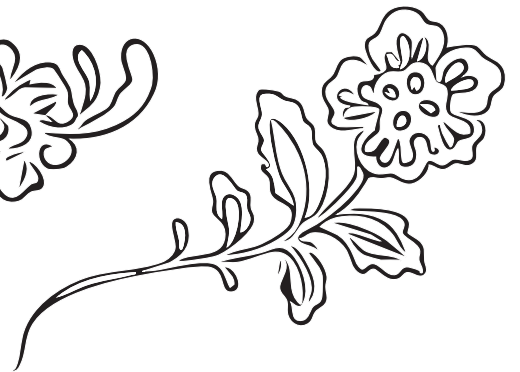


There is therefore now no condemnation  
to those who are in Christ Jesus,  
who do not walk according to the flesh,  
but according to the Spirit.  
—*Romans 8:1, NKJV*






# Ponder



— WALK —



**F**rom a spiritual perspective, we'll always need help walking. We'll never outgrow the need to hold God's hand and feel His steadying presence. The Holy Spirit gives the assistance we *must* learn to depend on. In contrast to our physical strength, which increases when we exercise independently, our spiritual strength *decreases* when we act alone. Asking the Holy Spirit for help isn't a sign of weakness, it's a reflection of wisdom. As wobbly as we are when we charge into our days without acknowledging Him as our guide, teacher, and friend, we often do it without thinking. The tripping and falling down, even in the little things, reminds us how vital the Holy Spirit's *continuous* support is. We walk more confidently, courageously, and carefree when we depend on Him. The more we follow the Holy Spirit, the clearer God is seen.



# 👉 Meditate 👈

To *walk according to the Spirit* means to *depend on the Holy Spirit* every day with consistency. The late Andrew Murray, church leader and missionary statesman, wrote, “Acknowledge that you have grieved the Holy Spirit by your self-will, self-confidence, and self-effort.” Humility in prayer is the way to start our day, inviting the Spirit of God to be involved in *everything* we do. He will be faithful in the task.



## Guide Me

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## Teach Me

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