

WALKING IN THE SPIRIT

(Parua Bay CF – 9/2/86 – EKB)

(Overcoming in the conflict between the **Spirit** and the **flesh**.)

1. “If by the Holy Spirit we have life in God, let us go forward walking in line, **our conduct controlled by the Spirit.**” *Gal 5:24(AMP)*.
“For the flesh lusts against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other.” *Gal 5:17(KJV)*.
2. **When we are born again**, born from above, born of the water and of the Spirit, born again...by the Word of God, *1Pet 1:23*, our spirit or our heart, *1Pet 3:4*, **is reborn**, made alive, and renewed, by the power of the Spirit of God.
3. **There is a recreation of the centre of our being. We become a new creature**, *2Cor 5:17*. **A new man** in the image of Christ is created at the centre of our being, *Col 3:10*. In the Old Testament God says, “I will sprinkle clean water upon you, and you shall be clean, from all your filthiness and from all your idols I will cleanse you. A new heart also will I give you, and a new spirit will I put within you, and I will take away the stony heart out of your flesh, and I will give you a heart of flesh,” *Ezk 36:25-27*. “A new man created in righteousness and true holiness,” *Eph 4:24*. In *1Pet 3:4* this new inward creation is called **the hidden man of the heart**. In *Eph 3:16* it is **the inner man**. In *Rom 7:22* it is **the inward man**.
4. In the Old Testament, *Jer 31:33,34*, and in the New Testament, *Heb 8:10-12*, the Lord says that **He will put the knowledge of His laws, in this new inner man**. In our heart we will know Him as our God, and we will know that we are His people. No matter who we are, if we are **born again** we shall know God personally, and also know that He forgives all our sins, and does not remember any of our iniquities. The new man of the heart that is created in us at our **new birth** loves God, loves His Word, loves His ways, and desires to walk with Him, serve Him, and obey Him.
Rom 7:22 says that the **inward man** delights in the law of God.
Rom 5:5 says that **the love of God is shed abroad in your heart**.
Mat 26:41 says that your **spirit is willing**. Jesus said that our new man of the spirit is willing to serve the Lord. We are a new creation, and the **new man** within desires to love God and live for Him.
Your real desire is to be like Him as he is now, *1Jn 4:17*.
Your real desire is to do what He did, *Jn 14:12*.
Your real desire is to walk as He walked, *1Jn 2:6*.
These are the desires of the new man of the spirit that dwells in you.
5. **In Christ we are primarily a spirit being**, (also we have a soul or personality with which we communicate with people, and we have a body with which we contact the physical world about us, but first of all we are spiritual beings).
1Thes 5:23 The God of peace sanctify you wholly, your whole spirit, soul, and body....
Gal 5:25 We are to live in the Spirit.
Gal 5:16 We are to walk in the Spirit.
Eph 6:18 We are to pray in the Spirit.
Eph 5:18,19 We are to rejoice in the Spirit.

“Be filled with the Spirit, speaking to yourselves in psalms, hymns, and spiritual songs, singing and making melody in your heart to the Lord, *Eph 5:18,19*.”

- f. **Giving thanks to God in all things.** *Eph 5:20, Col 3:17*. Give thanks to God for the things you have been taking for granted. He has given us all things richly to enjoy, *1Tim 6:17*. Be thankful unto Him and bless His Name, *Ps 107:1,2*.

Thanksgiving is a powerful weapon to edify the spirit.

- g. **Spend time in the Word of God daily.** Read it, mark it, learn it, confess it, and pray it. Make it quality time first thing in the day. God’s Word is God’s food for the man of the Spirit within. Your spirit feeds on God’s Word. He gives us exceedingly great and precious promises by which we are made partakers of His divine nature, *2Pet 1:4*.

Jesus said that His Words are spirit and life, *Jn 6:63*. We receive life by every Word that comes from God, *Mat 4:4*. God’s Word keeps us from sin. “Your Word have I hid in my heart so that I might not sin against You.” *Ps 119:11*.

Israel’s inheritance was the promised land. **Our inheritance is the land of promises in God’s Word.** *2Cor 1:20, Num 23:19, Ps 119:89, Ps 119:130, Ps 119:105, Ps 119:162*. Heaven and earth will pass away but My words shall not pass away, *Mat 24:35*.

If God’s words are in you, you shall stand in all these things.

The provision of God is in His promises. Pray the promises to God. Use the promises as prayer. When there is a need pray the promises to God until the need is met. Claim what He has promised. His promise is for your provision. Collect His promises under headings and lists, ready for times of need. Then use them, *2Pet 1:4*.

He will supply all your needs according to His riches in glory by Christ Jesus. *Phil 4:19*.

10. **How can we put down the flesh as we build up the spirit?**

- a. **Claim Romans 6** promises over a particular problem. (See 9a.)

- b. **Jesus said: Deny self, take up your cross daily, and follow Me.** *Lk 9:23*.

We need to take a stand against the flesh. Recognise it as your inward enemy, seeking to lead you away from the Spirit of God and God’s will. Use the power of choice.

Exercise your will power to say “NO!” The Cross is where God’s will crosses our will.

Rom 12:1 Present your body a living sacrifice to God by the grace He gives. This is what God expects of us. This is our reasonable service.

Gal 5:24 Those who are Christ’s have crucified the flesh with the affections and lusts.

- c. **Watch out for temptation and when it comes, cut it off!**

Jam 1:14,15 tells us that temptation comes in four steps:

- Firstly it **draws us away** from God, *v14*, using the lust that is in us – the tendency to follow the flesh.
- Then it **entices**. If we are drawn away from God, the next stage is it entices us, *v14*. Things are getting serious when this occurs.
- After that **temptation is conceived**, *v15*, in the mind, thoughts and in the flesh.
- The last stage of temptation is the **acting out** of the sin that works death.

Praise God for the Blood of Jesus and God’s mercy, that if we do sin we can confess, repent. Turn again to God and be forgiven, restored. *1Jn 1:9, 1Jn 2:1, Pro 28:13*.

The place to deal with temptation is at the beginning. The moment you sense temptation to sin, say, “No! I reject that thought in Jesus’ Name.” If you allow it to entice you, then it will probably be too late. *1Cor 10:13*, God will not allow you to be tempted above that which you are able.

- d. **Fasting.** Ask God to enable you to fast often in various ways. This is a denying of self that is very helpful to putting the flesh down, and building up your spirit. Take sides with your inner man of the spirit, against the old flesh life, *Mat 6:16*.