

## Is It in You?

n/a

### **Ready:**

You, however, are not in the flesh, but in the Spirit, since the Spirit of God lives in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.—Romans 8:9

### **Set**

I love watching Gatorade® commercials. They show athletes giving everything they have for their sport. The neon green or orange Gatorade® even pours out of them as they sweat! The commercials always end with, “Is it in you?” The implication is that somehow this drink is going to make us perform better on the field. Do we have what it takes to be a champion? Is it in us?

As Christians, God tells us that the Spirit of God, the very essence of Christ, is in us. The same Spirit who raised Jesus from the dead comes to dwell inside of us. When we give our heart to Jesus, the Holy Spirit breathes life into our spirit. He literally brings us back from the dead—spiritually that is. Sin brings death, but the Spirit brings life.

The really cool thing is that the Spirit gives us power! We have the power to choose God’s road over sin—to perform better in life. He makes us champions over sin! We are given a choice every day—will we be led by the sinful nature or by the Spirit of the living God? When

we choose God’s way, it will be obvious to everyone that there is something different about us. We may just sweat that neon green or orange—but it won’t be Gatorade®! Is it in you?

### **Go**

1. Have you given your heart to Jesus?
2. Have you received the power of the Holy Spirit? Is it in you?
3. Can others see it by the way you live?

### **Workout**

Extra Reading: 2 Corinthians 13:5; Galatians 2:20; Ephesians 3:16-17; Colossians 1:27-29

### **Overtime**

Heavenly Father, thank You for being the only thing I need. Thank You for providing the power to resist sin. I pray that Your Holy Spirit would help me make the right choices today. Amen.



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