



Galatians 5:16-26

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### The Tension You Feel

<sup>16</sup> "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. <sup>17</sup> The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. <sup>18</sup> But when you are directed by the Spirit, you are not under obligation to the law of Moses."

### Two Portraits

#### 1. Old life

<sup>19</sup> "When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, <sup>20</sup> idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, <sup>21</sup> envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God."

#### 2. New life

<sup>22</sup> "But the Holy Spirit produces this kind of fruit in our lives: love..."

This kind of love:

Loves regardless of feelings,  
Loves regardless of deservedness,  
Is offered to those who are unworthy,  
Is selfless.

### Practices that promote growth

<sup>24</sup> "Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup> Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. <sup>26</sup> Let us not become conceited, or provoke one another, or be jealous of one another."

Belong to Christ – you surrendered your will to His.  
Don't exhume the old life from the grave.  
Keep in step with the Spirit.  
Be free from hyper-spirituality and be humble.