





The Christian life is very much like climbing a hill of ice. You cannot slide up. You have to cut every step with an ice axe. Only with incessant labor in cutting and chipping can you make any progress. If you want to know how to backslide, leave off going forward. Cease going upward and you will go downward of necessity. You can never stand still.

—Charles H. Spurgeon

Gal 5:16 This I say then, Walk in the

Spirit, and ye shall not fulfil the lust of the flesh. 17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. 18 But if ye be led of the Spirit, ye are not under the law.





Gal 5:19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, 20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹ Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.



Gal 5:²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ Meekness, temperance: against such there is no law. ²⁴ And they that are Christ's have crucified the flesh with the affections and lusts.

²⁵ If we live in the Spirit, let us also walk in the Spirit. ²⁶ Let us not be desirous of vain glory, provoking one another, envying one another.





The Fruit of the Spirit Contrasted with the Works of the Flesh

What the Spirit Produces Provided at New Birth	Its Opposite	What the World Provides Appeals to the Natural Man	What You End Up With (the Works of the Flesh)	How to Nurture the Fruit, and Conquer the Flesh (<i>You live Christ's</i> way)
Galatians 5:22,23			Galatians 5:19-21	,
Love The ability to love all that God loves	Anger (King Saul against David)	Lust	Adultery, Fornication	Give, anything and everything you have for the glory of Jesus Christ
Joy An attitude of the mind, that over-rides circumstances and feelings	Sorrow, constantly negative (<i>Hannah</i>)	Circumstantial Happiness	Uncleanness, Lasciviousness	Decide that what God says is true, and more real than what your heart is telling you. Constantly ponder God's care and His promises
Peace To be at rest in God's perfect care	Anxiety, Worry	Rebellion	Idolatry, Witchcraft	Force yourself to be at rest, trust in God's care – reject worry as wicked sin and allow God to work all things out for good

What the Spirit Produces Provided at New Birth Galatians 5:22,23	Its Opposite	What the World Provides Appeals to the Natural Man	What You End Up With (<i>the Works of the</i> <i>Flesh</i>) Galatians 5:19-21	How to Nurture the Fruit, and Conquer the Flesh (<i>You live Christ's</i> way)
Longsuffering The ability to endure, and still stay in love, full of joy, and at rest in God's care when you are in the middle of a storm	Impatience, Vengefulness	Instant Gratification (2Sam 13:10-15)	Hatred, Variance (instability)	Allow yourself to wait, and to do without, and to be wronged
Gentleness The ability to love when every fibre of your being says seek revenge	Harshness	Revenge, and vengeance	Emulations (hypocrisies)	Take reproach and persecution, accepting it in Christ's name, and just keep being gentle
Goodness Doing right and living godly and separated from sinful activities	Immorality	Uncontrolled entertainment and excitement	Wrath, Strife, Seditions Always ends up in fights and seeking to overthrow controls	Always do right – there is NEVER any fear in doing right!

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Faith The ability to trust God's word, way, and will	Distrust	Doubting God	Heresies	Live by faith in everything you do – just trust and obey!
Meekness Ignoring self in order to honour and bless others	Pride	Focus's your attention on your self	Envyings – always thinking others have it better	Never let self get all your attention. Look always upon the needs of others
Temperance Self-control, living in moderation instead of excess	Incontinence	Constant breaking down of barriers and calling for excess	Murders, Drunkenness, Revellings	Submit to authorities over your life, and decide self control is the greatest show of strength

The Physics of Spirituality



John 3:8 The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.

WIND/SPIRIT = Strong's Greek Dictionary 4151. πνευμα pneuma πνευμα pneuma pnyoo'-mah from 4154; a current of air, i.e. breath (blast) or a breeze; by analogy or figuratively, a **spirit**, i.e. (human) the rational soul, (by implication) vital principle, mental disposition, etc., or (superhuman) an angel, demon, or (divine) God, Christ's spirit, the Holy Spirit: ghost, life, spirit(-ual, -ually), mind. Compare 5590.

Romans 8:35-37 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us.

2 Thessalonians 2:13 But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:



Romans 8:5-7 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

Romans 7:18-19 For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do.



1 Thessalonians 5:14-19 Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men. See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Quench not the Spirit.



Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Romans 6:3-8 Know ye not, that so many of us as were **baptized into Jesus Christ** were baptized into his death? Therefore we are buried with him by **baptism into death**: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is **crucified with** *him*, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin. Now if we be dead with **Christ,** we believe that we shall also live with him:



Galatians 5:24 And they that are Christ's have **crucified the flesh** with the affections and lusts.



Romans 6:6 Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

Flesh vs Spirit Romans 6:12-15 Let not sin therefore reign in your

mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you: for ye are not under the law, but under grace. What then? shall we sin, because we are not under the law, but under grace? God forbid.

Romans 6:16-18 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness.

Romans 6:19-22 I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness. For when ye were the servants of sin, ye were free from righteousness. What fruit had ye then in those things whereof ye are **now ashamed**? for the end of those things is death. But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.



Romans 8:12-14 Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. For as many as are led by the Spirit of God, they are the sons of God.

Colossians 3:1-4 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

Colossians 3:5-7 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: For which things' sake the wrath of God cometh on the children of disobedience: In the which ye also walked some time, when ye lived in them.

Colossians 3:8-10 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him:

Romans 8:16 The Spirit itself beareth witness with our spirit, that we are the children of God:



Galatians 5:25 If we live in the Spirit, let us also walk in the Spirit.



Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.



THANK YOU!









