

Live Free In Step with the Spirit

Galatians 5:16-25 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

The Battle of Desires : Flesh vs. Spirit

v. 16-17 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Why do we "gratify the desires of the flesh" ?

We don't trust God's goodness and grace.

We think we have to produce something for ourselves in order to be satisfied.

Acts of the Flesh – Four Categories

Sexual sins

v. 19 The acts of the flesh are obvious : sexual immorality, impurity and debauchery

Religious sins

v. 20 idolatry and witchcraft

Relational sins

v. 20-21 hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy

Substance abuse sins

v. 21 drunkenness, orgies, and the like

The Fruit of Spirit

Love - Serving a person for their intrinsic value, not for what the person brings me.

Joy - Delight in God for the sheer beauty and worth of who He is

Peace - Confidence and rest in the control of God, rather than in my own.

Patience - the ability to have a long fuse and face hardship without losing my cool.

Kindness - the ability to serve others practically in a vulnerable way which comes from being secure in who I am.

Goodness - being the same person in every situation, rather than being a phony.

Faithfulness – to be utterly reliable and true to my word.

Gentleness - having my strength under control and not having to act superior.

Self-control - the ability to pursue the important over the urgent and to be intentional, not impulsive.

Growing Fruit of the Spirit

It is **gradual**

It is **inevitable**

It is **internal**

It is **symmetrical**

For My Life to Be Fruitful and Flourish

I need to **focus on my identity in Christ.**

v. 24 Those who belong to Christ Jesus.....

I need to **to crucify my over-desires.**

v. 24have crucified the flesh with its passions and desires.

Identify and dismantle my idols

Strangle sin at the motivational level, not just the behavioral level

I need to **walk in step with the Spirit.**

v. 25 *Since we live by the Spirit, let us keep in step with the Spirit.*

Walking involves **movement towards my goal.**

Walking involves **leaving things behind.**

Walking involves **some ups and downs.**

Walking involves **not always seeing the final destination until I get there.**

Additional Study : Walking with the Spirit

Monday	Ephesians 5:2 and 8
Tuesday	2 Corinthians 5:7
Wednesday	Psalms 119:105, John 15:4
Thursday	I John 2:6
Friday	Colossians 1:10-11