



Key References:

Galatians 5:16-26 (NIV) — ¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 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 you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

Romans 6:9-14 (NIV) — ⁹ For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. ¹⁰ The death he died, he died to sin once for all; but the life he lives, he lives to God. ¹¹ In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹² Therefore do not let sin reign in your mortal body so that you obey its evil desires. ¹³ Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. ¹⁴ For sin shall no longer be your master, because you are not under the law, but under grace.

1 - THE SPIRIT VS THE FLESH

Read Gal 5:16-21. Lee mentioned that though our spirits are renewed through salvation, our flesh remains well-fed and practised, and gave a few examples of daily submissions to flesh we all struggle with to varying degrees. **Do you find deciphering the “do nots” of these passages to be an easy task in day to day life? How has this changed as you’ve matured in your spiritual walk? How do these become harder to recognize when we fulfil the desires of the flesh instead of the Spirit?**

2 - DEAD TO SIN

Read Rom 6:9-11. **Why is this passage in particular so important to remember in our struggles with sin? How do we potentially re-submit ourselves to slavery when we forget this portion of scripture?**

Read Rom 6:12-14. **What is the significance of not allowing any part of ourselves to be offered “to sin as an instrument of wickedness”?**

Paul talks about sin no longer being our master and being under grace. Lee emphasized Paul’s message that when we walk by the Spirit, we no longer aim to fulfil the desires of the flesh and instead offer ourselves as instruments of righteousness, since these desires are in constant tension. **Have you noticed this tension in your own life when going through periods of struggle, or periods of victory? Why is remembering that we are under grace so essential in our walk?**

3 - WALK BY THE SPIRIT

Read Gal 5: 22-26. Lee listed some biblical strategies for how to practice walking by the Spirit:

1. Be honest about the obvious
2. Fortify your fight with community
3. Know the Word
4. Remind yourself that you’re alive in Christ and dead to sin
5. Practice strengthening your Spirit
6. Practice weakening your flesh
7. Desire the fruits of the Spirit

Did any of these especially speak to you? Which of these have you found to be particularly instrumental in your walk with Christ? What are some areas you feel God encouraging you to improve in?