

**IN STRIDE WITH THE SPIRIT | LIVING A GODLY LIFE IN TRIALS**  
**GALATIANS 5:16-26**

It's hard to believe we have arrived at the Christmas season. A season that should be filled with fun, celebration, and happiness is often accompanied by stress. The financial issues our nation is facing has added stress as people plan to cut spending on gifts, travel, and food. In Europe and around the world inflation has added stress due to the war in Ukraine following the COVID 19 policies. Those in Ukraine and other war-torn countries have added pain and concern. Relational and family issues also play a part in the difficulty of Christmas. Old issues are rekindled as families gather again. Times of mourning also seem more intense during the holiday season. As believers, we can walk in victory in the midst of stressful situations and trials. We can honor God and be joyful in the Christmas season. The Holy Spirit enables Christians to live lives that are joyful and pleasing to God, which is impossible for us to do without Him. Why do we need the Holy Spirit in life and especially in trials?

1. The Holy Spirit helps us to be \_\_\_\_\_ over our old \_\_\_\_\_ nature.
  
2. The Holy Spirit gives us \_\_\_\_\_ and the \_\_\_\_\_ to follow God's way.
  
3. The Holy Spirit produces the godly \_\_\_\_\_ in our lives that we cannot produce \_\_\_\_\_ from \_\_\_\_\_.
  
4. The Holy Spirit \_\_\_\_\_ with us in every situation, and we should strive to keep in \_\_\_\_\_ with Him.