

The Spirit Filled Life
Week #5
Walking in the Spirit

Galatians 5:16-18

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.

How do we walk in the Spirit?

Battle in the Mind
War against the Flesh
Wage Spiritual Warfare

Romans 8:5-9

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. ⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1 Corinthians 2:15-16

¹⁵ The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, ¹⁶ for, "Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

War Against the Flesh

- The flesh is the sinful nature manifested through your corrupted self.
 - Thoughts
 - Passions
 - Emotions

How?

- Reading and memorizing the Bible
 - **Psalm 119:11** - I have hidden your word in my heart that I might not sin against you.
- Fasting & Prayer
 - I believe that fasting coupled with prayer can help us weaken the influence of our flesh.
- Worship
 - Worship is a weapon that causes the enemy to flee. By worship we assert the authority of God and choose His presence over passions.
- Remind yourself of your true identity.
 - Who am I in Christ?
 - Remind yourself the cost of giving in to the desires of the flesh.
 - **Romans 6:23** For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.
- Stay aware from danger!
- Just say No!

Wage Spiritual Warfare Put on your armor!

Ephesians 6:10-17

¹⁰ Finally, be strong in the Lord (Actually means, “To be strengthened – Sourced in God) and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers

and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Armor of God – The armor God supplies.

- Belt of Truth – You put on Truth
 - God's truth lived and expressed.
 - Preparation for battle. Including vigorous activity.
- Breastplate of Righteousness – You put on Righteousness.
 - Righteousness – Right standing with God
 - Obtained through the finished work of Christ.
 - God has declared us righteous.
 - Also means, "living out what God has given to us."
- Feet wearing the Gospel of Peace – You put on the Gospel of Peace
 - Having a firm foundation to stand firm against the attack of the enemy.
 - In the midst of the attack, a willingness and preparedness that ultimately leads to sharing the Good News.
 - One of the strategies of the enemy is to get you so focused on your battle – struggle that you are removed from the proclamation of God's message and mission.
- Shield of Faith – You take up – Large shield covering the entire soldier.
 - Appropriating the promises of God on our behalf, confident the He will protect us in the midst of the battle.
 - **Proverbs 30:5** - "Every word of God is flawless; he is a shield to those who take refuge in him.
- Helmet of Salvation –
 - Living in the salvation given to us when we received Christ but also
 - Living in the truth that He can and will save us from the current battle.
- Sword of the Spirit – Speaking the Word of God (Outloud) into our situations.
 - The Holy Spirit empowers the Word of God as it is spoken out loud.

2 Corinthians 10:4-6

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. ⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.

Ephesians 6:12

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

- These are powerful, demonic beings in the heavenly realms.

Ephesians 2:4

⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

Know our enemies' tactics.

He is a Liar!

John 8:44

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

- Accusations
- 1st Person

He is a Deceiver!

Revelation 20:7-10

⁷ When the thousand years are over, Satan will be released from his prison ⁸ and will go out to deceive the nations in the four corners of the earth—Gog and Magog—and to gather them for battle. In number they are like the sand on the seashore. ⁹ They marched across the breadth of the earth and surrounded the camp of God's people, the city he loves. But fire came down from heaven and devoured them. ¹⁰ And the devil, who deceived them, was thrown into the lake of burning sulfur, where the beast and the false prophet had been thrown.

He is a Tempter!

Matthew 4:1-3

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."