**SERMON NOTES**

**Walk in the Spirit**

*Galatians 5:16-18*

**What must I do to defeat the flesh (v. 16)?**

*16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.*

**Why is there a conflict within me (v. 17)?**

*17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*

**How do I walk by the Spirit (v. 18)?**

*18 But if you are led by the Spirit, you are not under the law.*

**DISCUSSION QUESTIONS**

1. What does Paul mean by “the flesh”? Why do even those who are “in Christ” struggle with the temptation to live in the flesh?
2. What does Paul say we must do in order to not gratify the desires of the flesh?
3. When Paul says “walk by the Spirit,” what does he mean?
4. Do you sense a conflict between the flesh and the Spirit within you? Are you fighting the flesh? If you don’t sense a struggle, what might that mean?
5. How do we walk in the Spirit? Why is “let go and let God” mistaken in its emphasis on passivity? Why is it also wrong to strive in our own strength?