

Galatians 5:16-26

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh craves what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are opposed to each other, so that you do not do what you want. ¹⁸But if you are led by the Spirit, you are not under the law.

¹⁹The acts of the flesh are obvious: sexual immorality, impurity, and debauchery; ²⁰idolatry and sorcery; hatred, discord, jealousy, and rage; rivalries, divisions, factions, ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who practice such things will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. Against such things there is no law.

²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵Since we live by the Spirit, let us walk in step with the Spirit. ²⁶Let us not become conceited, provoking, and envying one another.

Berean Standard Bible

1

New me. New life. Galatians 5:16-26

New life, new direction 5:16-18

Would you like to be a better person than you are now? Would you like to be surrounded by better people? That is what God wants for you. He loves you and He wants the best for you.

It won't be easy. When you choose to be a better person, you may find some internal conflict eg. some part of you wants to go back to your comfort zone. That is what happens when you choose to become a better person. When you aim higher, and choose to be the best person you can possibly be, by choosing Christ-likeness, then the internal struggle becomes even harder. This is why it is not always easy to be a genuine Christian.

New life, new lifestyle 5:19-21

The whole world is broken. The planet is broken. Everyone on the planet is broken. That is the terrible impact of sin. Why are there earthquakes, volcanoes, and cyclones? Because the world has been marred by sin. Why do people do stupid things; say harmful things; make dumb choices? Because sin has messed us up on the inside. But...

New life, new resources 5:22-23

Yes, you are already a nice person. This is because you are made in the image of God. Since God is essentially nice, and since you are made like him, that is why you are essentially a nice person. As they say in the advertisements, "But wait; there's more!" God does not just want to rescue you from Hell and take you to Heaven. He wants to equip you for the best quality of life, here and now.

New life, new pattern 5:24-26

eg. patterning ie. moving the limbs so the brain sets up learning pathways / belong to Christ / crucify the sinful nature / have life by the Holy Spirit / keep in step with the Spirit

2

Living with the Holy Spirit. Galatians 5:16-26

Led by the Spirit. 5:16-18

Freedom from internal bondage, 16 "you will not gratify the desires of the flesh"

Freedom from external bondage, 18 "you are not under the law"

Life contrary to the Spirit. 5:19-21

Natural condition, 19-21 "The acts of the flesh are obvious"

Eternal consequences, 21 "not inherit the kingdom of God"

Life in the Spirit. 5:22-26

The Spirit brings inner life, 22-23 "the fruit of the Spirit"

The Spirit brings inner death, 24 "crucified the flesh"

3

The Holy Spirit gives more than gifts. Galatians 5:16-26

The Holy Spirit gives my life movement, 16 "walk by the Spirit"

The Holy Spirit gives my life direction, 18 "led by the Spirit"

The Holy Spirit gives my life goodness, 22 "fruit of the Spirit"

The Holy Spirit gives my life vibrancy, 25 "live by the Spirit"

The Holy Spirit gives my life progress, 25 "in step with the Spirit"

4

Galatians 5:16-26

Contrast and conflict. 5:16-18

Indications of the flesh. 19-21 "The acts of the flesh are obvious"

Indications of the Spirit. 22-23 "the fruit of the Spirit"

Conquest and crucifixion. 5:24-26

Constant decisions. 24 "have crucified the flesh"

Constant progress. 25 "walk in step with the Spirit"

5

Galatians 5:16-26

The problems I face. 5:16-21

Eternal principle. 16 "walk by the Spirit and you will..."

Internal conflict. 17a "They are opposed to each other"

External expression. 17b "you do not do what you want"

The progress I anticipate. 5:22-26

Fruit of the Spirit. 22-23 "the fruit of the Spirit"

Life of the Spirit. 25a "we live by the Spirit"

In step with the Spirit. 25b "walk in step with the Spirit"

6

Galatians 5:16-26

It's hard to be a Christian. 5:16-18

Easier said than done. 16 "you will not gratify the desires of the flesh"

What is said is not always done. 17 "you do not do what you want"

It's hard to be a non-Christian. 5:19-21

Life is not ideal. 19-21 "The acts of the flesh are obvious"

Death is disastrous. 21b "will not inherit the Kingdom of God"

It gets easier to be a Christian. 5:22-26

I overcome my old self. 24 "have crucified the flesh with its passions"

I become my best self. 25 "let us walk in step with the Spirit"

7

What the Spirit-filled life looks like. Galatians 5:16-26

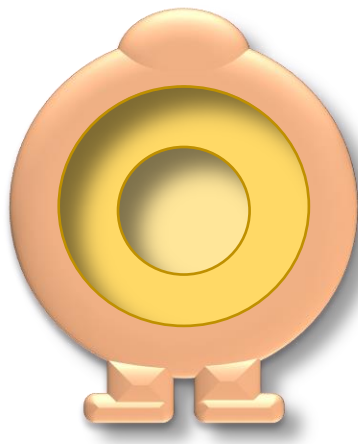
The Spirit-filled life has potential, 16 “walk by the Spirit”
The Spirit-filled life has progress, 18 “led by the Spirit”
The Spirit-filled life has productivity, 22 “fruit of the Spirit”
The Spirit-filled life has power, 25 “live by the Spirit”
The Spirit-filled life has peace, 25 “in step with the Spirit”

Other possible titles

Resolving inner conflicts
Winning the war with yourself
Winning the war within
Live a delicious life
How to have spiritual life
Say ‘no’ in order to say ‘yes’
Why you really have the Holy Spirit
Self-crucifixion and how to profit from it

Quotes and illustrations

Spirit soul body illustrations



Spirit, soul, and body, 1 Thessalonians 5:23
Spirit begins as dead, Eph.2:1, Co.2:13
Sin (spirit) becomes sins (soul, body)
Holy Spirit puts life in my spirit (salvation)
Spirit and I work on my sins (sanctification)

Walk in the Spirit, v16, 25

so that the righteous standard of the law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit. Romans 8:4

Kingdom of God, v21

The Kingdom of God is everywhere and all the time. The legitimate King is on His throne. I am in His Kingdom because I was born into this universe. I was born as a

rebel who did not acknowledge the King. But the Spirit of His Kingdom challenged me and convicted me of my rebellion. I repented; I lay down my weapons; I cast away my pretend crown; and I was born again - not just into the Kingdom, but into the royal family of the King.

The Spirit of this Kingdom is seeking other rebels who will come home to the palace. The King has incorporated me into a team, which He calls a church, and given each of us a mission. He has sent me back out to those rebel strongholds. I have a message to share with them. I am to tell them the truth about the King. He is good! His character is virtuous; His plans are honourable; His gifts are generous; and His commands improve our lives.

Every rebel is invited to come home. There is an amnesty. The King Himself takes all our guilt, and pays all our debts. There is freedom, there is peace, and there is life for everyone who lives under the rule of the King. But the amnesty will come to an end. The King has an all-powerful army which will, on His command, sweep across the entire universe of His Kingdom. No one can escape nor evade capture. Every creature that has ever existed will appear before His throne (Revelation 20:12).

The King will be honoured. "At the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father." (Philippians 2:10-11) The rebel leader is to be judged, and will be eternally punished. "The devil, who deceived them, was thrown into the lake of burning sulphur... and will be tormented day and night for ever and ever." (Revelation 20:10) Then everyone who did not embrace the King's offer of peace will face the same punishment as the overt rebels. "Anyone whose name was not found written in the Book of Life was thrown into the Lake of Fire." (Revelation 20:15)

But the King does not want anyone to suffer this awful fate. He is loving, and "He is patient. He does not want anyone to perish, but for everyone to come to repentance." (2 Peter 3:9) That is why we, the King's faithful subjects, "go into all the world". We tell the wonderful story of our experience of the King. We reject lies about Him, and instead we praise His virtues. We challenge false accusations against Him, by telling the truth. We discipline ourselves to learn more of His good plans, and we conform ourselves to behave in ways that benefit ourselves and others. Our King is good. Our King is God. Our King is Jesus.

The preceding notes are from chapter 44 of Timeline. Gentile trials, p 623-632.

Crucified with Christ, v24

I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave Himself up for me. Galatians 2:20

But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world. Galatians 6:14

We know that our old self was crucified with Him so that the body of sin might be rendered powerless, that we should no longer be slaves to sin. Romans 6:6

Why Christ was crucified

There were people who grumbled against Jesus for eating with sinners and tax collectors (Luke 15:2), but that is not why He was crucified. He accepted prostitutes and half-breeds. He welcomed the outcasts, and loved His enemies. But that was not why He was crucified. From a human viewpoint, Jesus was not crucified because He did good, and was loving and kind.

From Jesus was crucified because claimed to be God. This was a fact, because He was indeed God, but there were those in the religious establishment who could not accept that fact. Jesus said, ³⁰ "I and the Father are one." ³¹ At this, the Jews again picked up stones to stone Him. ³² But Jesus responded, "I have shown you many good works from the Father. For which of these do you stone Me?" ³³ "We are not stoning You for any good work," said the Jews, "but for blasphemy, because You, who are a man, declare Yourself to be God." John 10:30-33

The religious hierarchy were infuriated Christ's declarations of His Lordship, His position of authority, the Divine titles He used of Himself, His presumption of the right to forgive sins, His acceptance of worship, and His audacity to equate Himself with God. The fact that God would become incarnate as Man was a concept beyond which their minds could grasp. Their sinful response was to lash out against Him with all the force they could muster. (John 5:18, John 10:33)

Service suggestions

Theme

Orchard / fruit theme

Introduction

"I say, walk by the Spirit, and you will not gratify the desires of the flesh"

Children's message

Carmen Miranda hat of tropical fruit

Fruit of the Spirit song "I've got the joy, joy, joy, down in my heart"

Prayer meditation

“Those who belong to Christ Jesus have crucified the flesh” v24

Communion

“Those who belong to Christ Jesus have crucified the flesh” v24

“We know that our old self was crucified with Him so that the body of sin might be rendered powerless, that we should no longer be slaves to sin.” Romans 6:6

Offering

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, v22-23

Benediction

“Since we live by the Spirit, let us walk in step with the Spirit” v25

Morning tea

Fruit platter / Fruit salad

Music and songs

Songs about my spiritual walk, v16

I walk by faith, Ot 32

Songs about my spiritual battle, v17

The battle belongs to the Lord

Songs about the Holy Spirit, v18

Great South Land of the Holy Spirit, Ot 44

Holy Spirit come, 779

Let the Spirit in, 88

Oh, let the Son of God enfold you / Spirit Song, 447

Open my eyes that I may see, H 680

Teach me to dance, 728

Songs about the fruit of the Spirit – love, v22-23

Let me live in the light of His love

Let there be love shared among us, SiS 322

Replace it with Your love in my heart

You put this love in my heart (Glad)

Songs about the fruit of the Spirit – joy, v22-23

Joyful, joyful, we adore Thee, H 1

Rejoice, Rejoice Christ is in you, SiS 614

Rejoice the Lord is King, H 181

We rejoice in the grace of God,

Songs about the fruit of the Spirit – peace, v22-23

Go in peace

Let there be peace on earth, HCJ 28

Master the tempest is raging... Peace be still, H 722

Thought starters with no wrong answers

1. Why is walking good for you?
 2. List some things that are wanted by both the Holy Spirit, and my redeemed spirit.
 3. Which of these are easily attained, and why are some more difficult to achieve?
 4. You do not do what you want to do (v17). What determines what I want?
 5. Those who belong to Christ (Present Tense) have crucified (Past Tense) their flesh. What does it mean to crucify ourselves?
 6. Does the fruit of the Spirit (v22-23) come because we self-crucify (v24), or is there some other way to be fruity?
 7. Why can we crucify only ourselves?
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