

Topic: Walking In The Spirit

Text: Romans 8:5-14, Galatians 5:16-25

Aim: To encourage believers to mortify their members (lustful desires) and walk in the spirit because God is Spirit and those who worship Him must worship him in spirit and truth.

Introduction:

The dictionary defines ‘walking’ as moving at a regular pace by lifting and setting down each foot in turn, one after the other, with the intent of getting to a place or destination or is an act of keeping fit bodily. ‘Spirit’ means a supernatural unseen being; in our case, the Spirit of the Living God. Having looked at the above key words, walking in the Spirit can be said to be a deliberate, calculated, and conscious walk with the Spirit of God, allowing Him to dwell in you, and directing every single move you make in life; your will, decisions and actions with a view of making or arriving heaven at last. To walk in the spirit can also be a metaphor for living life guided by the Holy Spirit, submitting to God’s will, following His promptings and growing in Godliness and intimacy with God. It is not a one-time event but a continuous journey of partnering with the Holy Spirit, involving moment by moment, and daily surrender to His leading until your last day here on earth and beyond as you transcend to heaven.

Discussion Questions

1. What are the two “walks” identified in the bible? Discuss. Rom 8:1,5.
2. Why should we walk in the spirit? Discuss. John 4:23-24; Gal. 5 16.
3. How can we walk in the spirit? John 3:3-6; Joshua 1:8; 1 Thes 5:16-22; Heb 11:6-7
4. What are the benefits/advantages of walking in the Spirit? Gal. 6:8b; Rom 8:1-2, 6, 11, 14-18; 1 Cor 2:9-15.

Conclusion:

Walking in the spirit is a journey of life intended for every believer whose aim is to reach heaven at last. We are not our own, we were bought with a high price through the blood of Jesus Christ. The life we now live is no longer unto ourselves or the vain pleasures or lust of our fleshly desires but unto pleasing Him who paid for us and has called us to daily carry our cross and follow where He leads. This is done by yielding completely to His will, as we walk in the Spirit and working out our Salvation with fear and trembling, that we might please Him who has called us. (1 Cor6:19-20, Phil 2:12-13), Remember, if any man does not have the Spirit of Christ, he is not one of His (Romans 8:9b). We are not debtors to the flesh but to the Spirit, so we can live. For as many that are led by the spirit of God are the Sons of God. (Rom. 8:14)

Memory Verse: Galatians 5:25 “If we live in the Spirit, let us also walk in the Spirit”