

TAKE HOME SHEET



Series: More?
Message: God's Spirit Can Guide Me
Speaker: Yayo Espinosa
Date: May 25, 2025

Take some time to read the passage we focused on today. Underline the words and phrases that stand out to you as you read.

⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:5–6 (NLT)

What does this verse say about the difference between being led by emotions (the sinful nature) and being led by the Holy Spirit?

According to this passage, what's the outcome of each mindset? Key truth: Your mindset matters. What dominates your thoughts will direct your life.

EMOTIONS vs. THE HOLY SPIRIT

Emotion-Led Life

Driven by fear, anxiety, pride, or comparison.

Spirit-Led Life

Grounded in truth, guided by peace.

Emotion-Led Life

Reacts quickly, defensively, or impulsively.

Spirit-Led Life

Responds with wisdom, patience, and clarity.

Emotion-Led Life

Changes based on mood or circumstance.

Spirit-Led Life

Anchored in the unchanging presence of God.

What thoughts have been controlling your mind lately?

Are they producing life and peace—or stress, tension, and confusion?

Daily Practices to Shift from Emotion to Spirit:

A. Silence the Noise

Choose one distraction to reduce this week—social media, constant news, or busyness. Create space to hear God.

B. Start Your Day with the Spirit

Before reacting to texts, email, or stress, pray.

C. Let Scripture Guide Your Thinking

Open God's Word expecting Him to speak.

D. Obey the Nudge

If the Spirit prompts you to act—pray, forgive, pause, speak—follow it. Small obedience opens the door to big peace.

E. Invite Him In

Say: "Holy Spirit, I've been led by emotion—help me recognize Your voice again."

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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God's Spirit wants to guide your thoughts, decisions, and relationships.

The Holy Spirit is God's presence with us and in us.

¹⁶ And I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth.
John 14:16–17 (NLT)

The first step to being guided by the Holy Spirit is accepting Jesus Christ as your Lord and Savior.

And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.

Ephesians 1:13 (NLT)

Practical Ways to “Turn It Back On”:

- Silence the Noise.
- Open His Word with Expectation.
- Listen to the Nudge of the Holy Spirit.
- Invite the Holy Spirit Back In.

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Romans 8:5–6 (NLT)

What you set your mind on shapes the life you live.

To be led by the Spirit is to trust God's voice above your emotions.

The Holy Spirit isn't just here to give you feelings—He's here to reshape your thinking.

Your emotions can be loud, but the Holy Spirit brings peace.

Emotions react. The Holy Spirit leads.

Being led by the Holy Spirit means we stop being driven by our emotions and start walking in step with Him.

Steps to Let the Holy Spirit Guide Your Life:

- Start your day by checking in with the Spirit.
- Let Scripture shape your mindset.
- Pause and listen before you decide.
- Ask for conviction, not just comfort.
- Be open to correction, not just inspiration.