

Walk in the Spirit  
*From Belief to Transformation*  
8/16/2026

16 *But I say, walk by the Spirit, and you will not gratify the desires of the flesh.*  
17 *For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*  
18 *But if you are led by the Spirit, you are not under the law.*  
19 *Now the works of the flesh are evident: sexual immorality, impurity, sensuality,*  
20 *idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,*  
21 *envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.*  
22 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,*  
23 *gentleness, self-control; against such things there is no law.*  
24 *And those who belong to Christ Jesus have crucified the flesh with its passions and desires.*  
25 *If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-25*

1) There Is a Battle Happening Inside You

17 *For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. Galatians 5:17*

Two Competing Influences

1. The Flesh (old nature)
2. The Spirit (new life)

2) You Become What You Walk With

16 *But I say, walk by the Spirit...* Galatians 5:16a

3) The Spirit Produces What You Cannot

22 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,* 23 *gentleness, self-control; against such things there is no law. Galatians 5:22-23*

4) Walking in the Spirit Requires Daily Surrender

24 *And those who belong to Christ Jesus have crucified the flesh with its passions and desires. Galatians 5:24*