

“Walk by the Spirit”
Galatians 5:16

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh.”

Walking by the Spirit is when our lives as Christians are under the control of the Holy Spirit. We must willingly and submissively surrender our lives to The Lord in such a way that will please Him.

Another way of saying this is to live by the Spirit. Meaning, we live our lives in such a way that the Spirit guides us to live our lives according to the Scriptures.

How does one live a life according to the Scriptures?

The first step is obvious – you must be born again! You cannot walk by the Spirit if you have not been born of the Spirit.

Jesus told Nicodemus in John 3:6-7, “That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. 7 Do not be amazed that I said to you, ‘You must be born again.’”

Once a person is born again he/she now has the Holy Spirit living in them and they are baptized (placed) in the body (the Church) by the Holy Spirit. When I use the term “the Church” I am referring to the Universal Church which is composed of every believer who has accepted Christ into their lives regardless of color, creed, culture, or condition.

Brief lesson on the Baptism of the Holy Spirit. The Baptism of the Holy Spirit is that act whereby at the moment of salvation a person is placed (baptized) spiritually into the Body of Christ.

So, if one is to walk by the Spirit, he/she must be born again.

2 – Walk by the Spirit

There are no “steps” necessarily to be taken as it relates to walking by the Spirit but it is a process that is continuous.

The form of the Greek verb translated “walk” indicates continuous action, or a habitual lifestyle. When one is walking by the Spirit there is spiritual progress that is being made as one submits to the control of the Spirit, i.e., responding submissively to the simple commands of the Scriptures. When this is done the person grows in his/her spiritual life because they are being controlled, directed, and guided by the Spirit.

Remember this – real growth is gradual, it does not take place overnight.
My! My! My!

That is why we should not become discouraged or judgmental when other believers are not at the stage of growth where you are or where you think they should be by now. We all do not grow (progress) at the same rate but we all are in a continuous process of spiritual growth.

I Corinthians 10:12 – “Therefore let him who thinks he stands take heed that he does not fall.”

Do not fall into the temptation of being overconfident because you think that you have “arrived.” The Bible gives us several examples of those who were overconfident and what were the results of it.

So, what will keep one from walking by the Spirit? Glad you asked, and the answer is, walking in the flesh (mind, will, emotions).

Romans 7:5 – “For while we were in the flesh, the sinful passions, which were aroused by the Law, were at work in the members of our body to bear fruit for death.”

3 – Walk by the Spirit

There is still within us, even after we are saved, the remains of the old self which will remain with us until we receive our glorified bodies. That is why we as believers still show our selfishness, disobedience, envy, etc. because of the flesh. But we must also remind ourselves that the old self has been crucified and also realize that every now and then the old self resurrects itself in us. My! My! My!

Romans 7:19-20 – “For the good that I want, I do not do, but I practice the very evil that I do not want. 20 But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me.”

Yes, the flesh will keep us from walking by the Spirit but we can overcome the flesh and walk by the Spirit.

How? Glad you asked –

Romans 6:12-14 – “Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. 14 For sin shall not be master over you, for you are not under law but under grace.”

Before sin can control us or have power over us it must first pass through our will. Therefore, the believer must make a decision of the will as to what he/she will do – submit to the flesh or submit to the Spirit. Sin does have some control over us otherwise Paul would not have warned us to be aware of it but it does not have to reign (master) in us.

Avoid those places, people, and practices that would cause you to give in to the lusts of the flesh.

Realize that to walk by the Spirit is a daily continuous process –

4 – Walk by the Spirit

Recognize your dependence on The Lord (you can't do this by yourself) –
Ask the Lord to fill you on a daily basis -

Receive what God has for you that day (give us this day) –

Resist any and all temptations to give in to the flesh –

Restore any relationships that need to be restored –

Remember – to walk by the Spirit has to do with your desire to please God and live a life that is guided by the Scriptures, under the control of the Holy Spirit and being a blessing to others (Christians and non-Christians) –

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