

The Benefits of Walking in the Spirit and The Danger When We Don't

Galatians 5:16-26

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“All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for ^[a]instruction in righteousness, ¹⁷ that the man of God may be complete, thoroughly equipped for every good work” **(2 Tim 3:16-17)**.

“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^[a] by giving you the Holy Spirit, whom he promised long ago” **(Eph 1:13) (NLT)**.

Galatians 5:16-18 – “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law.”

I. First benefit of Walking in the Spirit Brings two elements of victory! (v. 16-18)

- **Element #1 Freedom from the power of sin.**

Romans 8:1-2 – “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.”

- **Element #2 Clarity and Discernment.**

John 16:13 - “When He, the Spirit of truth has come, He will guide you into all truth...”

1 John 4:4 “...He who is in you is greater than he who is in the world.”

Romans 8:13 – “...if by the Spirit you put to death the deeds of the body, you will live.”

Ephesians 6:10 – “Be strong in the Lord and in the power of His might.”

Galatians 5:19-21 – “⁹ Now the works of the flesh are evident, which are: ^[a]adultery, ^[b]fornication, uncleanness, lewdness, ²⁰idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹envy, ^[c]murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.”

Four major consequences when we walk after the flesh:

1. Bondage to Sin

2. Spiritual Confusion and Deception

Romans 1:21 – “...their foolish hearts were darkened.”

3. Loss of God’s Presence and Power

Samson in Judges 16:20 (NLT) – “But he did not know that the Lord had left him.”

4. Eternal Separation from God

Galatians 5:21 – “...those who practice such things will not inherit the kingdom of God.”

Matthew 7:16 - “You will know them by their fruits.”

II. Second benefit of Walking in the Spirit-- Produces Christlike Character (15 Minutes)

Galatians 5:22–24 – “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. “And those who are Christ’s have crucified the flesh with its passions and desires.”

III. Third benefit Walking in the Spirit Leads to two elements-one of Intimacy with God one of power to remain humble.

Galatians 5:25 (NIV) -“If we live by the Spirit, let us also keep in step with the Spirit.”

James 4:8 – “Draw near to God, and He will draw near to you.”

Galatians 5:26 -“Let us not become conceited, provoking one another, envying one another. Power to be humble and not conceited, power to be humble and encourage and not provoke.”