because of the constant battle between what you ought to do and what you actually do? Do you strive to be more patient and joyful...and then miserably fail? Do you ever want to wash your own mouth out with soap because of the ugly things that come out of it?

The Apostle Paul can relate. He wrote in Romans 7:15,

"For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."

My friends, I can also relate. There was a time when I found myself so discouraged by the lack of growth in my life, the cycle of repeated failures that I found myself in. I knew that something needed to change. Paul writes in Galatians 5:16,

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh."

That is what I wanted...to not gratify the desires of the flesh!

I needed a better understanding of what it means to "walk in the Spirit". Our "walk" describes how we conduct ourselves on a daily basis, both in public and in private. "In the Spirit" refers to how we yield our will to God's, how we obey the commands of His Word, and how we "allow Him to exert influence over us".

These are a few of the practices that God used to teach me how to walk in His Spirit:

- 1) Starting every day acknowledging my sinful and needy heart, and that I've nothing good to offer God apart from His Spirit within me.
- 2) Spending daily quality time in Scripture. His Word is one of the primary things He uses to sanctify us and change our hearts (John 17), ultimately changing our thoughts, attitudes and actions. For me, this looks like meditating on Scripture (thinking it over and over again), using Scripture to guide my prayer, and writing it out so I can slowly absorb each and every word.
- 3) I started to constantly ask the Helper (the Holy Spirit's name in John 14) to help me. I was used to asking for help with big issues, but now I started to talk to Him about all the little things, as well. Turns out, that is where my trust in His faithful help has grown.

When we choose the ONE thing (walking in the Spirit), we don't have to fret about choosing the wrong thing. When our focus is set on Him and His Word, the more quickly we are able to agree with Him in confession when we sin. Joy and patience (Galatians 5) come, not because we strive for them, but supernaturally as we obey, yielding our attitudes and actions to Him. He changes our heart to reflect His, and our actions reflect His work in us.

Walking in the Spirit is game-changing, my friends. Let's walk together, in Him, and watch how He grows our faith and uses us for His Kingdom purposes!

~ Nichole Tittle

But I say, walk by the Spirit,
and you will not gratify the desires of the flesh.

Galatians 5:16

"The Holy Spirit in you and in this world is a never-ending source of life to you and others, and He never runs dry, never runs out!"

~ Nancy DeMoss Wolgemuth

Personalize & Pray These Scriptures

John 14:16-17

And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

Galatians 5:22-25

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

Ephesians 5:18-20

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ

A Prayer & Heart Response for March

God, I'm so quick to look to myself for change. I think if I just try harder and do the best I can, the change I want and crave will come. But that kind of change is illusive and frustrating and short-lived at best. I know, God, that real change isn't based on my effort and independence apart from You. It's based on my utter neediness and dependence upon You. Help me to wholly surrender to You, to yield to You, to be in step with Your Spirit. Change my heart and my actions to be a radiant reflection of You.



Follow us on
Facebook!

Did you know Sheboygan eFree Women's Ministries has a Facebook page which offers daily encouragement in your walk with Jesus? Connect with other women, ask for prayer, and share what God is doing in your life. We need each other!

*Women's
Ministries*

"Women's Ministries seeks to support the church's mission and vision to multiply disciples of Jesus

Christ. Committed to God's Word as our authority, we're passionate about creating a culture in which Titus 2 relationships (older teaching younger) can thrive by providing opportunities, resources, and support for women to connect with one another and the Lord Jesus Christ."

The Women's Ministries

Leadership Team: Brenda Vinson, Chloe Seider, Nichole Tittle, Nikki MacDonald, and Theresa Amundson

Women's Prayer Fellowship

Wednesdays 10:45 – 11:30am in the Fireside Room

Women's Prayer Fellowship offers the space to pray together with other women who are seeking God's heart.

We want God to continue shaping our hearts and minds so that we become increasingly more like Christ in our biblical welcome and hospitality toward others.

Restored: A Bible Study On the Book of Joel

Have you ever struggled to see hope during hard times? We all long to see restoration in our lives and the world around us. This 3-week study on the Book of Joel is filled with truths that point to the restoration only Jesus can provide. This study, led by Heidi Lucas will meet in the Fireside Room on Wednesdays from 6:30-8pm. Books are available in the church office for \$10 each or can be purchased at thedailygraceco.com.

