

Free to Live

Galatians 5:16, 18, 22-23, 25

Sermon Outline

A. Free from the Flesh (vs. 16):

1. Say, speak – Paul is continually actively making sure he verbally communicate this message.
2. Walk – We must continually make this a lifestyle commitment by our behavior; to live a life of faith that is directed by the Spirit of God.
3. Spirit – The Holy Spirit has the very nature of God and has such an intimate relationship with God; He has a complete knowledge and understanding of all that God is thinking and planning to do.
 - a) Spirit – The Holy Spirit lives inside of us once we are saved (Titus 3:4-8).
 - b) Spirit – Holy Spirit is whom we release ourselves to so that we are under His control (Philippians 2:12-13).
4. Spirit – The Spirit of God is the means by which we experience the power and direction of God each day. It is He who we must rely on, as we live by the Word of truth, to direct every moment of our lives. This happens when we:
 - a) Pray, even when it is hard to pray (Romans 8:26).
 - b) Submit to the Spirit when He convicts us (John 16:7-11).
 - c) When He reminds of God's Word, we trust it (John 14:26).
 - d) Commit to church (Ephesians 4:1-16).
 - e) Use our spiritual gifts in service to Him (1 Corinthians 12:4-7).
 - f) In times of fear, we must accept His direction ((Romans 8:15).
 - g) In times of grief, accept the manner in which He comforts us (John 14:6).
5. Walk in the Spirit – Walking by the Spirit protects us from destroying ourselves (Romans 6:6-7, 23).
6. You will not carry out/Finished – The only answer to not being weak and living a sinful life is when we, once and for all, make a lifestyle commitment to walk under the influence of the Spirit. This mindset leads to perfecting our character as we live under the constant pressure of the sin nature of the flesh.
7. Desire/Lust of the flesh – This process is important because our strong passions, cravings and influences of the mind are very strong and can therefore lead us away from God (Romans 6:6-7, 23).

8. Flesh – Our cravings and passions are strong because what we feel is easily influenced by the sinful passions of the world. Because our flesh by itself is the ‘entire domain of our fallen nature’ sin can continually spring up from the flesh causing us to be alienated from God (Romans 8:7,8).
 - a) Walking by the Spirit protects us from destroying ourselves (Romans 6:6-7, 23).
 - b) What the flesh wants to do can automatically control us.
 - c) Surrendering to the Spirit protects us from the sin of the flesh.
 - d) The Spirit is the only means to becoming like Christ (Galatians 2:20).

B. Free from the Weight of the Word (vs. 18):

1. Led by the Spirit – If we are constantly, every moment of every day, being gently governed, as the wind guides a sailboat, by the Holy Spirit we will not need the law.
2. Submission – When the Spirit is guiding us, we do not have to be legalistic about God’s Word in order to remain under its control.
3. Submission – Because the Spirit of God teaches and illuminates the Word, convicts us of sin, guides us to know how to walk in the truth, as we live by grace, we do not have to keep thinking of do’s and don’ts as we serve God.
4. Law – The law that Paul is discussing is the divine law that God provided to Moses that the Jews in this church was totally committed to as a way to experience God’s favor. The law made it more difficult to experience God because they sought to obey the law in their own strength. When obeying the law, they did not seek God’s grace so that they grow spiritually.
 - a) To be under the law is to make following Christ a bounce of laws and when we fail, then God is mad with us, so we then become afraid to pray and we withdraw from God. Under grace we ask for forgiveness, not so we can continue to sin (Romans 6:1), but so that we can immediately (1 John 1:8-9) go back to obeying God since we are at peace with God (Ephesians 2:14-16).
5. Not under the law – The Spirit empowers us to do what God says. The Bible is no longer rules.
6. Not under the law – A mature child does what the parents have been saying so, they don’t need the parent to tell them anymore.

C. Empowered: Live the Life (vs. 22-23):

1. Fruit of the Spirit – The fruit, even though it produces many character traits is from one Spirit. This is because the Spirit is the fruit.
2. Fruit of the Spirit – This is the sanctifying work of the Spirit that is

automatically produced when we are committed to live under His direction and power.

3. Fruit of the Spirit – The fruit of the Spirit is the visible evidence, as a result of maturing character traits, that we have decisively committed to submit to the influences of the Spirit (Matthew 7:20-21).
4. Fruit of the Spirit – Some of the character traits that are portrayed by a person under the influence of the Holy Spirit are the following (Romans 5:4-5 – Nominative – the subject, main purpose of the work of the Holy Spirit. Nobody in the flesh can produce these characteristics on a consistent basis especially in trials; Daniel is a great example):
 - a) Love – As a result of the ministry of the Holy Spirit a person can make a deliberate choice to explicitly obey God with ‘unselfish compassion and commitment’ (Matthew 22:37-40) because the power that works within them has the same nature of God; the Holy Spirit. This is not a Hollywood love it is a love that is focused on what the other person needs.
 - b) Joy – The outcome of a Spirit controlled life is that our hearts can dance with great happiness so that we have exuberant joy.
 - c) Peace - Peace is the very nature of the Holy Spirit (John 14:27) so the more we commit to a lifestyle influenced by the Spirit is the more we experience His very nature; peace.
 - d) Peace - The Holy Spirit’s peace releases us from the pressure that daily distresses can create.
 - e) Patience - Patience produced by the Holy Spirit is when a believer refrain from retaliating to wrong done while remaining focused on obeying God despite the pain that comes from those experiences.
 - f) Kindness - Kindness is a characteristic that is demonstrated when a believer, under the influence of the Holy Spirit seeks to meet the needs of others with forbearance.
 - g) Goodness - This is a generous person whose desire is to be and do good.
 - h) Faith – The inner power of the Holy Spirit allows us to remain steadfastly committed to Christ in the midst of trials because He guides us to develop an intense trust in God as He continually guides into the true meaning of how God’s Word can be applied daily. This process stimulates a deeper and deeper conviction in the ability of God which leads to total surrender that He will fulfill His promises in and through our lives. This process is continually influenced by the Spirit of God.
 - i) Gentleness – A believer like a horse that has been broken lives a submission and humble life before God always willing to follow His direction.
 - j) Self-control - When a believer is walking by faith therefore trusting God through the worse experiences of life (endurance), because they are at peace with God, this person is so influence by the Spirit of God that the lust of the flesh no longer powerfully influences them to do wrong.
 - k) Self-control – When the Spirit is in control the flesh no longer has power over us (Galatians 2:20).

5. There is no law – The Holy Spirit's controlling influence of a believer removes the need to obey the Laws of God in the weakness of the flesh.
6. Spirit of God – The Holy Spirit has the very nature of God and has such an intimate relationship with God He has a complete knowledge and understanding of all that God is thinking and planning to do.
7. Spirit of God – The direct objective of God sending the Holy Spirit is for us to possess the presence of the Holy Spirit in our lives (1 Corinthians 3:16-17; 6:19-20) permanently (John 14:16).
8. If we live by the Spirit – To live by the Spirit is to willfully turn away from the desires of the flesh and live under the influence of the Holy Spirit. To live under the influence of the Holy Spirit is to:
 - a) Sincerely accept Christ into our lives and the Spirit flows into us (Titus 3:4-8) and He is powerfully capable of flowing through us (John 7:37-39) if we decide to work out our salvation in fear and trembling (Philippians 2:12-13).
 - b) Allow us the opportunity to experience God fully (Ephesians 3:16-19).
 - c) Pray, even when it is hard to pray (Romans 8:26).
 - d) Submit to the Spirit when He convicts us (John 16:7-11). Find people we can trust and ask them to hold us accountable (James 6:16).
 - e) Be comforted in times of grief (John 14:6).
 - f) Gives us strength so that we do not become slaves to fear (Romans 8:15; 2 Tim. 1:7).
 - g) Bring the Word of God back to our minds and teach us what it means (John 14:26).
 - h) He drives us to come to church (Ephesians 4:1-16).
 - i) Serve based on our spiritual gifts (1 Corinthians 12:4-7).
 - j) Pray while reading the scriptures so that He guides our understanding and help us to gain knowledge (1 Corinthians 2:10-15). This also blesses our ability to pray and connect with God (Romans 8:27).
9. Live by the Spirit – When we surrender to the work of the Spirit, we continually live a victorious life (1 John 4:4).
10. Walk in the Spirit - We must continually make this a lifestyle commitment by our behavior to live a life of faith that is directed by the Spirit of God.
 - a) Walk in the Spirit means to obey the prompting of the Holy Spirit. A believer following the Spirit's lead (v. 16) will not become conceited, provoke others, or envy others.^[1]
11. Walk in the Spirit - Anytime our feelings or old habits move us away from God and the Spirit of God convicts us, stirs us to obey God's Word, we must continually die to ourselves and submit our lives to the Spirit's direction so that we become more like Christ than who we are (2 Corinthians 3:18; Colossians 3:1-4).
 - a) Walking by the Spirit is the outward manifestation, in action and speech, of

living by the Spirit. Living by the Spirit is the root; walking by the Spirit is the fruit, and that fruit is nothing less than the practical reproduction of the character (and therefore the conduct) of Christ in the lives of His people. 'In his usual way, Paul draws an exhortation out of his doctrine. The death of the flesh is the life of the Spirit. If God's Spirit lives in us, let Him govern all our actions' (J. Calvin, *Galatians* 106).^[2]

12. Walk in the Spirit – When we walk by the Spirit our lifestyle and character represent Christ (Gal. 2:20).

^[1] Radmacher, E. D., Allen, R. B., & House, H. W. (1999). [*Nelson's new illustrated Bible commentary*](#) (p. 1528). Nashville: T. Nelson Publishers.

^[2] Bruce, F. F. (1982). [*The Epistle to the Galatians: a commentary on the Greek text*](#) (p. 257). Grand Rapids, MI: W.B. Eerdmans Pub. Co.