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Flow with the Spirit

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Free media and discipleship resources for pastors, leaders, and growing disciples.

Flow with the Spirit

“Whoever sows to please their flesh from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.” (Galatians 6:8)

As we look to God for direction, it is critical that we soak our hearts and minds in the Word of God. Out of that discipline comes a sowing to the Spirit. When we consistently practice soaking and sowing, the result will be a *flowing* of the Spirit in and through our lives. In Romans 8:11, it is made clear that the Spirit of Christ imparts his life to our mortal bodies.

As we sow to the Spirit, we reap eternal benefits from the Spirit. In response to this I say, “Flow, Spirit, flow!” I want my heart and my life to overflow with his presence and power so I can be a more effective instrument for him in this world! This is one of the primary ways that kingdom attitudes begin to grow within us. Crisis by crisis, worry by worry, relationship by relationship, the Spirit of God, speaking to us through his Word and his personal guidance, transforms us into the people he has always intended for us to be. As we look to God for direction, it is critical that we soak our hearts and minds in the Word of God. Out of that discipline comes a sowing to the Spirit. When we consistently practice soaking and sowing, the result will be a *flowing* of the Spirit in and through our lives. In Romans 8:11, it is made clear that the Spirit of Christ imparts his life to our mortal bodies.

A genuine “spiritual reaction” takes place when we soak our hearts and minds in the Scriptures and let the Spirit flow freely through us. Life, health, power, and hope surge through us like medicine from heaven itself. The life-giving power of God flows through those who pray.

So we soak in the Word, we sow—reciting our verses—and the Spirit *flows*. Soon, we’ll need to repeat this process. Our hearts and minds are like a sponge—they need to be filled over and over, and we can’t let them become dry and brittle. It’s an ongoing process. And the more we soak, sow, and flow, the more we will find that our attitudes are changing in a remarkable way.

Heart Deposit

Consistently practice soaking, sowing and flowing. As this discipline becomes a part of your life, in what ways do you see your worldview, behavior, and witness in this world changing? Record, in some way, what you are learning and the ways you see God working in you and through you.

***KingdomNomics is fueled
by the power of the Holy Spirit.***

Related Verses

“Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.” (Psalm 143:10)

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” (Galatians 5:16)