

Spiritual Bootcamp & More Lesson 5
WHAT YOU DO: HE MUST INCREASE
=John 3:30a (ring finger)

*Watch Lesson 5 video(s) on *spiritualbootcampandmore.com*.

Bootcamp continues as you get armed with more truths from the Word one finger at a time. By now, the first three fingers of the main hand drill (#1) should be muscle memory: #1 *WHO YOU ARE*, #2 *WHERE YOU ARE*, #3 *WHAT YOU HAVE*. Fingers #4 and #5 together are *WHAT YOU DO*. This lesson you will focus on finger #4 **HE MUST INCREASE** and teach you five top ways for you to grow spiritually, illustrated by a new hand drill (#2).

First, let's review from Galatians 5 what is often called "Spiritual Order" or "Spirit vs. Flesh." Take a look at the stick figures on p. 32 and the "Fruit of the Spirit or Fruit of the Flesh" (p. 33) to answer 1-8 below.

1. Our theme verse is John 3:30: "He must increase ; I must decrease ."

2. Your soul is your a) mind (what you think) +
your b) will (what you want) +
your c) emotions (what you feel).

3. Your BODY + Your SOUL = Your flesh (see p. 32).

4. Write and say out loud Galatians 5:16-17 (this describes the internal civil war).

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."

5. As you walk in the Spirit, the characteristic traits and FRUIT become evident. What is the "5:22 stuff" listed in Galatians 5:22?

love , joy , peace , patience , kindness , goodness ,
faithfulness , gentleness , self-control

6. See p. 33 for answers.

The Holy Spirit will ALWAYS speak truth and bring clarity and never confusion. He will always guide you into paths of peace. He will never be an "attention seeker" and will always be "other -centered." When you are walking in the Spirit you will not have a problem being submissive to authority and when doing a job or task it will be done with excellence .

7. Walking in the flesh (carnal, sinful nature) produces the “opposite of the 5:22 stuff.” One way to describe it is “it’s all about me.” Your flesh needs lots of attention and strokes. When it comes to work, the term “just enough to get by” often applies.

8. Your walk every day produces fruit. Fruit of the Spirit? or fruit of the flesh? IT IS YOUR choice.

Time for transparency: After reading the characteristic traits of the spirit vs flesh, did the Holy Spirit bring anything to mind you would like to share?

9. BOOTCAMP HAND DRILL #2 (p. 34): John 3:30a = He (Spirit) must increase.
 (“Continual feeding ” of the Spirit)

- a) The first three fingers of this second hand drill are our top spiritual weapons available to us 24/7 and they are The Word (#1 way to grow), Prayer (points you to Jesus) & Praise (highest).
- b) The fourth or ring finger represents People.
- c) The pinky represents Places.

Let’s get practical:

1. Look at the hand drill #2 on p. 34. Of the five ways listed to help grow your Spirit-man (The Word, Prayer, Praise, People, Places), where do you think your diet is unbalanced and what are some practical ways to make corrections?

2. Look up the verses which correspond with where you think you are “not feeding your Spirit” and ask the Holy Spirit to highlight the ones to transfer to your index cards or write in the space below.

3. WHAT WE FEED WILL ALWAYS GET **BIGGER** and there is always **MORE OF THE SPIRIT** for everyone. Write down some practical steps you will take this lesson to begin to increase your Spirit even more.

4. Do you have an accountability partner, a prayer partner, or anyone challenging you to grow in your relationship with Jesus? If not, ask God if there is someone you are to ask.

5. Read the Bootcamp Declaration on p. 10 out loud.

6. And finally, it's time to end our session by reciting out loud Hand Drill #1 (1-4).

Thumb = *WHO YOU ARE*

Pointer = *WHERE YOU ARE*

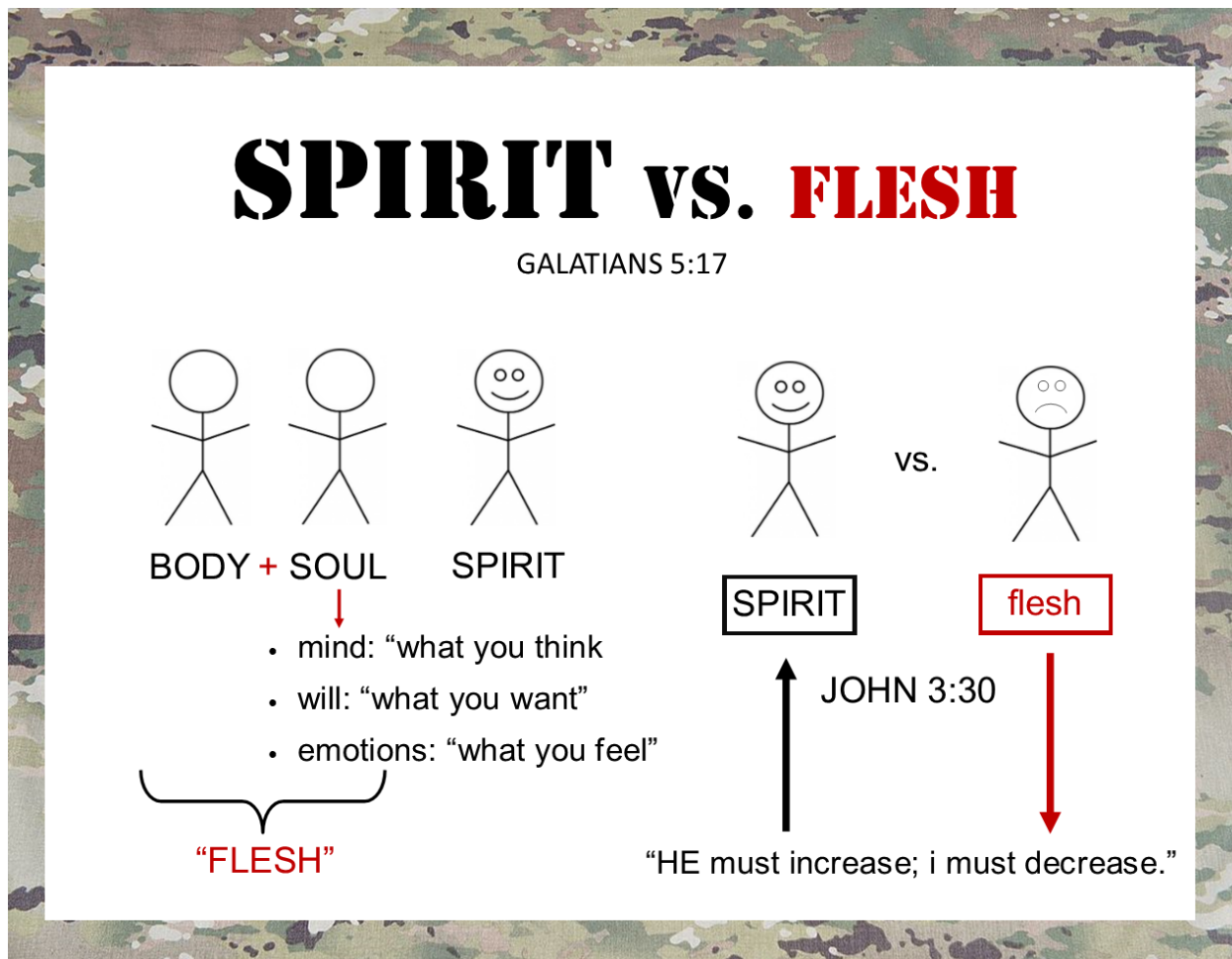
Tallest = *WHAT YOU HAVE (Authority & Power)*

Ring finger = *WHAT YOU DO = HE MUST INCREASE = Drill #2 = **The Word, Prayer, Praise, People & Places!***

Pinky finger = *i MUST DECREASE (next lesson)*

A "Most High Five" for completing Lesson 5. See you at Bootcamp!

Bootcamp Right Hand: Fingers 4 & 5= John 3:30
HE MUST INCREASE; i must decrease.



To summarize the above stick-figure photo:

1. You were born with a **BODY**.
2. You have a **SOUL** which is a) your mind: "what you think"
b) your will: "what you want"
c) your emotions: "what you feel"
3. Your BODY + Your SOUL = Your **FLESH** (remember that your flesh will try to line up with the enemy). You should memorize the components of your soul and your flesh.
4. At the point of your salvation (Holy **SPIRIT**) the internal civil war began (Galatians 5:17)— Spirit vs. flesh. To win the war **SPIRIT** must increase; **flesh** must decrease.

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Fruit of the *Spirit* or Fruit of the *Flesh*?: It's Your Choice.

Galatians 5:16-18 “So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under the law.”

Deuteronomy 30:15-16,19 “See, I set before you today life and prosperity, death and destruction. For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess...I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life...”

Characteristic traits/FRUIT of the Holy Spirit: “The 5:22 stuff”

Galatians 5:22 “The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

1. Leads, guides, and prompts (a still small voice) into paths of PEACE, always PEACE
2. Humble, meek, gentle, lowly, content, not an “attention seeker,” “other-centered,” rejoices with success of others, believes the best in others and speaks life to them
3. Speaks the truth, leads, guides, and steers us into all truth, bringing clarity not confusion
4. Submissive to authorities
5. Loving, joyful, kind, faithful, committed, enduring, patient (knows how to wait)
6. Just, shows no partiality, not a “ladder climber,” does not compromise the truth
7. Hardworking, goes above and beyond the call of duty, work is marked by excellence
8. Loves God/His Word and embraces the culture of the Kingdom of God, hates the world

Characteristic traits/FRUIT of the Flesh: “opposite of the 5:22 stuff”

Galatians 5:19-21 “When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have said before, that anyone living that sort of life will not inherit the Kingdom of God.”

1. Manipulates, controls, dominates, demands, pushy, jealous of and threatened by others
2. Hard, harsh, sharp, pressing, needs lots of attention/strokes, never satisfied, selfish, “ME, ME, ME... It's all about ME!,” touchy, rude, resentful, unforgiving, arrogant
3. Deceives, lies, confuses, complains, frets, gossips, needs to have the “first and last words”
4. Rebellious, divisive, dishonest
5. Impatient, uncommitted, unfaithful, gives up easily and early if no immediate results
6. Compromises and mediocre at best, when it comes to work “just enough to get by” fits
7. Loves the world and the things of this world, embraces the culture of the world

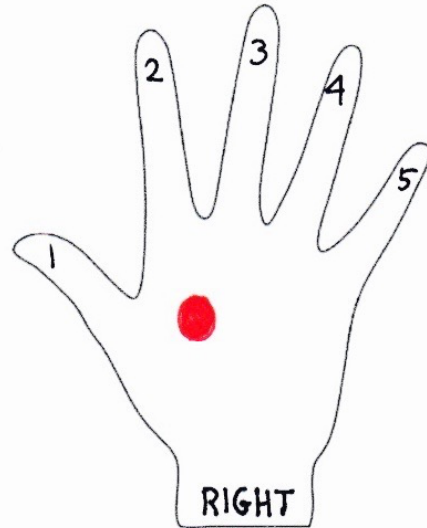
*Your walk in this life everyday will produce fruit. Fruit of the Spirit? Fruit of the Flesh?
It's your choice.*

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BOOTCAMP HAND DRILL #2

John 3:30a= **“HE (SPIRIT) MUST INCREASE”**
= **“Continual Feeding”**

1. **The WORD***-always #1 way to grow
2. **Prayer***-“points” you to Jesus
3. **Praise***- “highest” (tallest)
4. **People**- (ring finger)
5. **Places** -(pinky finger)



***“The Word, Prayer, & Praise” (1-3) are our spiritual weapons available to us 24/7/365.**

Scriptures below to look up. Transfer to index cards those the Holy Spirit highlights and meditate on them. Get in the Word so it will get into you!

1. The WORD: It is God! It is ALIVE & Powerful! Meditate on it morning & night.
John 1:1, Hebrews 4:12, Revelation 19:13, Joshua 1:8, Isaiah 55:11

2. Prayer: Prayer is your relationship with Jesus. Pray first, early, often. Pray “in the Spirit” frequently; your prayer language is hidden from the enemy—like a stealth bomber!
Colossians 4:2, 1 Thessalonians 5:17, Romans 8:26-27, Jude 20, Matthew 6:9-13

3. Praise: “Silences & drives the enemy out.” “He inhabits your praise.” “Praise & be raised!”
Hebrews 13:15, Acts 16:25-26, Psalms 8:2; 22:3; 145-150, 2 Chronicles 20:12-25

4. People: “He who walks with the wise grows wise.” “Where two or three are gathered in My Name...” “Iron sharpens iron.” “If one can chase a thousand, two can put ten thousand to flight!”
Proverbs 13:20, 27:17, Deuteronomy 32:30

5. Places: Seek His Presence, Shelter of the Most High, Life-giving atmospheres give LIFE!
There is much growth/protection in a flock! Get outside & look up! Psalms 91, 122; Rom. 1:20