

“Walk In The Spirit!”
Galatians 5:16-18

Introduction:

1. As We Continue:
 - To Look At:
 - How We Can Fight Against:
 - The Enemy Of Our Flesh:
 - Let’s Turn In Our Bibles Tonight:
 - To Galatians 5!
2. Now - After Looking At:
 - The Depraved & Deceitful Nature:
 - Of Our Flesh:
 - According To God’s Description Of It!
 - We Initially Saw That:
 - Apart From God’s Intervention:
 - There Is No Hope For Us:
 - In This Fight!
3. And So - It Is Through:
 - The Gospel - And:
 - The Gospel Alone:
 - That We Can Find Hope:
 - Against Our Flesh!
 - And - It All Starts With:
 - Depending On:
 - The Lord Jesus Christ:
 - Who Came In The Flesh:
 - In Order To Deliver Us:
 - From Our Flesh!
- And - This Is What We Discovered From:
 - Romans 7:24-25 - Where:
 - After Paul Expressed His Frustration:
 - With His Flesh:
 - “O wretched man that I am! who shall deliver me from the body of this death?”
- He Found His Answer & Hope:
 - In The Gospel!
 - “I thank God through Jesus Christ our Lord!”
- So - As It Was For Paul:
 - So It Is For Us!
 - To Fight Against The Flesh:
 - We Must First & Foremost:
 - Depend On The Deliverance:
 - Of The Lord Jesus Christ!
4. But Then - As We Come To Galatians 5:
 - We Need To Also:
 - Dwell With:
 - The Spirit Of God:
 - In Our Daily Lives:
 - With God!
- Which Is Why:
 - In 5:16-18 - Paul Tells Us:
 - “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. / For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. / But if ye be led of the Spirit, ye are not under the law!”
5. And So - If You – As A Christian:
 - Are Struggling In Your Life:
 - Because Of Your Flesh:

- To Look More Like Christ!
- To Live More Like Christ!
- And To Love More Like Christ!
- Then You Need To – In The Words Of 5:16:
 - “Walk In The Spirit!” (2x)
 - And Every True Christian Has The Freedom & The Responsibility To Do So!
- And So Tonight:
 - We Are Going To Look More Closely At:
 - What It Means To:
 - “Walk In The Spirit!”

* First - There Is:

1. A Responsibility To Walk In The Spirit!

- See This In 5:16 - “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh!”
 - Many Times - We Live Our Lives Like:
 - The Galatian Churches:
 - According To The “Way Of Flesh!”
 - Our Own Way!
 - And Like The Galatians:
 - It Doesn’t Turn Out Well – Does It?
 - So - Instead - All Throughout This Letter - Paul Is Telling Us To Follow The “Way Of Faith” Instead!
 - And This Is How You Do It:
 - You: “Walk In The Spirit!”
 - Every Christian Has A Responsibility To “Walk In The Spirit!”
 - But - Have You Ever Wondered What This Means?
 - And If It Is So Important & So Necessary, How Can I “Walk In The Spirit”?
 - Need To Remember That:
- It Is A Spiritual Walk!
 - The “Spirit” That Paul Is Talking About Here:
 - Is Not Your Human Spirit:
 - But The Holy Spirit Of God!
 - And Paul Has Already Introduced Us To The Holy Spirit In This Letter!
 - 3:2-3 - “This only would I learn of you, Received ye the Spirit by the works of the law, or by the hearing of faith? / Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh?”
 - Here We See The Reception Of The Holy Spirit:
 - In The Life Of Every Christian, Through Faith!
 - You Can Only “Walk In The Spirit” If:
 - You Have Been Regenerated By The Holy Spirit & Have Received The Holy Spirit Through Faith In Jesus Christ!
 - So - Before You Can “Walk In The Spirit” You Need To Respond To The Gospel Of Jesus Christ!
 - Have You? When You Do:
 - 4:6 - “And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father!”
 - Here We See The Relationship That The Holy Spirit Confirms In Every Christians Heart & Life!
 - That You Are A Child Of God!
 - So To “Walk In The Spirit” (5:16) Means:
 - That We Are Walking In Step With The Holy Spirit Of God:
 - Who Has Been Given To Every Christian!
 - And Who Even Indwells Every Christian!
 - There Is Not A Single Christian On Earth:
 - Who Does Not Have The Holy Spirit With Him Or Her!
 - And So - We Have A Responsibility To “Walk” With Him & In Him!
 - But What Does It Mean To “Walk In The Spirit”?
 - To “Walk” Mere Means To Live Your Life:

- Your Whole Life - Under The Influence & Direction Of The Holy Spirit!
- And The Illustration Is Like When You:
 - “Take A Walk!”
 - Walking Has Some Great Health Benefits! But Whether Your Walk Is Long Or Short - There Is Always:
- A Purpose For Your Walk!
 - Could Be For Health / “Get Your Steps In”
 - Could Be To Walk the Dog / Go To The Store / Visit Someone / Or Even Just For Fun & Scenery & To Breath In The Fresh Fall Air!
 - When You Walk - Also:
- A Plan For Your Walk!
 - Do Things Differently:
 - Depending On Your Walk!
 - If It’s A Long Vs. Short Walk:
 - Different Shoes / Different Supplies!
 - If Its Cold Vs. Hot:
 - Different Clothes!
 - If Its To Be Fast Vs. Slow:
 - Different Directions!
 - When You Walk - Also:
- A Path For Your Walk!
 - Sometimes Straight & To The Point!
 - Other Times - Doesn’t Matter!
 - Sometimes The Path Is Clear:
 - Other Times - Make Your Own Path!
 - When You Walk - Also:
- A Progress For Your Walk:
 - There Comes A Point When:
 - Your Walk Is Going To Come To An End! Have A Destination!
 - Even If It Is A Point To Turn Around & Return Home!
 - With Every Step:
 - Get Closer To Your Destination!
 - When You Walk - Also:
- A Power For Your Walk!
 - Usually Your Own Two Legs!
 - But Have You Ever Went To Walk Your Dog - And Instead Your Dog Walked You!
 - Sometimes - Hard To Control Where They Want To Go!
- Whenever You Take A Walk:
 - It Is Based On Your Own Desires!
 - Based On Your Own Purpose / Plan / Path / Progress / Power!
- But When You “Walk In The Spirit” Your Whole:
 - Life’s Walk:
 - Is Different! Is New!
 - Romans 6:4 - “Even so we also should walk in newness of life!”
 - The Purpose Of Your Life:
 - And Every Step Of Your Life:
 - Can Now Be Under The Direction & Influence Of God Through The Holy Spirit!
 - Instead Of Your Own Plan & Path:
 - You Strive To Follow After:
 - God’s Plan & Path For Your Life!
 - And Even The Progress & Power Of Your Life:
 - You Rely Upon Him!
- Is This What Your Live’s Walk Looks Like?
 - Are You “Walking In The Spirit?”
 - Every Day, Surrendering Every Part Of Your Day & Your Walk:
 - To The Lord & To His Spirit?

- Every Christian Has The Responsibility:
 - To “Walk In The Spirit!”
 - And Every Christian Has Been Given The Holy Spirit:
 - To Walk In!
 - So It Is Possible To Live Your Life This Way!
 - It Is A Spiritual Walk! Governed! Also:
- It Is A Successful Walk!
 - 5:16 - “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh!”
 - The “Lusts Of The Flesh” Are:
 - Those Sinful Desires That Remain:
 - In Our Lives Even After We Are Saved!
 - The Desires Of The “Old Man!”
 - It Is The Desire To Follow Our:
 - Own Way – Without Regard To God / The Gospel / His Grace!
 - But - If You “Walk In The Spirit – Ye Shall Not Fulfill The Lusts Of The Flesh!”
 - Now That’s The Definition Of Spiritual Success!
 - And Isn’t This The Desire Of Every True Christian?
 - Shouldn’t It Be?
 - To Be Holy Even As God Is Holy!
 - To Be Rid Of The Sin That So Easily Besets Us!
 - Not By Following The Letter Of The Law – But In And Through The Power Of The Holy Spirit Of God!
 - This Should Be Our Desire:
 - Because It Is God’s Desire For Our Lives!
 - And He Only Wants What Is Best!
 - And The Holy Spirit Is The Only One Who Can Give Us The Freedom From Our Own Flesh – So That We Can Look & Live & Love More & More Like Jesus Christ Himself!
- So - “Walk In The Spirit!”
 - We Do This:
 - Not By Ignoring The Holy Spirit:
 - And His Will For Our Lives!
 - But By Being Daily / Constantly:
 - Influenced By The Holy Spirit!
 - And This Is The Responsibility & Possibility:
 - Available For Every Christian / Child Of God!
 - Also:

* There Is:

2. *A Reason To Walk In The Spirit!*

- 5:17 - “For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would!”
 - Paul Gives Us A Major Reason Why:
 - We Need To “Walk In The Spirit!”
 - Not Only For Spiritual Success!
 - But Also Because Of The Spiritual War That Is Going On In The Heart Of Every Christian!
 - It Is:
 - A Personal War!
 - “For The Flesh Lusteth Against The Spirit!”
 - Paul Puts This As The Major Reason Why We Need To “Walk In The Spirit” Continually!
 - Now - It’s Not Just “The Flesh” That Is At War With The Holy Spirit:
 - But My Flesh & Your Flesh!
 - Very Personal!
 - Do You Feel This Same Struggle In Your Own Life?
 - Its Because “Your Flesh Lusteth Against The Spirit!”
 - It Always Has & Always Will, This Side Of Heaven! Now That Could Be Very Discouraging / Even Distressing / But Wait, There’s More! It Is Not Only Personal, But:

- A Promising War!
 - Galatians 5:17 - "For the flesh lusteth against the Spirit, and the Spirit against the flesh!"
 - Although Your Flesh Fights Against The Spirit:
 - The Holy Spirit Of God Is Fighting Against Your Flesh!
 - And That's A Gracious Promise For Every Believer In Christ!
 - Victory Over Your Sin & Your Own Flesh:
 - Is Assured & Is Still Ongoing! Also:
- A Persistent War!
 - 5:17 - "And these are contrary the one to the other!"
 - It's Not Just The Lusts & Desires:
 - That Are Opposed To Each Other!
 - It Is Our Flesh & The Holy Spirit Themselves!
 - And That Is Why We Must Not Give In:
 - To The Pressures Of Our Own Flesh!
 - They Are Each:
 - Standing In The Way Of The Other!
 - But This Was Not Always The Case!
 - Before A Person Comes To Christ, Ruled By Our Unrestrained Flesh!
 - And No Struggle Meant No Salvation!
 - But Now - The Holy Spirit Is:
 - Set Against My Sinful Flesh:
 - To Restrain Me & To Rescue Me From Its Residual Power & Strength Over Me!
 - A Continuing Battle / Struggle!
 - This Is Why We Need To Keep:
 - "Walking In The Spirit!" Also:
- A Powerful War!
 - 5:17 - "So that ye cannot do the things that ye would!"
 - This Battle Within Us Affects:
 - Not Just Our Minds & Wills:
 - But Also Our Actions!
 - In The Life Of A Christian:
 - There Are Times When:
 - You Really Want To Please God! (Hopefully, Most)
 - But Then - Your Old Flesh Gets In The Way!
 - And If You Are Not Walking In The Spirit:
 - Then It Gains The Advantage In Your Life!
 - And You Try To Live Your Life Under Your Own Power & With Your Own Efforts!
 - What Does This Lead To?
 - All Christians Experience It!
 - Frustration / Failure!
 - But There Are Also Times When:
 - You Really Want To Please Yourself!
 - And You Are Tempted To Sin!
 - But Then - The Holy Spirit Steps In The Way!
 - And If You Are Walking In The Spirit - He Gains The Advantage!
 - And Delivers You From That Temptation & Sin:
 - And Gives You The Victory!
 - So Even Though This War Continues In The Life:
 - Of Every Christian - There Will Be Progress!
 - Remember - It's A Walk!
 - So - Don't Be Frustrated! Instead:
 - Keep "Walking In The Spirit!"
 - And Then You Will See:

3. ***The Reality Of Walking In The Spirit!***

- 5:18 - "But if ye be led of the Spirit, ye are not under the law!"
 - As A Christian: If You Are Walking In The Spirit:
 - Then You Are:

- Following The Leadership Of The Spirit!
 - “But If Ye Be Led Of The Spirit!”
 - Often Seems Like A Mysterious Phrase!
 - “Spirit Led Me!”
 - But Is It? No! Truth Is:
 - You & I Can Only “Walk In The Spirit” If:
 - We Are Being “Led Of The Spirit!”
 - And If You Are A Christian:
 - You *Are* “Led Of The Spirit!”
 - Romans 8:14 - “For as many as are led by the Spirit of God, they are the sons of God!”
 - If You Are A Christian:
 - You Are Being “Led Of The Spirit!”
 - But - Often Wonder - How?
 - It Is A Constant Leadership!
 - There Never Is A Time In Your Life:
 - When You Are Not Being Led By The Spirit! Happens All Through Life! Also:
 - It Is A Consistent Leadership!
 - With His Character As The Holy Spirit!
 - He Leads Us From:
 - Unholiness & Sin – Always!
 - He Leads Us To:
 - Jesus Christ – Always!
 - He Leads Us On:
 - The Paths Of Truth & Righteousness:
 - And Faith – Always!
 - He Leads Us By:
 - His Word – Always!
 - Which He Can Use To Influence Our Minds & Our Memories & Our Conscience!
 - To Walk In The Spirit Means:
 - That You Are Following The Leadership:
 - Of The Holy Spirit!
 - And Relying On His Power & Strength To Do So!
 - Also Means That You Are:
- Following The Liberty Of The Spirit!
 - “Ye Are Not Under The Law!”
 - You Now Have The Freedom:
 - To Follow The Spirit & To Walk In The Spirit!
 - You Are Not Forced To Do So:
 - From The Outside:
 - But Instead You Are Free To Do So:
 - From The Inside:
 - Stirred & Prompted By The Holy Spirit Of God!
 - Isaiah 30:21 - “And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left!”
 - God’s Will Becomes More & More Our Own Will!
 - And So We Follow His Leadership:
 - Willingly!
- This Is The Reality Of Walking In The Spirit:
 - When You “Walk In The Spirit” You Are:
 - Following The Spirit!
 - His Leadership & The Liberty He Provides!
 - 2 Corinthians 3:17 - “And where the Spirit of the Lord is, there is liberty!”

Conclusion:

1. So - Conclude With This Question:
 - Are You Walking In The Spirit?
 - Today & Every Day?

- There Needs To Be A Daily Application Of This In Our Lives!
- It Isn't Meant To Be Some Mysterious Thing:
 - Or Even Some Impossible Ideal!
 - Because The Truth & Reality Your Christian Life Is This:
 - You Are Being Led Of The Spirit!
 - Every Christian Is!
 - Because You Are God's Child!
- So To Walk In The Spirit:
 - You Just Need To Follow His Leadership:
 - And Direction & Influence!
- 2. And When You:
 - Dwell With The Spirit - Even As:
 - The Spirit Dwells With You:
 - You Will Be Able To Fight Against:
 - Your Flesh:
 - And Win The Victory!
- 2. Remember This Week:
 - "Walk in the Spirit, and ye shall not fulfil the lust of the flesh!" (5:16)

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