

**Walking Forward**  
The Helper – Part 4 of 4  
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Galatians 5:16–26 (ESV)

<sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> 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. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> 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. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking one another, envying one another.

How does a Christ follower keep in step with the Spirit? (Galatians 5:25)

- Focus on the Spirit's desires and resources. (Romans 8:6)

Romans 8:6 (ESV)

<sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

- Be filled again and again (Ephesians 5:18-21 NIV)

Ephesians 5:18–21 (ESV)

<sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup> submitting to one another out of reverence for Christ.

The Helper gives us the power to reject comparison and competition. (Galatians 5:26)

My next step today is to...

- Focus on the Spirit's desires by spending time in...

Prayer

God's Word

Fellowship

Ministry

- Reject comparison and competition with \_\_\_\_\_.

- Memorize 2 Corinthians 1:8b-9

2 Corinthians 1:8b–9 (ESV)

<sup>8b</sup> For we were so utterly burdened beyond our strength that we despaired of life itself.

<sup>9</sup> Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.