





THE SPIRIT WITHIN

GOD'S NEW CREATION

Galatians 5:16-25

I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh.

For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want. But if you are led by the Spirit, you are not under the law.

Galatians 5:16-25

Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, envy, drunkenness, carousing, and anything similar.

I am warning you about these things - as I warned you before - that those who practice such things will not inherit the kingdom of God.

Galatians 5:16-25

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. The law is not against such things.

Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5:13

For you were called to be free, brothers and sisters; only don't use this freedom as an opportunity for the flesh, but serve one another through love.

In Galatians 5, Paul contrasts two distinct ways of walking: walking in step with the Spirit vs. walking according to the flesh.

Galatians 5:16-25

- Paul is saying that you can tell the Kingdom to which you belong by the way you walk.
- The Greek word *sarx* means “flesh” and ranges in meaning from “physical body” to “fallen human nature.” *Sarx* is prone to temptation.
- 1 Peter 2:11, Beloved, I urge you as sojourners and exiles to abstain from the passions of the *flesh*, which wage war against your soul.



Ancient Jewish rabbis
spoke about human nature
in a similar way:

"He who performs the will
of his creator (yotzer) angers
his evil inclination (yetzer)."

H.A.L.T. is an acronym used in addiction recovery to help people identify their temptations.

H.A.L.T. stands for Hungry, Angry, Lonely, and Tired.

The next time you find yourself tempted, ask yourself:

Am I hungry?

Am I angry?

Am I lonely?

Am I tired?

Galatians 5:19
The works of the flesh are obvious.

*THE
SPIRIT
WITHIN*

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Paul knows that you cannot walk by the Spirit while you're gratifying the desires of the flesh.

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THE SPIRIT WITHIN

Francis Chan, *Forgotten God*:

"The way of the Spirit is not a gentle downhill grade. Often, walking with the Spirit is an uphill trudge through all sorts of distractions and difficulties. But while the path is winding and difficult, you are constantly moving in a particular direction, and that direction is set by the Spirit."

A simple way to examine the Spirit's work of sanctification in your life is to ask yourself, "Am I more loving today than when I came to know Christ? More joyful? More peaceful?"

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THE SPIRIT WITHIN

Galatians 5:24-25

Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

Do you need to crucify any fleshly passions and desires?

Are you walking in step with the Spirit?

Or are you walking according to the flesh?

