

Walking with the Spirit – Conflicting Desires – Galatians 5:16-26 – Saul Algar

Introduction

Superheroes – always have a powerful enemy - Captain America, Thor, Superman...

- A superhero who can never be beaten is God - Father, God the Son (Jesus) and God the Holy Spirit!
- Today we will read about how the Holy Spirit helps us win, because he's already won.

Read Galatians 5:16-26 - The secret is learning to "walk by the Spirit".

So **WHAT** is walking by the spirit? **WHY** walk by the spirit? & **HOW** do we walk by the spirit?

1. WHAT IS WALKING BY THE SPIRIT?

Verse 18: "But if you are led by the Spirit, you are not under the law."

- He is a leader like the engine at the front of a train. We follow in his strength not our strength

Verse 22: "The fruit of the Spirit is love, joy, peace ..." He bears the fruit in us.

- Like in John 15:4-5: "No branch can bear fruit by itself; it must remain in the vine"

So walking by the Spirit is "being led by the Spirit" and "bearing the fruit of the Spirit."

2. WHY WALK BY THE SPIRIT?

Verse 16 says "you will not..." rather than "do not ...", So when we walk by the Spirit, our bad desires are overcome.

- Flesh is the "I" who tries to satisfy "me" with anything except God.

Verse 24 "Those who belong to Christ Jesus have crucified the flesh with its passions and desires".

- But "Flesh" says "I'd rather do it myself – a war between our flesh and God's Spirit.

Christians aren't free from temptation. Christians go to war against bad desires by the power of the Spirit.

Verse 18: "If you are led by the Spirit, you are not under the law."

We now live to please God, not just keep all the rules. The Spirit produces love from within, which fulfils the law.

3. HOW DO WE WALK BY THE SPIRIT?

You walk by the Spirit when your heart is resting in the promises of God.

Galatians 5:6, "The only thing that counts is faith expressing itself through love." Genuine faith always produces love.

- Love and faith push away guilt, fear, and greed. So we can enjoy God's power.

Galatians 5:5: "For through the Spirit we eagerly await by faith the righteousness for which we hope."

- The way to walk by the Spirit and not fulfil the desires of the flesh is to hear and trust the promises of God.

Galatians 2:20-21 "I have been crucified with Christ and I no longer live, but Christ lives in me."

- Day by day he casts his cares on God, frees his life from guilt and fear - and rides the train of the Holy Spirit.

If we read just a few verses of the bible every day, we feed ourselves and let the Spirit work in our hearts.

CLOSE

The command of **love** is not a burden but what happens when we walk by the Spirit.

Love might not be easy for us. But good news! It is something God does in us.

"Come to me all you who are weary & burdened & I will give you rest. Take my yoke upon you & learn from me for I am gentle & humble in heart & you will find rest for your souls. My yoke is easy & my burden is light." (Mtt 11:28-30)

QUESTIONS

1. How are you remaining 'hooked up' to the train – to God's Holy Spirit? How is he 'leading you'?
2. Which commands are weighing heavily on you? Are there areas where it feels you'll never 'win the battle'?
 - a. Bring these areas to God in prayer
3. How can we allow our heart to rest in the promises of God? How can we keep our gaze fixed on Him?