

SPIRIT LED

STEPPING INTO THE PROMISE OF ABUNDANT LIFE

GALATIANS 5:16-25

¹⁶ So I say, **let the Holy Spirit guide your lives**. Then you won't be doing what your sinful nature craves. ¹⁷ The 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. ¹⁸ **But when you are directed by the Spirit**, you are not under obligation to the law of Moses.

¹⁹ When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹ envy, 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.

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

²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, **let us follow the Spirit's leading in every part of our lives**.

THE GOAL AND THE HOPE OF THIS SERIES IS TO HELP UNLOCK THE BEST OF US.

Week 1: Foundations

Week 2: Defining Spirit & Flesh

Tonight: Walking in the Spirit

THE SPOILS OF WAR: OVERCOMING THE FLESH AND THE REWARD OF SPIRIT

GALATIANS 5:17 (NIV)

¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. **They are in conflict with each other**, so that you are not to do whatever^[c] you want.

THE SPIRIT AND THE FLESH ARE IN A CONSTANT WAR OF PREEMINENCE.

- THEY EACH WANT SUPERIORITY OVER THE OTHER

THE SOUL IS THE MEDIATOR BETWEEN THE SPIRIT AND THE FLESH.

SOUL – THE MIND – AWARENESS, THOUGHTS AND IDENTITY RESIDE HERE.

THE SPIRIT AND THE FLESH BATTLE TO CONVINCING THE SOUL HOW TO FEEL, HOW TO THINK, AND WHO THEY ARE.

PROVERBS 23:7 -AS A MAN THINKETH IN HIS HEART, SO IS HE...

HEART – (HEB – LITERALLY) THE SOUL

THINKETH – (HEB) TO REASON OUT; TO CALCULATE

GAL. 5:17 (KJV) – “...and these are contrary the one to the other”

KJV – **CONTRARY** – (GRK) TO BE SET AGAINST; TO OPPOSE; TO BE ADVERSE

ROOT (GRK) – TO LIE; TO TAKE THE PLACE OF

THE FLESH IS A CONTROL FREAK.

IT WILL MANIPULATE, TWIST REALITY AND OUTRIGHT LIE TO GET YOU TO SUBMIT TO IT'S DESIRE.

BE CAREFUL TO TRUST YOUR FEELINGS.

THERE IS A DIFFERENCE BETWEEN DISCERNMENT AND YOUR FEELINGS.

DISCERNMENT IS BORN AND ROOTED IN THE SPIRIT.

THIS GROWS AND SPEAKS LOUDER AS WE YIELD TO THE SPIRIT'S LEADING OVER TIME.

FEELINGS ARE AN IMPOSED EXPRESSION OF THE PERCEPTION OF REALITY.

FEELINGS DRIVE EMOTION AND ACTION.

A PERSON'S FEELINGS ARE NOT AN UNWAVERING GUIDE TO REALITY.

TRUTH MUST BE THE GUIDE – WHAT DOES GOD SAY ABOUT THIS – THAT IS REALITY.

ROMANS 7:14-25

¹⁴ **For we know that the law is spiritual, but I am carnal**, sold under sin. ¹⁵ For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. ¹⁶ If, then, I do what I will not to do, I agree with the law that *it is* good. ¹⁷ But now, *it is* no longer I who do it, but sin that dwells in me. ¹⁸ For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find. ¹⁹ For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice. ²⁰ Now if I do what I will not *to do*, it is no longer I who do it, but sin that dwells in me.

²¹ **I find then a law, that evil is present with me, the one who wills to do good.** ²² **For I delight in the law of God according to the inward man.** ²³ **But I see another law in my members, warring against the law of my mind**, and bringing me into captivity to the law of sin which is in my members. ²⁴ O wretched man that I am! Who will deliver me from this body of death? ²⁵ I thank God—**through Jesus Christ our Lord!**

So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

LAW – (GRK) CONTROLS, INFLUENCES, OR SOMETHING THAT HE IS SUBJECT TO

ROMANS 7:13-25 (MESSAGE BIBLE)

¹³ I can already hear your next question: “Does that mean I can’t even trust what is good [that is, the law]? Is good just as dangerous as evil?” No again! Sin simply did what sin is so famous for doing: using the good as a cover to tempt me to do what would finally destroy me. By hiding within God’s good commandment, sin did far more mischief than it could ever have accomplished on its own.

¹⁴⁻¹⁶ I can anticipate the response that is coming: “I know that all God’s commands are spiritual, but I’m not. Isn’t this also your experience?” Yes. I’m full of myself—after all, I’ve spent a long time in sin’s prison. What I don’t understand about myself is that I decide one way, but then I act another, doing things I absolutely

despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary.

¹⁷⁻²⁰ But I need something *more*! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't *do* it. I decide to do good, but I don't *really* do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.

²¹⁻²³ It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.

²⁴ I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?

²⁵ The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

ROMANS 7:24

²⁴ O wretched man that I am! Who will deliver me from this body of death? ²⁵ I thank God—**through Jesus Christ our Lord!**

JESUS SAID:

MATTHEW 26:41 - ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

WATCH – PAY ATTENTION; BE AWARE

PRAY – NOTHING WILL REPLACE A PRAYER LIFE.

ROMANS 12:1-3 (NKJV)

I beseech^[a] you therefore, brethren, by the mercies of God, that you present your bodies **a living sacrifice**, holy, acceptable to God, *which is your* ^[b]reasonable service. ² And **do not be conformed** to this world, but **be transformed by the renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God.

³ For I say, **through the grace given to me, to everyone** who is among you, **not to think of himself more highly than he ought** to think, but to think soberly, as **God has dealt to each one a measure of faith**.

2 CORINTHIANS 10:3-5 (NKJV)

³ For though we walk in the flesh, **we do not war according to the flesh**. ⁴ For the weapons of our warfare *are* not ^[a]carnal but **mighty in God** for pulling down **strongholds**, ⁵ **casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ**,

STRONGHOLDS – MINDSETS; CYCLES; GENERATIONAL CURSES

EPHESIANS 6:12 (NKJV)

¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of ^[c]the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.

5 KEYS TO WALKING IN THE SPIRIT AND OVERCOMING THE FLESH:

1. AWARENESS & AUTHENTICITY

PAY ATTENTION TO YOUR BEHAVIOR AND YOUR THOUGHTS.

ASK TOUGH QUESTIONS – WHY DOES MY MIND GO THERE?

WHY DO I DO THAT?

WHAT ARE MY MOTIVATIONS?

GET TO THE ROOT OR THE DRIVER OF THE THOUGHT AND ACTION.

THEN UPROOT IT – AND DRIVE IT OUT.

BE TRANSPARENT WITH YOURSELF - DON'T LIE TO YOURSELF

PAUL WAS TRANSPARENT NOT ONLY WITH THE ROMANS, BUT WITH HIMSELF.

2. YOUR PRACTICES MATTER

CHANGE THE PRACTICES THAT DON'T ADD TO YOUR LIFE.

ESTABLISH THE PRACTICES THAT ADD TO YOUR LIFE

- PRAY
- MEDITATE
- READ THE WORD
- GO TO CHURCH
- JOURNAL

3. PACE YOURSELF

TRANSFORMATION HAPPENS OVER TIME – IT'S NOT AN OVERNIGHT EXPERIENCE.

WISDOM IS NEVER IN A HURRY

COMMIT TO 1% CHANGE A DAY – IF YOU DO MORE, GREAT, BUT LET THE 1% BE YOUR GOAL.

BY THE END OF A YEAR, YOU'LL HAVE TURNED YOUR LIFE AROUND (360 DEGREES)

4. ATMOSPHERES AND ENVIRONMENTS MATTER

SEEDS PRODUCE BEST IN SPECIFIC ATMOSPHERES AND ENVIRONMENTS.

ATMOSPHERES, PLACES, ENVIRONMENTS AND PEOPLE QUE TENDENCIES AND HABITS.

- WHATEVER TENDENCIES OR HABITS YOU FORMED AND FORGED IN THOSE PLACES AND SPACES (THIS INCLUDES BEING WITH CERTAIN PEOPLE) WILL BE THE DOMINANT REFLEX AND RESPONSE.
- WHETHER IT IS SEASONAL OR FOREVER – AVOID – STAY AWAY FROM - THE PLACES AND SPACES THAT TEND TOWARD FLESHLY ACTIVITY.
- CHANGE YOUR ACTIVITY IN SPACES AND PLACES YOU CANNOT AVOID.
- WRITE DOWN MARKERS AND LOOK FOR THEM.
- HAVE A PLAN ON HOW YOU WILL RESPOND AND ACT

CHURCH ATTENDANCE IS NECESSARY!!!

THE SANCTUARY OF GOD IS ESSENTIAL FOR THE BELIEVER.

IT'S AN ATMOSPHERE OF FAITH – MANY TIMES THE ONLY ATMOSPHERE OF FAITH YOU WILL BE IN ALL WEEK LONG.

5. STAY IN GOD'S WORD

IT'S HARD TO OBEY GOD'S WORD IF YOU DON'T READ IT.

IT'S HARD TO OBEY GOD'S WORD IF YOU DON'T HEAR IT.

DON'T BELIEVE THE LIES

- OF THE ENEMY
- OF RELIGIOUS PEOPLE
- OF YOURSELF

DO NOT GIVE WAY **CONDEMNATION**

- a. TO EXPRESS UNFAVORABLE OR ADVERSE JUDGEMENT
- b. TO PROCLAIM TO BE GUILTY
- c. TO PRONOUNCE TO UNFIT FOR USE OR SERVICE

GUILT AND SHAME ARE NOT FROM GOD

- CONVICTION IS FROM THE LORD – THE INITIATION OF CHANGE
- SHAME IS A GARMENT FABRICATED BY THE ENEMY

GUILT: "A FEELING OF WRONG DOING, SENSE OF WICKEDNESS, **NOT** GOOD"

* ASSOCIATED WITH BEHAVIOR - "**WHAT I DO IS WRONG**"

SHAME: "A FEELING OF INADEQUACY, SENSE OF WORTHLESSNESS, **NO** GOOD".

RELATES TO THE ESSENCE OF THE PERSON or SELF - "**WHO I AM IS WRONG**"

HAVE CONFIDENCE IN THE GRACE OF GOD

d. 2 COR. 12 – GRACE IS SUFFICIENT IN YOUR WEAKNESS – THORN IN THE FLESH

REMEMBER THAT GOD IS WORKING IT OUT FOR YOUR GOOD

e. ROMANS 8:28 – ALL THINGS ARE WORKING FOR YOUR GOOD

NEVER ALLOW YOUR CONDITION TO HALT YOU IN APPROACHING GOD.

HEB. 4:14-16

¹⁴ Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.

¹⁵ For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

¹⁶ Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

WHEN YOU ENGAGE THESE PRACTICES, YOU WILL BEGIN WINNING THE WAR OF SPIRIT VS. FLESH.

THE SPOILS OF WAR – FRUIT OF THE SPIRIT:

GALATIANS 5:22

²² **But the Holy Spirit produces** this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control.

1. LOVE WILL BECOME THE FILTER AND FUEL OF LIFE
2. JOY WILL BE THE STRENGTH OF YOUR LIFE
3. PEACE WILL BE THE ENVIRONMENT YOU DWELL IN
4. PATIENCE WILL REINFORCE YOUR FAITH, MEND YOUR RELATIONSHIPS AND QUIET YOUR COMPULSIONS.
5. KINDNESS WILL FORTIFY YOUR RELATIONSHIPS AND ADVANCE THE KINGDOM OF GOD.
6. GOODNESS WILL BE YOUR PRACTICE
7. FAITHFULNESS WILL BE YOUR TESTIMONY
8. GENTLENESS WILL BE THE EVIDENCE OF GOD'S GRACE AND MERCY
9. SELF-CONTROL WILL BE THE VICTORY OVER THE FLESH.