
# KEEP IN STEP WITH THE SPIRIT

### Debbie Dietrich

Be very careful because, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:15–20

**NUTRITION for the walk verses NUTRITION & CONDITION notes**

**CONDITION for the walk verses**

**My Personal Spiritual NUTRITION & CONDITION plan**

#### BRIO, COMFORT & ENCOURAGEMENT

**to “walk the talk”**

#### BRIO, COMFORT & ENCOURAGEMENT

**notes**

**My Personal Spiritual BRIO, COMFORT & ENCOURAGEMENT for Godly unity plan**