

PERSONAL STUDY

Walking in the Spirit**Galatians 5:16-26**

¹⁶So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. ¹⁷The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. ¹⁸But when you are directed by the Spirit, you are not under obligation to the law of Moses.

¹⁹When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

²²But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. There is no law against these things!

²⁴Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. ²⁶Let us not become conceited, or provoke one another, or be jealous of one another.

According to verse 17, what two things are in conflict?

To *walk in the Spirit* is not something that will come naturally. There is a battle between the power of the sin nature and the Holy Spirit. They are opposed to each other. Being aware that there is a battle within is a first step in walking in the Spirit.

List the qualities that are produced when you are walking in the Spirit. (see verses 22-23)

The transformational journey of God's Spirit working in you to weed out the sinful nature and grow His fruit is a daily, on-going practice. It does not come naturally, but through the Holy Spirit's guidance, it can be developed and practiced.

John 15:4-8

⁴Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

⁵"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ⁶Anyone who does not remain in me is thrown away like

a useless branch and withers. Such branches are gathered into a pile to be burned. ⁷But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! ⁸When you produce much fruit, you are my true disciples. This brings great glory to my Father.

How does Jesus say you are to live life?

When you abide in Christ, you are like a branch attached to the vine, and you gain nourishment and life. The branch is permanent; it does not come and go as it is convenient. The byproduct of a God-consciousness in your daily walk is Spirit-produced fruit.

What are some practical ways you have remained conscious of God in your daily life?

Old Nature vs. New Nature

Bible reading, memorizing scripture, and daily prayer are more ways to have the continual presence of the Spirit of God in your life. If *walking in the Spirit* means walking away from the old nature and walking in the new, what are some areas that need to be replaced with the new nature?

Use the chart below to think about the transition from old nature to new in light of the verses. Write down what the scriptures reveal about the new nature.

Old Nature	Scripture	New Nature
Conforming to the world	Romans 12:1-2	
Allowing sin to control you	1 Corinthians 10:13 & Romans 12:21	
Living life for yourself	Matthew 16:24-25	

Old Nature	Scripture	New Nature
Walking in the flesh	Galatians 5:16-17	
Worry and anxiety	Matthew 6:34 & 1 Peter 5:7	

The flesh produces one kind of desire, and the Spirit produces another. You have to allow the Spirit to empower you. The empowerment of the Spirit comes when you draw upon the truth of God and His promises.

Relationships take time to develop. They don't just happen, and they need to be maintained. The deepening of your relationship with the Holy Spirit and following the Spirit's lead takes daily practice and effort.

Prayer time

Here's a prayer you can pray to close out this time of reflection and study:

Father God, thank you for the gift of the Holy Spirit. Please help me to throw off the old nature and receive my new nature. Allow me to be mindful of the Spirit's presence in my life. Open my ears that I may be sensitive to the promptings of your Spirit within me. Thank you, Father, for your promise of the guidance of your Holy Spirit.

