



KEEPING IN STEP
WITH THE SPIRIT
GALATIANS 5:15:16-26

"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature."

Galatians 5:16

So when is YOUR flesh likely to exert itself?

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- **The absence of what causes me to want to give up and quit?**

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So when is YOUR flesh likely to exert itself?

- The absence of what causes me to want to give up and quit?
- The pursuit of what leads me to feel overburdened and overwhelmed?
- The fear of what makes me tentative and timid rather than courageous and hopeful?

So when is YOUR flesh likely to exert itself?

- The craving for what makes me burn the candle at both ends, or seek the bottle, or an Amazon/departments store shopping spree, or the pill, or images on the internet?

So when is YOUR flesh likely to exert itself?

- The craving for what makes me burn the candle at both ends, or seek the bottle, or an Amazon/department store shopping spree, or the pill, or images on the internet?
- The need for what robs my life of its beauty and joy?

So when is YOUR flesh likely to exert itself?

- The desire for what sets up tension between me and others?

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- **The desire for what sets up tension between me and others?**
- **The loss of what causes me to become fearful, cruel and controlling?**

"I will remove your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."

Ezekiel 36:26-27

"If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth...I will not leave you as orphans; I will come to you."

John 14:15-19

Every child of God is given the gift of God's Spirit when they come to faith.

"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under the law..."

...Those who belong to Christ have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other."

Gal 5:16-18, 24-26

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**The fall didn’t just mar us, it shattered our ability
to love anything but what advantages self.**

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2) Indulging sin to satisfy its desires

**"Indulging the flesh never satisfies it,
but inflames it!"**

"...the flesh is a primordial self-righteousness that rejects salvation by sheer grace and insists on self-salvation and thus turns some good thing into an idol-savior which we then 'over-desires.'

All of our worries, fears, bitterness and entrenched bad habits come from these over-desires...The flesh's over-desires arise from a heart that is afraid to trust God and desires rather to be its own Savior and Lord."

**Timothy Keller,
*Galatians***

**How do we keep from gratifying the desires
of the sinful nature?**

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A) Living by the Spirit (v16)!

Knowing when we are in step with the Spirit:

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- **The Spirit moves us to love people and not conquer tasks**
- **Whenever you see someone doing a selfless act, it's likely, of the Spirit**
- **The clearest identifier of God's people is not those who are determined to be right, but those who are determined to serve others**

"Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other."

Galatians 5:25-26

"Do not use your freedom to indulge the sinful nature; rather, serve one another in love. The entire law is summed up in a single command: 'Love your neighbor as yourself.' If you keep on biting and devouring each other, watch out or you will be destroyed by each other."

Galatians 5:13-15

"The Acts of the Sinful Nature", Gal. 5:19-21

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Sexual sins - sexual immorality, impurity, debauchery

Religious sins - idolatry, witchcraft

Relationship sins - hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, envy

Substance abuse sins - drunkenness, (drinking) orgies

**Is your life characterized by these
attitudes and behaviors?**

**"I warn you, as I did before, that those
who live like this will not inherit the
kingdom of God."**

Galatians 5:21

So, what fruit is your life bearing?

**When was the last time you sat in the presence
of your Savior and truly worshipped?
If you don't make this a regular practice,
you will quickly focus on yourself and live
for yourself.**

"A human being who is not living in the functional awe of God is a profoundly disadvantaged human being. He is off the rails, trying to pull the train of his life in a meadow, and he may not even know it. The spiritual danger here is that when awe of God is absent, it is quickly replaced by awe of ourselves. If you are not living for God, the only alternative is to live for yourself..."

You see, the biggest protection against the kingdom of self is a heart that's so blown away by the right here, right now glories of the grace of Jesus Christ that we're not easily seduced by the lesser temporary glories of the claustrophobic kingdom of one—the kingdom of self!"

**Paul Tripp,
*Dangerous Calling***

"Then the disciples went back to where they were staying.

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

They asked her, 'Woman, why are you crying?'

'They have taken my Lord away,' she said, 'and I don't know where they have put him.' At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

He asked her, 'Woman, why are you crying? Who is it you are looking for?'

Thinking he was the gardener, she said, 'Sir, if you have carried him away, tell me where you have put him, and I will get him.'

Jesus said to her, 'Mary.'

She turned toward him and cried out in Aramaic, 'Rabboni!' (which means 'Teacher')."

John 20:10-16

"On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, 'Peace be with you!' After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord."

John 20:19-20

"Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.' And with that he breathed on them and said, 'Receive the Holy Spirit.'"

John 20:21-22