

## Walking in the Spirit

## WARM-UP

- What is one thing that you like to do frequently? Why?
- Tell about one person that made a big impact in your life as you were growing up.
- Do you consider yourself more of a leader or a follower? Why do you think so?

## WORD

*<sup>16</sup>But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup>For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*

**GALATIANS 5:16,17**

As Christians, we are called to live life the way Jesus did. This means walking in the Spirit and always honoring God. But because we are human, our sinful desires make it impossible to consistently please God. Instead, we follow our selfish desires. But God provided a way for us to be like Christ through the Holy Spirit. We can be like Christ when we walk, are led, and live by the Holy Spirit.

## 1 Walk by the Spirit.

*But I say, walk by the Spirit, and you will not gratify the desires of the flesh.* **GALATIANS 5:16**

The Scripture promises that when we walk by the Spirit, we will not gratify, or give in to, *the desires of the flesh*. Walking by the Spirit means the Holy Spirit helps us do the will of God instead of choosing what makes us happy or what pleases us. How has the Holy Spirit kept you from giving into your selfish desires?

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## 2 Be led by the Spirit.

*But if you are led by the Spirit, you are not under the law.* **GALATIANS 5:18**

Being under the Law means that we strictly obey the Law in fear, because it is the only standard we are judged by. However, being justified in Christ and having received the Holy Spirit, we are no longer under the Law. Not that we don't obey the Law, but once we are *led by the Spirit*, bearing His fruit, then we will see ourselves fulfilling His command (Galatians 5:22,23). This fruit causes us to live like Christ and according to His will. How has the fruit of the Spirit developed in your life?

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### 3 Live by the Spirit.

*If we live by the Spirit, let us also keep in step with the Spirit.*

**GALATIANS 5:25**

Walking and being led by the Spirit leads us to be more like Christ. As we live by the Spirit, we are charged to *keep in step with the Spirit*, which means being in sync with how the Spirit leads each day. How do you listen for the Holy Spirit daily to keep in step with Him?

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### APPLICATION

- Do you still have struggles with the desires of the flesh? What is one thing you can do this week to help you choose to please the Spirit instead of your flesh?
- Do you still feel obligated to live according to your works? How can you grow in bearing and displaying the fruit of the Spirit?
- How has your life been a testimony of the transformative power of the Holy Spirit? How can you encourage a family member or friend who is struggling to live a Christlike life today?

## PRAYER

- Thank God for giving you the Holy Spirit who dwells in you every day. Ask the Holy Spirit to help you continually choose to walk and live by Him instead of being led by the flesh.
- Pray that as you obey God's will and commands daily, you will do so with the help of the Holy Spirit. Ask God for the humility and grace to let the Holy Spirit lead you always.
- Pray that your life will always reflect the presence of the Holy Spirit and serve as an encouragement to others around you.

## NOTES

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