



# *SPIRIT-FILLED MEN WORSHIP GOD*

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Well, howdy, howdy, Howdy, guys. It's the best time of the week. It's real men time. So make sure you park your monster truck, put away your machine guns. It's time for church. And, uh, a bunch of dudes all over the world are gathering together tonight, uh, to worship, to pray, to learn more about how to be a better man. Um, and actually, surprisingly, a lot of women tune into this because they're hoping men, their husbands become better men. So thank you. Thank you for tuning into Real Men this week. And if you're a senior pastor watching this right now and you want to figure out how to start this at your church, uh, email [hello@realfaith.com](mailto:hello@realfaith.com). We'd love to get you connected here in Scottsdale. And if you're a man watching, eating some nachos across the country and you want to eat those nachos at Trinity Church, come check us out. Come, uh, visit us at Real Men in Scottsdale, Arizona. Alright guys, get ready for an epic sermon. Here you go. Welcome to Real man. Good night. So good to have you, man. So glad to have you. Who's excited To be together tonight? Right guys, We got the best place to be. And if you are a first time guest, you made a great decision. God's gonna change your life, and the brothers around you are gonna help. Thank you for joining us. My name's Pastor Mark and I've got a little sermon series for you called Spirit Filled Men. Before we jump in, I want you to know that real men exist to build men up to bless women and children. And so we want you to be strong for the sake of blessing and benefiting women and children, starting with your wife and your kids, and all you men who are with us. We're honored to have you for those guys online. We're glad to have you as well. Before I jump in, it's a very special day. I wanted to do one thing. I wanted to wish my son his, uh, 18th birthday is today. I'm not, I've not seen Gideon yet. He was throwing a new front end in his truck and so he ditched his dad for dinner, but I still love you, son. He's super excited. 'cause now he can carry a gun and vote. And looking at this year's election, both might be very helpful. Um, and so I just wanted to give a shout out to my son, Gideon. It's his 18th birthday. I love you son. And also just how many of you guys are dads? And you got sons right? It's awesome. I love, I love being a dad. Don't believe the nonsense you can raise Kids that love God, love you and you love them as well. And you can have a good, healthy, loving relationship with your son and they can grow up and honor the Lord in the meantime are the teen years. But you're gonna get there. Don't lose heart. Amen. Uh, that being said, uh, let me pray for the beginning of our time together and then we're gonna jump right in. Oh, one last thing as well. Uh, the sermon series that I'm doing for a few weeks, spirit-filled man. It's based on a book I wrote, uh, called Spirit-Filled Jesus. And the big idea is if you wanna be like Jesus, you need the Holy Spirit. If you are with us here, live 300 copies in the lobby. First come, first serve, take one. It's free. You get what you pay for. If you're watching online and you want a free copy, just scan the QR code. And there's hundreds of guys, hundreds of thousands of guys all around the world joining us right now. Scan that QR code and we'll send it to you. All right. You guys ready to get to work? Yes. All right, lemme pray. Lemme pray. Father, thanks for an opportunity to start a new semester and a new year. God, we confess this year looks like it's gonna be a rough one. Uh, we've got an election. It looks like our country either way is gonna end up in Civil War. There's a lot of anxiety and unrest and it has personal implications on men and their families. So God, I pray that this year we wouldn't just look out at what is wrong, but we'd look up to the one who makes it right and that you would send us the Holy Spirit so that we could follow Jesus and whose name we pray. Amen. Alright, lemme start with a story. I have an illustration, I'm gonna skip it. This one's better. On the way in, I saw one of the guys gave him a hug. Good to see you. Welcome. I said, how you doing? He said, I'm doing good. I said, what are you working on? I said, I'm trying not to be an a-hole this year. Okay? Uh, so if that was your wife's Christmas present, welcome. Right? So, and I told him, a man not being an a-hole, that's at least a part-time job. You know what I'm saying? How many of you, that would be a good goal for you this year? Right? Okay. So here's, here's how it's gonna happen. Uh, there's you and then there's you under the influence and power of the Holy Spirit. Okay? You under the power and influence the Holy Spirit. That's the good you, that's the better you. That's not the shadow you, that's the brighter you. And I was praying for you as I was just up front here and the band was singing and thanks for joining them. And I saw a vision, and I believe it's a, it's a word from God for you. And I was praying as I saw this room filled with men, thinking of all the men joining us online. And I was like, father, anything else you wanna say to the men? And, uh, I, I heard one thing and I saw one thing, and I wanna share it with you. Um, first I heard this is my son in whom I'm well pleased. I believe that is a

prophetic word from God, the Father for you, if you are a Christian, his son this year. Now, if you're not a Christian, you need Jesus. The Father is not your son unless Jesus Christ is your savior. But if Jesus Christ is your savior, you are his son, and the Father is your father. And when Jesus was baptized, that's exactly what the Father said over his son Jesus. This is my son. He says, you're his son. And with him, I'm well pleased. At this point, Jesus hadn't done a miracle. He hadn't raised a dead person, hadn't cast out a demon. He was at the beginning of his ministry, but he knew that he was a loved son. Let me say this, you need to start everything including this year, knowing that you have a father in heaven and you are a son. That he loves you, your love. You don't work for his love. You work from his love. And that's what I heard. And then what I saw, I saw the Holy Spirit descending on Jesus at his baptism. And what happened at Jesus baptism, this is the beginning of his public ministry. The Father speaks from heaven, says, this is my son and whom I'm well pleased. And then the Holy Spirit descends from the Father to the Son. There's the whole Trinity. You need to know two things this year. God, the Father wants you to know more and more what it's like to be his son. And number two, he wants to send the Holy Spirit to help you live a life like Jesus in obedience to him and blessing and benefit to others. I believe that's the prophetic vision and word for this year. We're in Christ and we're loved sons, beloved sons. And the Father sends the spirit to help us fulfill our destiny. Amen. Amen. So I want you to receive that because as I talk to you as men, I don't want you to begin with guilt or shame or all your false flaws and failures. I want you to start not with you, but with God. That God's a father, he loves me, and he sends the Holy Spirit to help me. Therefore, it doesn't matter what the past looks like, the future is gonna be different starting right now. And so we're gonna talk about, by living by the power of the Holy Spirit, for you guys who are Christians, we're gonna hit a well-known scripture in Galatians five. For those of you guys who are newer to Christianity or your brand new Christians, it may be a little new, but it'll be significant for you. We'll start in, uh, Galatians five. And it's about feeding your deepest desires. Here's what he says, walk by the spirit. You will not gratify the desires of the, the flesh. It's not just your physical body, but it's your fallen self-destructive, foolish, rebellious instincts and desires for the desires of the flesh are against the spirit. The desires of the spirit are against the flesh. They're opposed to each other. Here's the key line to keep you from doing the things you want to do. This is where Christianity has absolutely failed men. There are many ways that Christian leaders have failed men, but one of the greatest failures is telling men there are things that you don't want to do and you need to do them. Otherwise, God is going to hurt you and punish you. That's an abusive, controlling, domineering father. Your father's not like that. Instead, once you become a Christian, the Bible says that God does some deep work in you. You become a new person. You're not a perfect person, but you're new and you're in a process whereby when he's done with you, you will be perfect in heaven. But you get a new mind. You think differently, you get a new heart, you feel differently. You get new desires. Um, how many of you, you didn't wanna learn the Bible, you became a Christian. Next thing you know, you're like, I'm reading the Bible. That's crazy. What am I doing? How many of you, you're like, I never prayed, I became a Christian. Next thing you know, I'm talking to God. How many of you're the weirdos, the, you know, the spiritual sons of Ned Flanders singing to Jesus in the car? You're like, what has happened to me? Right? So I need to drive to the hospital. Is something happening? Am I having a stroke? You know what happens is when you become a Christian, all of a sudden your desires change and the things you used to love you hate. Some of you, you used to love dating, relating and fornicating and you called it Saturday, you know, and then all of a sudden you meet Jesus and you're like, I'd like to get married and pray with my wife and to have a daughter to take on a daddy date. It's a change of desire. And so the big idea is this, we either live in the flesh, which are our old desires, or in the Spirit, which are our new desires. And every man in every moment is gotta decide, do I go back to living in the flesh? Do I go forward to living in the spirit? Because here's the big idea. You and the Holy Spirit will be in heaven, but you and the flesh will not. So the flesh can't be the truest part of you. It can't be the deepest part of you, and it can't be the most defining part of you. It's the part that is connected to your sin, nature, and the fall and rebellion and our sinful Father Adam. But Jesus cocks that. And ultimately he's gonna cut the flesh, which are our sinful desires. Inclinations. How many of you, you, you don't raise your hand 'cause we don't raise your hand, but you love, maybe you're a Christian, you do love Jesus. Sometimes you just say and do stupid things, just, okay, so you've

experienced this. Okay? You're just like, what did I, why did I do that? Why did I say that? That's not who I am. That's not what I want. And when I do it, I'm disgusted with myself. Or super frustrated night. Anyone ever experience this? Okay, it's called marriage. All right? It's called marriage, okay? And so the point is, how do you live in the spirit, not in the flesh. But here's what I want you to know. Every man starts in the flesh. So don't feel condemned. Just be aware. Number two, even men who live by the spirit, sometimes they go revert back and they live by the flesh for at least a moment or a season, right? We're all a work in progress. And the walk with Jesus is not step forward, step forward, step forward. Every once in a while there's a step backward. That's the flesh. That's the flesh. But what he says is to feed your deepest desires. And what he says is the flesh keeps you from doing what you want to do. So every man has conflicting desires. If you are a Christian, the deepest desires, they're in the Holy Spirit. You also have weaker desires called temptations, right? So you're like, I wanna have a good marriage, but I struggle with porn. I wanna have self-control. Uh, but I think Jim Beam is pretty wise. You know, um, I, I wanna have, uh, an emotional, joyful spirit, but some people are idiots and they trigger me. Um, I wanna enjoy my life. Uh, but we have an election. And so there's always these conflicts in a man's life. And so the key is don't settle for the lesser desires. Only feed and nurture the deeper desires. See that? 'cause the Holy Spirit will give you the deepest desires. And he says that the flesh is against the spirit keeping you from doing what you really want to do. And what this means is, if you're a Christian and you do things in the flesh, you're not going to enjoy it. And it's gonna confuse some of you new men. I could see it in your faces. You're like, I used to like to, you know, drink and ous with women and get in fights. And then I met Jesus and I did it. And I actually didn't enjoy it. I felt bad about it. I felt convicted in the spirit. I felt, I felt like that's not who God made me to be. It's because God has changed you desires, and he wants you to pursue your deepest desires. And so Christianity is not about being passionless, it's about being the most passionate. It's about being the most passionate for the new nature and the Holy Spirit, and having I less and lessening passion for your old nature, your old desires and your old habits. Now, ultimately, uh, here's the big idea. How do you know whether you're living in the flesh or the spirit? He gives us a little checklist. Jesus tells a story in Luke six and he says, there's two kinds of guys. There's good guys and bad guys. And you say, well, how do you know who the good guys are? He said, well, the good guys are like trees that bear fruit, good fruit, and the bad guys are like bad trees that bear bad fruit. Don't run around being the fruit inspector in other people's lives. But feel free to be the fruit inspector in your own life. Okay? So, so before a friend of mine says it this way, before we use the Bible, as you know, sort of binoculars to investigate you. I need to use it as a mirror to investigate me. And so as we open God's word, don't be thinking about all the people who need to, you know, get their act together. Just ask as an honest man, um, am I a good tree or a bad tree? Am I bearing good fruit or good bad fruit? The good fruit is the fruit of the spirit. The bad fruit is called the works of the flesh. Now, here's the good news. If you're gonna, we're gonna read this in a moment. If these things, um, are habits or behaviors in your life, they can change. That's the good news. So you don't need to deny it. I don't struggle with these things. You don't need to blame shift. I'm a victim. It's somebody else's fault. You don't need to make an excuse. My wife, she rides a broom to work. You know, she drove me to it. Um, instead what you can do is say, you know what? I'm just gonna be honest as the fruit inspector of my own life. And if there are things in the flesh, those can stop. And instead I can become a good tree and bear good fruit in the spirit. So this isn't to condemn you. This is like going to your doctor and your doctor says, here's the things that showed up in your blood work. Uh, change your diet in your vitamins, and we can fix those. So this is not a death diagnosis. This is you doing a self-analysis to determine where the flesh shows up in your life. So here we go. Here's the checklist. Galatians five 19 through 21, the works of the flesh are evident. And I'll tell you no more so than today. They're on the internet, they're on social media, they're everywhere. We'll deal with these each in order. Hey, I don't know if you guys have ever heard of these things, uh, but some guys, rumor has it struggle with them. Sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies. You see how those go together? And things like these, I will warn you, as I warned you before, that those who do such things, constant behavioral practice, no different desires, no in the fight, will not inherit the kingdom of God. What he's saying is, if you hear this list and you're like, that's what I love the most, actually, I would

choose that over Jesus and prayer and the Holy Spirit in heaven, I would choose that every day. He's saying, you don't have the Holy Spirit. You're not born again. You're not going to heaven. Now a Christian is one who's in the fight. They're like, I want what's right. But I struggle with what's wrong. A non-Christian isn't even in the fight. So I'll unpack these for you and just, there are 16 things, and as a man looking at your own life, this is where your fruit inspecting. What I would say is, here we are in 2024, and if you look back in last year, okay, last year, were any of these things a problem or a pattern? Okay? And if so, then make these the things that you're going to pay attention to and invite the Holy Spirit into to change in 2024. Okay? So he starts with sexual immorality. The ancient Greek word here is literally porneia. If you heard of porn, that's the word. And it's all kinds of sexual sin, including pornography. True or false, men struggle with sex and pornography. True. There's only two kinds of men who don't, uh, dead men and liars, okay? Those are the only two men who don't struggle with it because God made men for sex and marriage and passion. It's not good to be alone. A naked woman is a good idea as long as it's only your wife. Okay, we got one shout out. Um, yeah, okay. We found the engaged guy who's frustrated. Okay? Welcome to the marriage 1 0 1 class. We're glad to have you. Um, and so ultimately it's acknowledging that this is a struggle, and it is a struggle for every man. And so if you do love the Lord, you will want to have a joyful, frequent sexual relationship with your wife. But you're gonna struggle with some things in the flesh where the flesh is looking for a sinful outline. In addition, he talks about impurity. This is anything that's just filthy. Have you ever met a guy? You're just like, you're nasty. That's the guy. Like, that's filthy. The the things that they just say and do in the way they are, it's just kinda base and crude and gross. Uh, some of you guys are in the trades. You know, my first job I, one of my first jobs, I worked as a longshoreman. I'll tell you, those guys did not win the Bible memory verse contest in the Baptist Sunday school program. They did not. They were nasty. The the things they talked about, just kind of bile, vulgar, gross, crass, really nasty. And, uh, and so that's just kind of the way that they were. And they weren't ashamed of it and they weren't fighting it. Uh, in addition to sexual immorality and purity is sensuality. This is someone who's just driven by passion and pleasure. You're super emotional and it feels good. It's impetuous, it's impulsive. Um, this is like, uh, a guy in the Old Testament. He trades his birthright for a bowl of soup. He's like, I like soup. He's not thinking long-term about the complications and implications. This happens to men all the time. We, we get sensual. We lack restraint. We don't think cause and effect. We make a very emotional pleasure based short-term decision that leads to long-term problems. He also talks about idolatry. And this really and truly is anyone or anything is the center of your life other than Jesus Christ, right? Your wife, even if she's a good woman, she's a bad God. Your kids, they may be good kids, but they're bad gods. You may have a good job, but a good job is a bad God. The center of your life can't be your wife. It can't be your kids. It can't be your career. It has to be your Lord. And idolatry is where someone or something comes into the center and Jesus gets pushed to the margins. And so the point is, is Jesus the center of your life? And is that your priority? And does your schedule and your budget and your emotional response to difficulty reflect him? In addition, sorcery sorcery is being spiritual without the Holy Spirit. Everything that God creates, Satan's counterfeiting. And so some people are spirit filled, other people are spiritual. Spiritual people tend to be demonic. If you have spirits, but not the Holy Spirit, you're inviting unholy spirits. Those are demons. And some people are like, why? I do, you know, whatever it is. I do reiki, I do astrology. I, you know, I, I have my own religion. I have my own, you know, spirit guide. All of that is i, it is sorcery. It is opening yourself up, not to the Holy Spirit, but to unholy spirits. Okay? So the goal is not to be spiritual, but to be spirit filled. Not to just welcome any old spirit, but only be filled and led by the Holy Spirit. And I just feel inclined to say this too. Some of you guys have to deal with this garbage all the time because of the stupid HR department at your job. They bring in sort of eastern guru self-help self-actualization, weirdos in the name of corporate training. And it's sorcery. Like this is just stupid paganism dressed up as meditation. Uh, and if you're the HR director, stop that. Okay? Um, and then also, um, an entity, this is enmity, is bitterness or hatred. How many men struggle with bitterness and anger and unforgiveness? Every man? 'cause God builds men for justice. And when something is said or done, you're like, that's just wrong. And that can't continue. The hard part is if you forgive them, you think that they're getting away with everything and they're not. But you are getting away from everything in releasing them. You're

releasing them to the Lord, and you let the Lord deal with them. He can either save them or set them on fire forever. Those are the options. But either way, he will deal with them. And what happens to a lot of men is you, you men may not know this, but bitterness and unforgiveness and unhealed heart, it is gonna poison your soul and it'll overtake your life. And the flesh wants you to be angry and bitter and jaded. And some of you, you freaking hate your ex-wife. You hate your dad, you hate your employer, right? You hate the person that used or abused you. And I'm not saying that what they did was right. I'm just asking, do you want to go back over and over or do you want to go forward once and for all? Come on. You've gotta determine the path of your life. And I'll say this too, man, you forgive them and you let him heal you and you let God deal with them. But if you keep going back through your bitterness and your unforgiveness, hear me in this, you're gonna think you're a victim and nobody follows a victim. You can be a victim or you can be a leader, but you can't be both. And if you wanna lead your family, you wanna lead your wife, you wanna lead your kids, maybe lead in business or ministry. If all you keep talking about is the past and how you were wronged, you won't have a future where you make things right? So you forgive and heal and move on. The flesh wants to continually remind you, here's what they said, here's what they did. It wants you to go backward and not forward. In addition, strife, this is just conflict and drama. Have you ever met a guy? He's just always in a war. He just, every everybody around him is like, golly, just can you just sit down? You know? I mean, I, you know, just take a nap. Shut up. You know, like, or at least pray about any one of those things. There's a hypothetical possibility. There's certain guys, they're just always ready to go. You met these guys, you can just look at 'em. You walk into Costco and they're like, you're like, I came here for nachos, not for war. Like, you, you can scale down Jim, bro. I mean, I don't need this. Right? Like, you're very insecure when everywhere you go, you're sort of foot forward, ready for war. And so these are the guys that they're always just kind of contentious looking for a fight, ready to argue. If you've got one of these guys at work, you know it's always gonna be head on collision. Uh, if, if you've got one of these guys who is, let's say in your friend group, he's always the source of all the drama and the conflict. In addition, it talks about, uh, jealousy. This is coveting true or false as a man. Sometimes you look at what other men have and you feel like, man, if I could trade, I would. Right? Like, you're, you, you driving your car, you're like, I'd trade for their car. You got your house. You're like, man, I'd trade for their house. You got your wife, you got their wife. You're like, I wouldn't tell her, but yeah, I'd make that trade, right? And so the Bible talks about don't covet what other men have, including their wives. Don't be coveting. Be content. And jealousy is where you're saying, God, I don't like what you gave me. And rather, I want what you gave them. Two things. Number one, the gift that God gives you is 'cause the Father knows and loves you. And the gift that he gives you may not be the gift that you want, but it's the gift that you need. Amen. Number two, until you're, he may have another gift for you, maybe another job or another house or another car. But until you're content with what he's given you, he can't give you what's next for you. How many of you, as soon as you went to you said, okay, I hate my job. I hate my boss. I love Jesus. I'm gonna do my job. I'm gonna do my best. I'm stuck in the stupid job. Next thing you know, you get a promotion or you get another job. It was just a test of your heart. And God wants you to be grateful and content to see what then he could do next for you. Jealousy is that. And we live in a world where men are just highly competitive. It's not always bad, but jealousy causes this as well. And I just feel, I just, I verbal process all the time. Men, I don't really have notes, but like a couple notes. But what happens with men who are jealous? Anything good that happens to another man, they can't share in his joy and celebrate. Some of you have buddies that are jealous and when something good happens, you can't tell 'em. Like, if I tell 'em they're just gonna get jealous or frustrated or hurt or like, they can't rejoice with me, they can't be happy. And let me say this, if you're a jealous dad, it's hard to be your son. Hey dad, I did good. And you're jealous. Like, don't be jealous. Our goal should be that our sons, that they use us as their, as their floor, not their ceiling. We want them to go further and better than us. And if we're jealous, we're not going to allow that. And if they do succeed, we're going to then tear them down and criticize them, which is what some of your dads did. Some of you, your dad didn't celebrate your victories. He was jealous of them and critical of you. And he says, that's the flesh. If one man gets a job, celebrate. If one man gets married, celebrate. If you're struggling with infertility and they're pregnant, celebrate for them and pray for you. Jealousy allows health to no

one. But loving and serving allows health to everyone. How about this one? I, I know that no men struggle with this, so I'll hit it very quickly. But fits of anger, somebody like, what does that mean? In the Greek text, you know what it means? Um, um, fits of anger. Some guys, they, they can go, how many of you are, how many of you guys can go zero to 60 in your anger? You can go quick. Some of you, some of you guys are like the Lord, you're like slow to anger. And some of you're like, that's crazy. I never even knew that was a possibility. Uh, some guys, the really unhealthy guys, they have two emotions, angry and asleep. That's all you get, right? That's it. But guys who have fits of anger, it means that they're like a volcano that just is constantly sort of boiling and at some point just explodes, okay, how many of you don't raise your hand, but this was your dad or your grandpa and being around was really stressful and anxious and, and, and some of you even learned to read your dad's body language. You walk in the room, you are like, okay, where's dad today? Is he, is he on tilt? Are we right there? And you, you learn to read his body language and his tone. You're like, I'm going outside to play. 'cause the fit of anger is coming, the volcano is bubbling. You need to know, um, that as a man, you are the most dominant, powerful human force in your family. And if you are volatile and prone to fits of anger, your wife and kids are gonna be living in a very anxious, stressful environment. You know why you're stronger than them. See, as men, we tend to walk around and feel, I dunno about you guys, I tend not to walk around and feel weak. Most men walking around, you're like, if something happens, I'll take care of it. Most women and children walk around feeling unsafe. If something happens, what am I gonna do? 'cause I can't take care of myself. I'll tell you a couple of things that are offensive. Number one, there's men and women. I'm just throwing it out there. You know, there's men and women, right? And if you don't know, you know, if you can write your name in the snow with your urine, you're not a girl. Like there's just, there's ways we test this, right? Right. Now, I used to be on the internet, but anyways, you know, so there are men and women and men are stronger than women. True. True. So if you wanna hear something stupid, since just us guys having a guy's night out, the US Olympic Boxing Commission just sanctioned transgender males competing against biological females in the Olympics and boxing. You remember when if you hit a girl, it was bad. Now you get a medal. Right? Right. This also would be a really strong argument against sending your kids to a public school, but that's just a whole nother sermon. So, but in our world, we've lost any distinction or differentiation between male and female. But the reason that God made men strong was to defend and to protect women and children, right? But if you're a guy who's prone to fits of anger, you're the greatest threat in the house. I just feel I'm gonna, I'm gonna press, and when I get up here, there's little anointing that flows and then I meddle. And some of you guys are like, Hey man, I gotta security perimeter. I lock the doors. We have, you know, home security system. I have a shotgun. I sleep with a gun by my bed. You know, I've got it on lockdown. I've got the motion detector lights, my family's safe. Not if you're prone defensive, anger, the greatest threat to your house is you. Okay? And you need to own that and accept that. Say, I wanna be strong for my family, but I wanna be tender with my family. Okay? If you're the guy who's bringing the fits of anger into the home, you are the threat to the family. And that's the flesh. In addition, um, rivalries, this is ladder climbing on wholly competing. These are guys who are sabotaging one another at work. I'm gonna tear you down so that I can go up. This includes, um, dissensions us versus them triangles. I hate them. Why don't you align with me and we'll attack them. You attack those family members, we'll attack those business leaders. We'll attack those ministry leaders at its divisions and it's men coming together like two barrels on a gun so that they can do damage and harm to others. Watch out for those guys who are always trying to drag you into their conflict and flight. Those men who want to drag you into their conflict and fight, those are men usually in the flesh, in addition, um, envy. And what happens if you have envy, if somebody succeeds that causes you pain? If somebody fails, that brings you pleasure. If somebody's having a bad day and that's your good day, or somebody's having a good day and that's your bad day, there's a problem with you. If you hear that someone is having success and immediately that causes you anger or despair, there's something broken in your soul. In addition, drunkenness. So we'll talk about this. He just lists these things. And you know what's interesting? What I think is so funny is we're going through this list. It just dawned on me, isn't this an old book that doesn't relate to us? Isn't that crazy? I mean, it's so, it's such an old book. It it obviously doesn't speak to us or have anything to do with us because this doesn't sound anything like us. See, God is



a father and he knows that his sons all struggle with certain things. And he wrote it all down. And it's true for all of his sons. And, and some of you, I don't want you to hear this as like a pounding from a father, but a prompting from a father. He's not wanting to beat you for this, but he's wanting to build you up so you can walk away from this, okay? And what he's talking here about drunkenness, what he's talking about is any kind of addiction. So let's just, let's just do this briefly. What kind of pleasurable addictions do men struggle with? One guy chuckled. Anybody else? Gambling? Gambling. Porn. Marijuana. Marijuana. Food, alcohol, alcohol, vaping, women drugs, et cetera. Okay? And, and what happens is every guy's got his struggle. Uh, the Holy Spirit reminds me, there's an old puritan pastor named Thomas Brooks. He wrote a book called Precious Remedies against Satan's Devices. And he says that, uh, Satan is like a fisherman who's out on a lake, and he figures out what bait the fish like. And then he puts that on the hook and he drops it in the water. And he doesn't care what your bait is as long as you ignore the hook. For some guys, he baits the hook. It's like women, sex, alcohol, vaping, you know, marijuana porn gambling. He doesn't care. He doesn't care what bait you like, as long as you ignore the hook and he can reel you into the boat and club you over the head. So what we don't want to do as men is go, I can't believe you struggle with that. That's nasty. You're both nasty. Just in unique ways. Okay? Every guy's got his struggle. Can we just be honest about that? Yeah, every once in a while, me guys are like, what do you struggle with? Um, nothing. But I do struggle with pride. Um, no, you, you struggle with deception, right? That's what you struggle with. But drunkenness is where no longer do you control something, it controls you, okay? And this is where it starts as pleasure, and then it's not pleasurable anymore. And then all of a sudden, the reason that you're consuming is to avoid the, the cold Turkey layover or hangover and, and the pain. So all of a sudden you're not drinking or smoking or vaping because you enjoy it. But because if you don't, you're punished and you have pain. That's addiction. And then he says orgies. And, uh, and if you're watching online, don't Google that. But what it is, it's, uh, it's, it's where multiple people get together to do Cirque de Soleil with no clothes on. That's an orgy, okay? Uh, my instantaneous definition and how many, how many men just, you know, really if they're like, man, if I could have sex with multiple women, I would do that, right? There's something in our flesh that struggles with all of these things. And I love the fact that the Bible's honest. It's saying these are real temptations and struggles. And if you're not aware of that, the flesh is gonna choose those and destroy you. And some of you guys now, maybe there's a few of you, you've heard the list, you're like, I'm not on the list, you didn't get my thing. His last line is, and things like these, it's a junk drawer, et cetera. So, you know, so you're like, you're like the religious guy and you're like, I read verses and judge people. Haha, that's you. Okay, there you go. You judge the guy who smokes weed. Well, meanwhile you misuse Romans. Okay? So that's your thing. So the point is, we've all got something. So he puts a junk drawer category in saying if you're a living, breathing human being, but especially a man, just be aware. Like these are the things that are trouble for me, okay? In this list for some of you guys, you're like, these things are a struggle, these are not, okay. Other things, you're like, other guys different lists. Like, I read the list and they're like, don't do homosexual. I was like, okay. You know, and I'm not eating lawnmowers either. I mean, since we have a list of things I'm not going to do, like wasn't a struggle, not gonna be a struggle, you know, I'm fine. But they're like, uh, don't get angry and aggressively drive and, you know, salute people. Oh, that I struggle with. Okay, we've all got our thing, okay? Fruit of the spirit, okay? Now here's the juxtaposition, the comparison to the contrast. Not the flesh, the spirit. Here it is. But the fruit of the spirit, right? The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control against such things. There is no law, there's no country that you get arrested for being joyful and kind. And those who belong to Christ Jesus have crucified the flesh. Since Jesus died for your sin, you can put your sin to death. Lemme say, lemme just pause there. Don't wound your sin. Don't manage your sin. Don't hide your sin. Don't try and control your sin. If Jesus died for it, what? Kill it. 'cause if you don't kill it, it's gonna grow up and it's gonna kill you. 'cause sin leads to death. So if Jesus died for it, you need to join him and put it to death, which means like, it, it can't be like, I only get drunk on Fridays, right? I only commit adultery on my birthday. Um, you know, I only steal money when it's from the government though, that I understand. You know? Um, but what can happen is if you make an exception, eventually that exception overtakes your life. Okay? So he says, uh, those who belong to Christ Jesus of crucified the



flesh with its pastors and desires. You say, well, how do you crucify the flesh? Here it is. Live by the spirit. Live by the spirit. Keep in step of the spirit. So if you start, keep going, stay on the path, take the next step, walk away from the flesh, walk with the spirit. Let us not become conceited provoking one another and being one another. What he says is, don't fight with each other. Help each other. So here's what we're not, we're not a men's ministry that is here for harsh accountability, judging and attacking and criticizing one another. We're not here for that. We're not here for harsh accountability. We're here for helpful brotherhood. That's why we're here. We're say we all got our thing and some of us we're just getting on the path and we're walking in the spirit away from the flesh. Other guys are like, I'm further down the path and other guys are like, I was on the path and then I went backward. And I feel like I've lost a lot. Okay? Let's all just stay on the path of living in the spirit and keeping in step with the spirit. And if you do this, if you're living in the spirit, not the flesh, love, love, you're going to be a more loving person. People are gonna say, your wife, your kids. You're gonna say, I love you. And they're gonna say, I love you too. I hear guys all the time, like, my dad never said he loved me. So I made it a goal with my kids. I tell 'em I love them every time I see them, okay? Every time. Like, I love you and I want you to know that I love you and I want you to see that I love you, and I want you to hear that I love you. And, and, and someday when I'm, you know, older and you're older, I want 'em to think, man, a lot of love came outta my dad to me. And it was love from God through my dad to me and joy. Another fruit of the spirit is joy. Evidence of joy Is this a sense of playfulness and non-anxious presence. Like if you walk into a house and mom's very serious and kids are very serious, it means dad is not very joyful. If you walk into a house and like mom is laughing and kids are playing and there's a lot of, you know, appropriate, you know, life going on, you're like, dad's probably a joyful guy. How many of you don't know how significant your presence is in your home? And when you walk into your home, let's say after a day of work, you either bring the spirit of the flesh or the spirit of God and you set the entire environment for your home. And I, I just, I, I see this in the spirit for some of you, for some of you, your mom was a joyful presence and a loving presence. And then your dad came home and all of a sudden it wasn't the spirit of God, it was the spirit of the flesh. And all of a sudden your dad's home and there's an anxiety. And next thing you know, your goal is not just to enjoy one another and make memories and play and have fun. Your whole goal is not to get in trouble and upset dad. Um, more important than what you say or the tactics you use as a husband and father is the spirit and presence you bring. If you walk in the door and the Holy Spirit walks in the door, there's gonna be love and joy, joy in your house. Your wife's gonna be happy to see you. Your kids are dad, can we wrestle? Can we play? Can we da da da? You're like, okay, here we go, dad's home. This is why some men don't go home because they don't like what home becomes when they walk in the door. And if you don't like what home becomes when you walk in the door, then walk in the spirit and bring the spirit home with you, okay? And be praying with your wife and your kids and owning your home environment. Turn off the news. No more politics. Put down the cell phones. No more invasions from the internet. Just say, you know what, let's just do love and joy. And then here's the rest of the list. Um, peace, not anxious. We're having fun. It's calm. People aren't totally stressed out here. Patience, right? I'm not gonna freak out. I'm, I'm gonna try to be patient. I'm gonna hang in there. I'm gonna treat you the way the father treats me with some patience, kindness. This is being considerate and not rude. You're not calling your wife names, you're not calling your kids names. You're not just being crass and crude and rude. You're being considerate. Um, and this is a kindness. Honey, you're sick. I'm sorry you had a rough day. The kids are teething. You were up all night. Uh, the, you know, the kids had a rough day at school. It's kindness. It's not just saying you're inconveniencing me, but I'm here to serve you. I wanna know what you're going through so that I can come alongside and be the presence of kindness to you. 'cause I'm the dad, I'm the leader. Goodness. This is generosity. Some of you, some of you had a dad and you knew that he was for you and those of you who didn't, you wanna be those men that are for your wife, you're for your kids, you're for your friends, you're for your brothers in Christ. And your hope for them is good. Like IIII want goodness for you. That's the spirit. Faithfulness. Reliable, trustworthy. You can count on me. I, I was here yesterday. I'll be here today. I'm gonna be here again tomorrow. You can depend on me. Gentleness, not domineering, not overbearing. There are two ways that men lead control and influence. Control is by being domineering, loud, overbearing,

intimidating influence is, I love you. I care for you. I'm here to help you. You can trust me. Open your ears. Open your heart. Domineering leadership does not work with a wife or kids. Influence absolutely works. Okay? Um, I'll share a few stories and then, then we'll leave a time to discuss when my, uh, sons were little. They're all over six foot tall now. But I would get down, I I've shared the story before. I'll share it again. I'm an old catcher. Uh, so I'd get down to the squat and I'd look at my boys and I'd be like, who am I? They're like, you're my dad. It's like, okay, how do I, and I'd look 'em right in the eye. How do I feel about you? They're like, you love me dad. I totally do. I just ask of everybody on planet Earth, who's the first person in line that's there to help you and wants good for you? They'd say, you are dad. Okay, well then we need to talk about something. 'cause you know what you were just doing. It makes it hard for me to enjoy our relationship and I want to talk to you about that. We need to fix that so we can get back to having fun together. Is that okay? Okay. If I stay here in the power position, I'm domineering. And if I stay in the power position, eventually my son's good, bigger than me. They all are. I know, I, I know I look tall 'cause I'm on stage. People come up to me all the time like, I thought you'd be taller. Me too. We're both disappointed. Like so if it's about being bigger and stronger, that means when you grow to be a man, I no longer have a relationship with you. And instead we flip roles and now you think you can dominate me and I'm your dad. Now I want to influence you. I wanna love you. I want you to see the presence of the Holy Spirit in and through me so that you'll trust me. And I'm not saying that we get this right all the time. I'm not saying that I've got this right, but this is the hope. And then lastly, self-control. And if a man has self-control, guess what? He's not out of control. Our world doesn't need, I love appreciate police officers and firefighters and medics and first responders and soldiers, but if we had more people filled with the spirit, we wouldn't need as many people to do those jobs. Because if you have self-control, you don't get out of control. If you're out of control, then someone needs to control you. If you allow the Holy Spirit to control you, no one needs to control you because you have self-control. True or false, the whole world would change if men had self-control and the self-control is to keep you from going back and just doing what the flesh is prompting and pulling you to do. Does this make sense? Lemme close, very, very practically. I'll skip the rest of my notes. And it is simply this, it is in those moments where you're in that pull between the flesh and the spirit, you know what you need to do? Stop right there. Say, okay, I'm angry, father, send the spirit, let me process this before I act on it so I can respond in the spirit, not in the flesh in that moment, right? You're a single guy, you meet a girl, you're like, she's hot. It's like, remember Pastor Mark said so's hell, stop. Right? Stop. Holy Spirit, all that stuff about drunkenness and orgies and perversion. Holy Spirit right now I need you to fill me so I can keep in step with the spirit and I can walk away from this moment that is about to destroy me in that moment where you're ready to make a business deal. It's like, man, if I just lie or cheat or steal, this is gonna be massively profitable for me. Holy Spirit, my, my employer won't know. But you know you, you stop right there and you literally invite the Holy Spirit. Please come down on me as you came down on Jesus. I am your Son. Give me the strength and power to follow the example of Jesus. Jesus is the greatest man who's ever lived and he was conceived by the power of the Holy Spirit. His name Christ means anointed in the Holy Spirit. He opened his ministry reading from Isaiah saying, the spirit of the Lord is upon me. He's anointed me to preach the good news. The Bible says that Jesus was filled with the spirit. The Bible says that Jesus was led by the Spirit. All of this is in the book and you can read it. Lastly it, it never tells us whether or not Jesus spoke in tongues for those of you who even know what that is. And so we were like, well, the Holy Spirit makes you speak in tongues. He makes some people speak in tongues, but he makes all people be more like Jesus. The key and true test of being spirit filled is whether you're keeping in step with the spirit, walking with Jesus, walking away from the flesh and becoming more like Christ by the power of the Holy Spirit. I wanna promise you men, that if you will just make this a habit, there's gonna be a better and better and better and better and better and better version of you for the rest of your life. And when you take a step back in the flesh and you say or do something that you regret, stop, invite the Holy Spirit, repent and then move forward in the Holy Spirit and walk away from the flesh. Am I making sense? Okay, we'll leave it there for, this is the big idea for this year. If you will do this, every aspect of your life will change. Some of you're like, how do I fix my marriage? How do I connect with my kids? How do I a better job? How do I help my emotional health? How do I deal with my anxiety? All the same

thing. Be filled with the spirit. Okay, so here's the discussion questions for the guys in the room online. Number one, take a few moments briefly introduce yourself and a few sentences like This is who I am. A lot of you guys are new. Looking at previous generations of men in your family, would you say more flesh or spirit? Don't get into everybody and everything, but it's like, yeah, maybe we were a little flesh, a lot of spirit, a lot of spirit, no flesh. What were the men in my family like this year, since we're at the beginning of this year, what changes do you need to make for this year to be more spirit, less flesh? Here's what I'm not telling you, be perfect. What I'm telling you is make progress to keep in step with the spirit. Like what's the next step? Let's keep going guys. And how can we pray for you? I got one more word for the guys in the room. We'll release the live stream and thank you for joining us.