

“Off the Roller Coaster and on to the Abundant Life”

Matthew 26:31-35, 69-75

SERMON NOTES

*By the power of the Holy Spirit,
you can have a steady climb to freedom, intimacy,
and empowerment to accomplish God's perfect will!*

How to exit the coaster and join God's journey:

1. L_____ to what God is saying in His w_____.

Matthew 26:30-32

Application: Be s_____ and q_____ while r_____ on
God's w_____.

2. Pray for s_____ to overcome t_____.

Matt. 26:33-35, 41

Application: When start your day, p_____, ask for h_____ not
to f_____ into sin.

3. Recognize the w_____ of your f_____! Matthew 26:35

Application: Do not put yourself in a d_____ place of
t_____.

4. Be c_____ by the H____ S_____ . Acts 2:1-4

Application: W_____ by the Spirit instead of your o____
s_____.

Do three things:

- 1) C_____ that you have been trying to do it on your own
p_____, asking for f_____.
- 2) A_____ the Holy Spirit to take c_____ of your l____. Be Spirit
f_____!
- 3) R_____ the Holy Spirit.

**Answers to Sermon Notes
are on the next page.**

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SERMON NOTES with ANSWERS

*By the power of the Holy Spirit,
you can have a steady climb to freedom, intimacy,
and empowerment to accomplish God's perfect will!*

How to exit the coaster and join God's journey:

1. Listen to what God is saying in His word.

Matthew 26:30-32

Application: Be still and quiet while reflecting on God's word.

2. Pray for strength to overcome temptation.

Matt. 26:33-35, 41

Application: When start your day, pray, ask for help not to fall into sin.

3. Recognize the weakness of your flesh! Matthew 26:35

Application: Do not put yourself in a dangerous place of temptation.

4. Be controlled by the Holy Spirit. Acts 2:1-4

Application: Walk by the Spirit instead of your own strength.

Do three things:

4) Confess that you have been trying to do it on your own power, asking for forgiveness.

5) Ask the Holy Spirit to take control of your life. Be Spirit filled!

6) Receive the Holy Spirit.