Galatians 5:4, Galatians 3:10

1. Our FLESH and God's indwelling SPIRIT are opposed to one another.

Galatians 5:16-18

Note that Paul doesn't write that those who will walk by the Spirit will need to "TRY HARDER" to not fulfill their flesh – he just describes it matter-of-factly as two things that don't go together.

"We do not deny that there is such a thing as moral conflict in non-Christian people, but we assert that it is fiercer in Christians because they possess two natures—flesh and Spirit—in irreconcilable antagonism."

— John R. W. Stott, *The Message of Galatians: Only One Way*

2. Lives that consistently demonstrate the flesh are and will be SEPARATED from God.

Galatians 5:19-21

3. Lives following the Spirit's LEADING demonstrate the Spirit's NATURE.

Galatians 5:22-26, John 15:5

It's not about how "we're doing" – the only way that these qualities are going to be evidenced in our lives is because of the PRESENCE and the transformative POWER of the Holy Spirit that has taken up residence in us.

It's not salvation by GRACE and then sanctification by GRIT.

How are we to "keep in step with the Spirit?

- CONFESSION of both sinful actions and affections
- RECONCILIATION as you recognize that Jesus died in your place for the sin that you just confessed
- SUBMISSION to the Spirit's leading and transformative work in your life

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