



# THE HOLY SPIRIT – YOUR LIFE COACH

WALK IN THE SPIRIT TO GET THE FRUIT OF THE SPIRIT

**Galatians 5:16** - Walk in the Spirit, and you shall not fulfill the lust of the flesh. (Continually be choosing to walk by the means of the Spirit)

**Galatians 5:17** – For the flesh lusts against the Spirit and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

**Galatians 5:22** – But fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, self-control.

## A higher standard of love:

**Matthews 22:39** – you shall love your neighbor as yourself...(the law standard = love like you )

**John 13:34** – A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. (the grace standard= love like Christ)

## How:

Living day by day in dependence on the Lord, continual reliance on the Lord  
Living by faith, living by trusting God to work in you

## Results:

- Enables (gives you the power) you to live the Christian Life
- God works in you both to will and to do His good pleasure. Philippians 2:13
- Preoccupation with Christ that produces an absentmindedness to the bad things in your life or in your mind.
- Overshadows things of lesser importance and lesser things lose their appeal.
- This gives you the life of Christ in you and prevents sin!

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**Walk in the Spirit to get the fruit of the Spirit**

**This lesson answers two big questions: How do I stop sinning? How can I be fruitful for God?**

**Two standards of love: the law standard and the grace standard:**

**Matthews 22:39** – you shall love your neighbor as yourself...(the law standard =love like you )

**John 13:34** – A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. (the grace standard= love like Christ)

Explain the difference between the law standard of love with the grace standard of love. Under law is love your neighbor like yourself, under grace it is love like Jesus. Which one is a higher standard? Grace is harder. Some people think grace is when God is being easy on you. Why would he make a harder standard for you under grace? Because you have the Holy Spirit as your Helper now. Which one is impossible on a human level? The grace standard is impossible on your own!

**Galatians 5:16** - Walk in the Spirit, and you shall not fulfill the lust of the flesh. (Continually be choosing to walk by the means of the Spirit)

Why do we sometimes think this verse says – Don't sin and then you can walk in the Spirit? We often try to fix ourselves up for God. We tend to want to do it ourselves and make ourselves presentable to Him so He will then help us. God wants us to know that He is our helper and He is the one that helps us not sin. According to this verse who ensures success - Us or the Holy Spirit? how do we stop sinning? Is it "by faith in God's power" or "by our own power"? It is by our faith in God the Holy Spirit to walk in us as we are by faith depending on him. If you are walking in the Spirit, the flesh still trying to tempt you? Yes, but now you are now able to say no to it because of the power of the Holy Spirit giving you the power to say no! (Note that self-control is a fruit of the Spirit!) Paul calls the Galatians foolish for trying to live by self-improvement instead of the power of the Holy Spirit – Galatians 3:3 -Are you so foolish? Although you began with the Spirit, are you now trying to finish by human effort?

**Galatians 5:17** – For the flesh lusts against the Spirit and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

What is the flesh? Our fallen human nature, that still lives in us. It is also called our sin nature or the sin that lives in us. It is usually in the singular when acts of sin are in the plural. Your sin nature is inside you and it never gets any better. God gave you the Holy Spirit to give you victory over it. You cannot stop the sin nature on your own. You must have the Holy Spirit.

Have you ever felt this spiritual battle inside you? This is NORMAL. All believers have this because they have the Spirit and the flesh (sin nature). This is NOT Satan, this is your sin nature that is fighting for control of your life instead of you letting God be in control.

What do you think you default to automatically if you are not clear about this? You automatically default to walking according to your flesh! You naturally will walk independently of the Holy Spirit if you do not actively choose to be dependent.

**Galatians 5:22** – But fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness self-control. Is this the fruit of the Christian or the fruit of the Spirit in the Christian? The fruit of the Spirit. Does the Christian bear fruit or produce fruit? What's the difference? The Christian does not produce it by effort but instead bears the fruit that the Holy Spirit produces when the Christian is dependent and walking by faith. The Holy Spirit does the fruit production, and you do the trusting. You bear the fruit means it shows up in your life, but it is produced by the Holy Spirit when you are trusting God to work in you.