

*April 23, 2026*

## **Choosing the Spirit Daily**

***April Series: Living The Resurrection Life***

***Week Focus: Walking By The Spirit***

### **Scripture – Galatians 5:16**

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

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## **Devotional Reflection**

Walking by the Spirit is not automatic—it is a daily choice. Paul makes it clear that victory over the flesh is not found in trying harder, but in walking differently. Each day presents opportunities to choose what will lead you. You are constantly deciding between responding from the flesh or aligning with the Holy Spirit.

These choices often show up in ordinary moments. How you respond to frustration, how you handle pressure, and how you speak in challenging situations all reveal what is leading you. The Holy Spirit invites you into a different response—one that reflects truth instead of impulse. This is where transformation begins to take shape.

Choosing the Holy Spirit may not always feel natural at first. The flesh reacts quickly, while the Spirit leads intentionally. That means there will be moments where you have to pause, process, and choose alignment over reaction. These moments are not interruptions—they are opportunities for growth.

Over time, these daily choices begin to form new patterns. What once required effort becomes more consistent. You begin to respond differently, think more clearly, and act with greater intention. This is how transformation becomes visible in your life.

Today, pay attention to your choices. When a moment presents itself, pause before responding. Ask yourself what alignment looks like in that situation. Each choice you make is shaping the life you are becoming.

## Focus for Today

I choose the Holy Spirit daily.

## Practice

- Pause before responding in a key moment
  - Choose alignment over impulse
  - Reflect on the outcome
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## Prayer

Lord, help me choose alignment with Your Spirit in every moment. In Jesus name, Amen.

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## Reflection Question

What is one situation today where I can choose the Holy Spirit over the flesh?