

# Freedom to Bear Fruit

Galatians 5:16-26



**What would be an observable standard by which people who know something about you could render an objective opinion as to whether or not you were a Christian?**

**Galatians 5:22-23 (NASB)**

***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control***

## **Matthew 7:17-20 (NASB)**



***So every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot produce bad fruit, nor can a bad tree produce good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. So then, you will know them by their fruits.***

# **I. The Conflict (v. 16-18)**

## **Galatians 5:16 (NASB)**

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

### **A. Conflict Implied (vs. 16)**

## **Galatians 5:17 (NASB)**

**The flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.**

**B. Conflict in full flower**



**SCORPION**

## Romans 8:23 (NASB)

*And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body.*

**“Spiritually speaking, ‘the flesh’ means something more than simply the body. It is the part of me that does not want what God wants, my corrupt human nature in all its weaknesses and depravity...”the flesh’ refers to the unspiritual life of the whole person which is inclined to sin.”**

**--Philip Ryken, Reformed Commentary, Galatians**



# Sarx

## Any part of us tainted by sin

- **Romans 7:15 (NASB)**

*For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.*

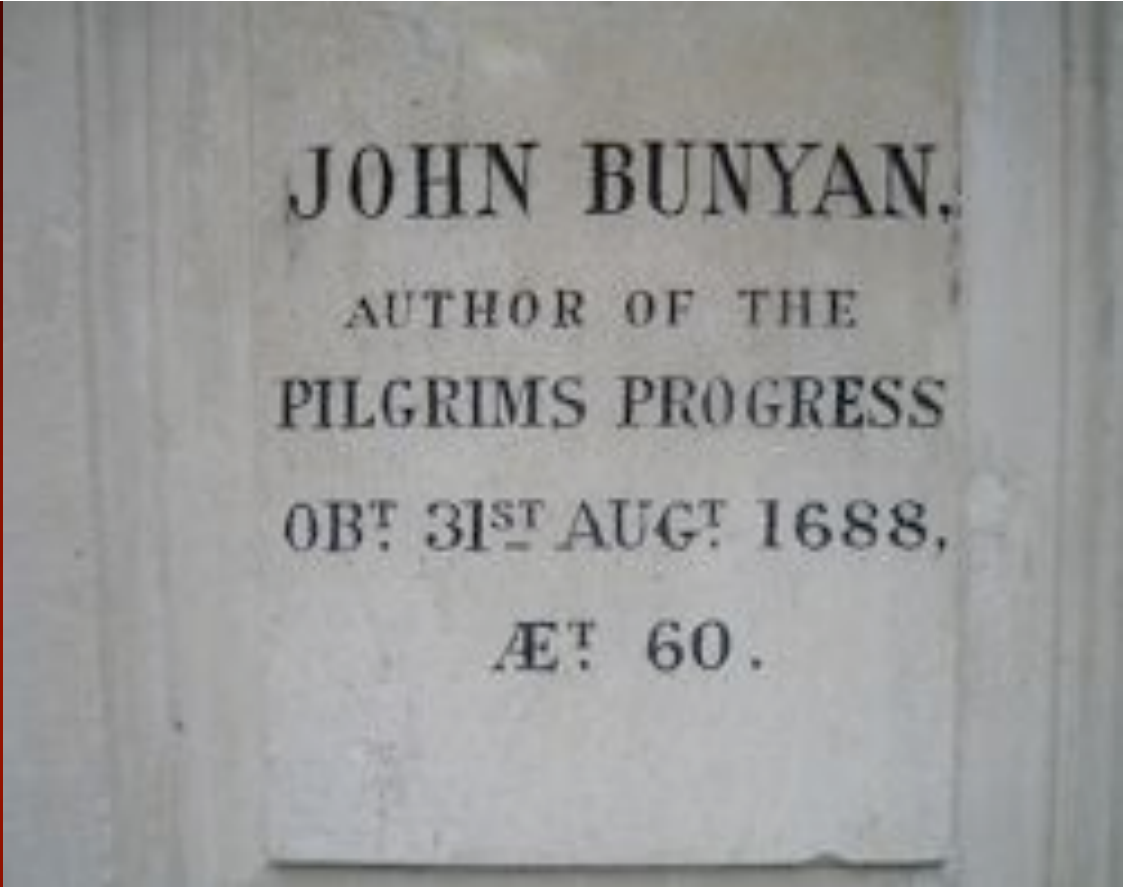
- **Romans 7:18 (NASB)**

*For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.*

## **Galatians 5:18 (NASB)**

**But if you are led by the Spirit, you are not under the Law.**

**C. Human Answers to Spiritual Problems**



JOHN BUNYAN,  
AUTHOR OF THE  
PILGRIMS PROGRESS  
OB<sup>T</sup>. 31<sup>ST</sup> AUG<sup>T</sup>. 1688,  
Æ<sup>T</sup>. 60.

**...All the law can do is stir up the dust of sin--it cannot cleanse anyone.**

**Pilgrims Progress-Banner of Truth, Edinburgh,  
1979**

## II. THE CONTRAST (vv. 19-23)

### Galatians 5:19-21

*The deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these... Those who practice such things shall not inherit the kingdom of God.*

**A. The deeds of the flesh are evident...immorality, impurity, sensuality...**

- **Immorality** means "illicit sex" or "fornication."
- **Impurity** means "uncleanness."
- **Sensuality** refers to lascivious conduct

**The deeds of the flesh are evident...., idolatry, sorcery,**

- **Idolatry** means worshiping or being preoccupied with anything other than the true God.
- **Sorcery** is farmakia [pharmakia] (meaning "drugs").

**The deeds of the  
flesh are  
evident...  
enmities, strife,  
jealousy,  
outbursts of  
anger, disputes,  
dissensions,  
factions, envying**



**The flesh produces**  
"enmities" (hostility),  
"strife" (quarreling),  
"jealousy" (anger  
toward another's  
good fortune),  
"outbursts of anger"  
(uncontrolled temper  
tantrums), "disputes,"  
"dissensions,"  
"factions," and  
"envying."

## Galatians 5:15





# The deeds of the flesh are evident...

“drunkenness”

“carousing”



***Those who practice such things shall  
not inherit the kingdom of God***

**“Those who continually practice the  
deeds of the flesh are the unregenerate.  
If the things which Paul listed are the  
unbroken patterns of your life, then  
you're not a Christian.”**

**--John MacArthur**

## **Galatians 5:22-25 (NASB)**

*The fruit of the Spirit is love,  
joy, peace, patience, kindness,  
goodness, faithfulness,  
gentleness, self-control;  
against such things there is  
no law.*

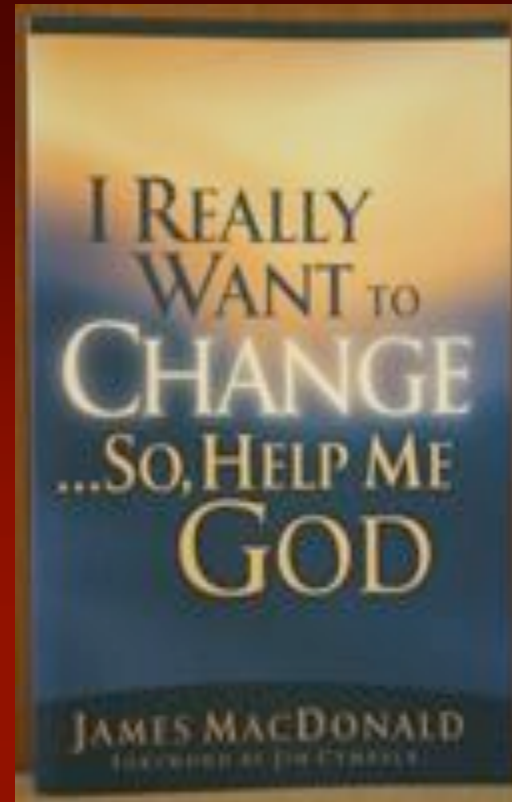
### **B. The Fruit of the Spirit**

## 1 Corinthians 13:4-8a (NASB)

*Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.*

# **A lack of love is a lack of the fruit of the Spirit.**

- **Depression and despair is a lack of joy, which is part of the fruit of the Spirit.**
- **Inner conflict and fear is a lack of peace, which is also a part of the fruit of the Spirit.**
- **The Spirit produces patience, kindness, goodness, faithfulness, and gentleness in place of distraction.**
  - **He gives self-control to those who are out of control.**



**“For life change to happen, we must access the power of God for change, admitting that we do not have the strength within us.”**

**P. James MacDonald, I Really Want to Change...So, Help me God**

# III. The Conquest of the Flesh

## Galatians 5:24-25 (NASB)

*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 walk by the Spirit.*

## **Galatians 3:1 (NASB)**

***You foolish Galatians,  
who has bewitched you,  
before whose eyes Jesus  
Christ was publicly  
portrayed as crucified?***



## Galatians 2:20 (NASB)

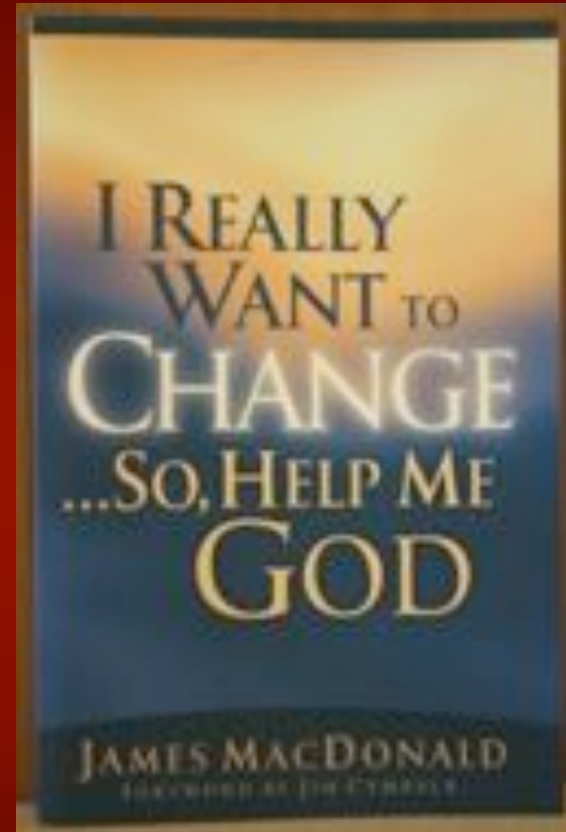
*I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.*

*Let us therefore be what we are. Let us be in practice what we are in principle.*

Paraphrase Kistemaker-  
Hendriksen, Commentary-  
Galatians

## **Galatians 5:25 (NASB)**

***If we live by the Spirit, let us also walk by the Spirit.***



# A Theology of Heart Change

