

Walking by the Spirit

Key Verses:

Romans 8:5, 6 – *For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. v. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace...*

Galatians 5:16-18 – *But I say, walk by the Spirit, and you will not gratify the desires of the flesh. v. 17 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. v. 18 But if you are led by the Spirit, you are not under the law.*

The Objective:

In this lesson, we will learn how to live our lives in a way that helps us overcome the harmful habits of our old life while cultivating new desires that keep us on the right track as we daily walk with our God.

1) What is “walking by the Spirit”?

a) The Self-led Life vs. the Spirit-led Life

i) The self-led life is a life controlled by the _____.

(1) The flesh, in the Bible, refers to the prevailing attitudes, desires, and patterns of _____ that manifest in a life which is unconscious of, or unsubmitted to, the leading of the Holy Spirit and the Word of God.

(2) The flesh is our old human nature that does not relish the things of God and prefers to find _____ from a life _____ of God and His ways.

(a) A self-led person will live by the flesh when he attempts to get his needs and/or wants satisfied in any manner apart from God’s plan.

(b) The Bible lists some tragic results of a self-led life which is geared toward fulfilling one's needs/desires by the flesh:

Galatians 5:19-21 – Now the works of the flesh are evident: sexual immorality, impurity, sensuality, v. 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, v. 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

b) The Spirit-led life is a life controlled by the _____.

i) Understand the reality of the “_____.”

Note: In the Bible, the “inner man” refers to our spirit man. The “outer man” refers to our physical body and/or our fleshly man.

(1) 2 Corinthians 4:16 – *So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.*

(2) Paul prays in Ephesians 3:16 – *...that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being...*

ii) Understand the power of “Spirit to spirit” communication.

(1) His Spirit loves to communicate with our _____ spirit.

Romans 8:16 – The Spirit himself bears witness with our spirit that we are children of God...

(2) His Spirit enables us to pray with our _____ and with our _____.

1 Corinthians 14:15 – What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also.

(3) His Spirit provides for us an abiding _____ that helps us discern _____.

1 John 2:27 – *But the anointing that you received from him abides in you, and you have no need that anyone should teach you. But as his anointing teaches you about everything, and is true, and is no lie—just as it has taught you, abide in him.*

2) Why is “walking by the Spirit” crucial to a true disciple of Jesus?

a) True followers of Jesus will glorify God by producing godly _____.

i) John 15:8 – *By this my Father is glorified, that you bear much fruit and so prove to be my disciples.*

ii) Galatians 5:22-24 – *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, v. 23 gentleness, self-control; against such things there is no law. v. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

b) We cannot be fruit-producing followers of Jesus through our own _____. We need a power source other than our own.

i) Matthew 26:41 – *Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.*

ii) Acts 1:8a – *But you will receive power when the Holy Spirit has come upon you...*

c) We cannot be fruit-producing followers of Jesus while depending on our own _____. We need the Holy Spirit to guide us.

i) John 16:13a – *When the Spirit of truth comes, he will guide you into all the truth...*

ii) John 14:26 – *But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have*



said to you.

d) We cannot be fruit-producing followers of Jesus going our own _____.

i) Galatians 5:25 – *If we live by the Spirit, let us also keep in step with the Spirit.*

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

3) How does a person “walk by the Spirit”?

a) To “walk by the Spirit,” a person must allow the Holy Spirit to _____ in him or her strong _____ that correlate with God’s will.

This is what God said He would do: Ezekiel 36:26, 27 – *And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. v. 27 And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.*

b) To “walk by the Spirit,” a person must _____ to the promptings of the Spirit when He speaks to the inner self.

i) It is crucial that true disciples learn how to listen to the voice of God.

ii) John 10:27 – *My sheep hear my voice, and I know them, and they follow me.*

c) To “walk by the Spirit,” a person must _____ on what the Spirit desires rather than what the flesh desires.

i) Remember, the “flesh” is our old human nature that does not relish the things of God and prefers to find satisfaction from a life independent of God and His ways.

ii) When we “walk by the Spirit,” we refuse to allow the old driving forces of the flesh to control us.

REFLECT

1. What is one of the primary obstacles you face with walking in the Spirit?
2. What are you feeding most in your daily walk, the flesh or the spirit? Explain.
3. Read Galatians 5:19-21 about the works of the flesh. Is there anything on the list that you are currently struggling with?
4. Read Galatians 5:22-24 about the fruit of the Spirit. Which one fruit do you need to work on this week?
5. Why is “walking by the Spirit” crucial to a true disciple of Jesus?

ACT

Memorize Galatians 5:16 this week. *But I say, walk by the Spirit, and you will not gratify the desires of the flesh.* Be prepared to quote it from memory to your coach next week.