

We Need God's Word To Keep In Step With The Spirit

Brenton Friesen – February 22, 2026

Galatians 5:25

Since we live by the Spirit let us Keep in Step with the Spirit

Joshua 1:7-9

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

1. The Bible Illuminates Our Path

Psalm 119:105

Your word is a lamp for my feet, a light on my path.

2 Timothy 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God **may be thoroughly equipped for every good work.**

Psalm 119:9-16

How can a young person stay on the path of purity? By living according to your word.

¹⁰ I seek you with all my heart; do not let me stray from your commands. ¹¹ I have hidden your word in my heart that I might not sin against you. ¹² Praise be to you, Lord; teach me your decrees. ¹³ With my lips I recount all the laws that come from your mouth. ¹⁴ I rejoice in following your statutes as one rejoices in great riches. ¹⁵ I meditate on your precepts and consider your ways. ¹⁶ I delight in your decrees; **I will not neglect your word.**

Psalm 1:1-3

Blessed is the man who walks not in the council of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers ² but his delight is in the law of the LORD, and on His law he meditates day and night. ³ He is like a tree planted by streams of water that yields fruit in its season, and its leaf does not wither. In all that he does, he prospers.

2. God's Word Gives Life and Nourishment to Our Souls

John 6:63

The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life.

Matthew 5:19b

whoever practices and teaches these commands will be called great in the kingdom of heaven.

John 5:39-40

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, ⁴⁰ yet you refuse to come to me to have life.

“God’s word to us especially His word spoken to us by the Bible is the very ingredient that feeds our faith. If we feed our souls regularly on God’s word we should become robust spiritually just as with real food” - *Dallas Willard*

Matthew 4:1-10

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” ⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ “If you are the Son of God,” he said, “throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” ⁷ Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ “All this I will give you,” he said, “if you will bow down and worship me.” ¹⁰ Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

1 Corinthians 10:4-5

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Hebrews 4:12

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Colossians 3:16

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

When you read the Bible:

Engage your whole Self! See it as a Spiritual activity

- **Meditate** - Take a smaller portion of text and use your intellect to penetrate the depths of the word
- **Pray** - “Help me God!” “ I Praise you God!”
- **Converse with the Author!** Ask God questions
- **Listen:** to what God is telling you.
- **Take it with you!** Have a journal /place to write down verses that stand out, and what God is saying to you personally