

THE HOLY SPIRIT AND THE TRANSFORMED LIFE

Galatians 5:16-25 (ESV)

¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 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. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ If we live by the Spirit, let us also keep in step with the Spirit.”

INTRODUCTION:

The transformed life through the Holy Spirit is not about instant perfection, but about progressive growth; a daily journey of surrender, renewal, and transformation. Paul reminds us in Galatians 5:16-25 that spiritual growth is a process of actively walking by the Spirit, helping us in producing the fruit of the Spirit, and aligning our lives with His leading. As we reflect on this passage, let us examine how we can embrace this transformation in our everyday lives, choosing God's guidance, rejecting worldly distractions, and surrendering fully to the Spirit's work.

DISCUSS:

The apostle Paul urges us, believers to **walk by the Spirit**, actively choosing God's guidance over worldly desires. The contrast between **works of the flesh and the fruit of the Spirit** reveals the evidence of transformation, as in sin leads to destruction, but abiding in Christ produces righteousness. Ultimately, **keeping in step with the Spirit** is not about perfection, but about progression, as the Holy Spirit continually shapes and transform our lives.

1. Walk by the Spirit (Verses 16-18):

Paul calls us to **walk by the Spirit** rather than being led by worldly desires that pull us away from God.

In our daily lives, we constantly face choices between following God's guidance or being influenced by worldly distractions. What are some areas where you struggle to fully rely on the Spirit's leading? How can you be more intentional about choosing God's wisdom over personal desires?

2. Works of the Flesh vs. Fruit of the Spirit (Verses 19-23):

Paul presents a clear contrast; while the **works of the flesh** lead to self-centred living and destruction, the **fruit of the Spirit** produces Christ-centred character and transformation.

Looking at Galatians 5:19-23, which worldly desires most challenge believers today? How does cultivating the fruit of the Spirit help us overcome those struggles and reflect Christ's nature in our daily lives?

3. Living and Keeping in Step with the Spirit (Verses 24-25):

Paul reminds us that those who belong to Christ have crucified the flesh and are called to **keep in step with the Spirit**, living in complete surrender to His guidance.

What does "keeping in step with the Spirit" look like in practical daily life? How can we fully surrender our decisions, ambitions, and struggles to God, trusting that His Spirit will lead us in the right direction?

Pray:

1. Lord, thank you for the transforming work in us through Your Holy Spirit. Help us to yield completely to Your guidance, surrendering every part of our lives to Your will.
2. Lord, we are still struggle to resist worldly distractions, please help us to strengthen our hearts to choose You daily. Renew our minds, that we may walk faithfully in the Spirit, producing fruit that glorifies You.
3. Teach us Lord, to fully surrender, keeping in step with Your leading. May our lives reflect Your fruit of the Spirit; love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, as we continue this journey of transformation.