



UNIVERSITY REFORMED CHURCH
To Glorify & Enjoy Christ

Keeping in Step with the Spirit

On Sunday, 12/8/24, Pastor Jason helped us think through "Keeping in Step with the Spirit." At the end of the sermon, he gave these 17 encouragements.

1. **Keep a close watch on your eyes** (Psalm 101:3, "I will not set before my eyes anything that is worthless.")
2. **Keep a close watch on your tongue** (James 3:2, "For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man able also to bridle his whole body.")
3. **Keep a close watch on your heart** (Proverbs 4:23, "Keep your heart with all vigilance, for from it flow the springs of life.")
4. **Keep a close watch on your mind** (Romans 12:2, "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.")
5. **Be often upon your knees** (Philippians 4:6-7, "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God")
6. **Kill entitlement** (1 Chronicles 17:16, "Then King David went in and sat before the LORD and said, 'Who am I, O LORD God, and what is my house, that you have brought me thus far?'")
7. **Maintain a spirit of gratitude** (1 Thessalonians 5:16, 18, "Rejoice always, give thanks in all circumstances; for this is the will of God in Christ Jesus for you")
8. **Remember you are but dust** (James 4:6-7, "'God opposes the proud but gives grace to the humble.' Submit yourselves therefore to God.")
9. **Remind yourself that you are amazingly a child of God** (Galatians 4:6-7, "And because you are sons, God has sent His Spirit into our hearts crying 'Abba! Father!' So you are no longer a slave but a son, and if a son, then an heir through God.")
10. **Be diligent in the Word** (Joshua 1:8, "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.")
11. **Attend corporate worship week in and week out** (Hebrews 10:25, Do not forsake the weekly fellowship of the saints)
12. **Serve lovingly in the body of Christ** (Galatians 5:13, "through love serve one another")
13. **Recognize sin for the enemy it is** (Romans 6:23, "for the wages of sin is death")
14. **Kill sin immediately, don't play with it** (1 Corinthians 5:7, "Cleanse out the old leaven that you may be a new lump, as you really are unleavened.")
15. **Think often upon heaven** (Colossians 3:2, "Set your minds on things that are above, not on things that are on earth.")
16. **Don't simply do what is permissible, but what's beneficial for you** (1 Corinthians 10:23, "'All things are lawful,' but not all things are helpful. 'All things are lawful,' but not all things build up.")
17. **Delight more and more in Christ and Christ crucified** (Galatians 2:20, "And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.")