



FIT FOR LIFE

Galatians 5:16 - So, I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Romans 5:12 - Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned.

Gratifying the Flesh:

Any way of living, thinking, and doing that does not honor God.

Walking in the Spirit:

Living under the direction and leading of Holy Spirit.

Galatians 5:17-18 - 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.

WE CAN CHOOSE MORE OF OURSELVES, OR MORE OF GOD.

Galatians 5:19-21 - The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witch-craft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunken-ness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Galatians 5:19-21 (MSG) - It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.

THE FLESH PRODUCES DEATH.

Galatians 5:22-25 - But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithful-ness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

THE SPIRIT PRODUCES LIFE.

WE DON'T FIGHT FOR VICTORY, WE FIGHT FROM VICTORY.

QUESTION: What area of your life do you need to claim victory today?

How to receive forgiveness from God:

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: Paul tells us that when we walk in the Spirit, we will not gratify the desires of our flesh. What does it mean to walk in the Spirit? (Galatians 5:16)

:: What is the conflict between our sinful nature and the Spirit? (Galatians 5:17)

:: Read Galatians 5:22-23. Which of these fruits do you see being produced in your life? What would others say?

:: Is there anything in your life that is hindering Spiritual growth? If so, pray that Holy Spirit would help you surrender those things.

:: What is one way that you can submit to the will of Holy Spirit this week?

:: Because of Jesus' death and resurrection, Pastor Luke said: "We don't fight for victory, we fight from victory." What area of your life do you need to claim victory over?

Unless otherwise noted, today's Scripture is from the New International Version (NIV).

Pastor Luke Friedline (@luke_friedline) – June 20, 2021

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