

St. Matthew AME Church  
Bible Study  
Monday, January 11, 2009  
Galatians 5:16-18

- I. In yesterday's sermon we talked about God making us sowers. We sow either to the flesh or to the spirit.
  - A. If we sow to the flesh we reap corruption. If we sow to the spirit we reap everlasting life.
  - B. Many of us are reaping corruption in our lives but want to live a better life.
  - C. If we want to change what we reap, then we must change what we sow.
  - D.
- II. Tonight we want to lift up and see what God's Word has to say about empowering us to sow in the spirit.
  - A. The Word of God tells us to "walk in the Spirit" and not fulfill the lust of the flesh. (Galatians 5:16) But how do we "walk in the spirit?"
    1. The works of the flesh are described in Galatians 5:19-21. The fruit of the Spirit are listed in Galatians 5:22-23.
    2. There are many, if not most of us who have received the Holy Spirit. But if we have received the Holy Spirit why aren't we "walking or living in the Spirit?" Why isn't the Holy Spirit helping us in our battle with the flesh?
    3. The answer is because the Holy Spirit does not automatically operate in a believer's life. The Holy Spirit has to be depended on in order to help us in our lives.
- III. Many of us live as if we are strong enough to defeat the flesh on our own, without the help of the Holy Spirit.
  - A. When was the last time we asked the Holy Spirit to help us resist the flesh? When we did ask the Holy Spirit to help us, did we yield to the promptings and leadings of the Holy Spirit, or did we continue to do what we wanted to do?
  - B. In order for the Holy Spirit to help us we must depend on Him for guidance and power.
  - C. Many of us treat the Holy Spirit as if He is only for worship service and making us feel good (shout). The primary purpose of the Holy Spirit is to be our helper as we seek to "walk (live) in the Spirit."
  - D. No believer in this life will be entirely free from the evil desires of the flesh, but we do not have to capitulate to them because of the Spirit's help.
- IV. Paul explains the need for a life that is controlled and energized by the Spirit. The explanation is found in the fact that each Christian has two natures. A sinful nature received at birth, inherited from fallen Adam and a new nature received when we were born again (converted). (Galatians 5:17)
  1. Both natures have desires, the one for evil and the other for holiness.
  2. When we stop relying on self and depend on the Holy Spirit, He blocks the evil cravings of the flesh. But first we must yield and depend on Him.
    - a. Sometime we don't yield because we don't want to, we lust (not doing the works of the flesh, but thinking about it)
- V. In summary, a Godly life is not lived under the law, but is a life led by the Spirit.