

Sermon Reflections

Are You Walking by the Spirit? (Galatians 5:16-26)

Summary: We enjoy spiritual life and health as we follow the Spirit's leading in our lives.
How is your Spiritual health?

Spiritual Health Check

1. Are You Battling Against Sin? (vv. 16-17)

- Paul strongly asserts that if you walk by the Spirit, you *will not* gratify the desires of the flesh. What does it mean to walk by the Spirit? What does it mean to gratify these fleshly desires? Does this promise give you confidence in your battle against sin? Or does this promise convict you of your need to walk by the Spirit?
- Contrary to the mistaken belief of some, the presence of a battle with sin is a *good* thing. If you have no drive to battle sin, you may be spiritually sick or dead. Are you daily convicted of sin? Is there evidence in your life of a struggle to conquer sin?
- As a believer, we have the Holy Spirit to battle our sinful flesh alongside us. What are some ways you can better rely on the Holy Spirit's power in your battle with sin? Do you notice the difference in your battle with sin when you are actively walking by the spirit versus when you are not? Do you always listen to the Holy Spirit when he pricks your heart?

2. Are You Producing Spiritual Fruit? (vv. 18-23)

- Paul says that if you are led by the Spirit, you are not under the law. Why do some (e.g. the Judaizers) insist on being under the law, even after Christ's work? What are some ways in which believers can slip into relying on the law instead of grace? Do you ever forget that those who are in Christ are no longer under the law?
- As the analogy goes, don't try stapling apples onto a dead apple tree. How can you ensure that you are relying on Christ as your root to provide you fruit-bearing growth? What are some signs that good-looking fruit may not be genuine? What are some areas in which God has provided you with bountiful fruit?

3. Are You Looking to the Cross of Christ? (vv. 24-26)

- The crucifixion of our flesh frees us from bondage to sin, whereas before Christ, we are slaves to the flesh. Read Romans 6:20-23. When we are set free from sin, what do we become slaves to? What does Paul say (in Romans) that our new fruit ultimately leads to?
- What are some steps you can take this week to better *remember* Christ's sacrifice for our sin on the cross? Think of someone you can encourage this week in his or her battle with sin.