



**From February 28, 2023  
InTouch Ministries**

### **Sowing to the Spirit**

**Are you planting seeds that result in a good harvest for you and others?**

**James 3:13-18**

**Yesterday we discussed how, in all of our choices, we either sow to the flesh or sow to the Spirit (Galatians 6:8). We plant seeds that affect what kind of person we're growing into and the level of impact our life will have for the Lord.**

**The "flesh" is the part of us that wants to live and act independently of God. We all must deal with the strong pull of this attitude; it doesn't simply vanish when we're saved. However, the Holy Spirit ensures that we're not enslaved to the flesh. He begins to change us so we can live according to the truth. The choices we make contribute to the process of transformation, and when they're in alignment with the Spirit's work, they plant good seed that results in even more new growth.**

**When you're sowing to the Spirit, you're accepting God's truth into your mind and heart. The fruit of the Spirit grows naturally from this seed of godly truth and influences every aspect of your life. When you feed your spirit with the things of God, you're going to become stronger, more Christlike, and full of His life in your thoughts and actions.**

**Are you feeding your spirit or the part of you that wants to act independently of God? Choose to sow seeds that build you up, letting streams of living water flow from you to nourish others (John 7:37-39).**

**<https://www.intouch.org/read/daily-devotions>**