

*So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law. Galatians 5:16-18 (NIV)*

## **Feast And Famine**

**Do you want to live your life for me?** Yes, I want to live my life fully and completely for you. What must I do since I want to live my life for you? **You know the answer to your own question. You tell me.** I must do two things in living my life for you. **That's right.** I must live by your Spirit. **How will you live by my Spirit?** I must listen to you. I must follow you to where you lead me. I must do all that you ask of me. **How will you go about listening to me? How will you receive guidance from me?** I will set aside a time and a place to meet with you in your word. I will allow you to speak your word into my life. I will let your word dwell in me richly. Your word will do its work in me. **How so?** Your word will change my heart and transform my mind. **Yes, it will.** Your Spirit will take your word and use it as a sword to fight in me, with me, and for me. Your word will make me able to stand against temptation. Your word will strengthen my desire to live by your Spirit. Your word will give me a hunger to know you and a desire to walk in your ways. Your word will make me able to resist the desires of the sinful nature. **Say more about that.**

I mentioned that I must do two things if I want to live my life for you. **Yes, you did.** I have talked about living by your Spirit. At the same time that I am living by your Spirit I must also refrain from gratifying the desires of the sinful nature. Living by your Spirit and gratifying the desires of sinful are in opposition to each other. **Yes, they are. How will you refrain from gratifying the desires of the sinful nature?** In answer to your question I think of two words. I think of the words feast and famine. I will feast on your word and the new life in the Spirit that you have for me. I will put gratifying the desires of the sinful nature on a famine diet. **How will you do that?** As I am living my new life in the Spirit I will separate myself from anything and everything that feeds the desires of the sinful nature. Then I will live my life fully and completely for you. **That will be very good.**

*Lord, I will separate myself from whatever feeds temptation and sinful desires within me. Instead I will take part in what helps me to live by the Spirit. For example, I will allow the Spirit to use your word to help me to stand against temptation and sinful desires. Amen*

**Guidance** *Live By The Spirit*

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law.

NIV Galatians 5:16-18

**Guidance** *Let The Holy Spirit Guide Your Lives*

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. But when you are directed by the Spirit, you are not under obligation to the law of Moses.

NLT Galatians 5:16-18

**Guidance** *Live By The Spirit*

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law.

NRSV Galatians 5:16-18

**Guidance** *Walk and Live By The Spirit*

But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God). For the desires of the flesh are opposed to the [Holy] Spirit, and the [desires of the] Spirit are opposed to the flesh (godless human nature); for these are antagonistic to each other [continually withstanding and in conflict with each other], so that you are not free but are prevented from doing what you desire to do. But if you are guided (led) by the [Holy] Spirit, you are not subject to the Law.

AMP Galatians 5:16-18

**Guidance** *Walk By The Spirit*

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law.

NASB Galatians 5:16-18

**Guidance** *Walk By The Spirit*

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 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. But if you are led by the Spirit, you are not under the law.

ESV Galatians 5:16-18

**Guidance** *Walk In The Spirit*

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law.

NKJV Galatians 5:16-18

**Guidance** *Live Freely, Animated And Motivated By God's Spirit*

My counsel is this: Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. Why don't you choose to be led by the Spirit and so escape the erratic compulsions of a law-dominated existence?

MSG Galatians 5:16-18

**Guidance** *Obey The Holy Spirit's Instruction*

I advise you to obey only the Holy Spirit's instructions. He will tell you where to go and what to do, and then you won't always be doing the wrong things your evil nature wants you to. For we naturally love to do evil things that are just the opposite from the things that the Holy Spirit tells us to do; and the good things we want to do when the Spirit has his way with us are just the opposite of our natural desires. These two forces within us are constantly fighting each other to win control over us, and our wishes are never free from their pressures. When you are guided by the Holy Spirit, you need no longer force yourself to obey Jewish laws.

TLB Galatians 5:16-18

**Guidance** *Live By Following The Spirit*

So I tell you: Live by following the Spirit. Then you will not do what your sinful selves want. Our sinful selves want what is against the Spirit, and the Spirit wants what is against our sinful selves. The two are against each other, so you cannot do just what you please. But if the Spirit is leading you, you are not under the law.

NCV Galatians 5:16-18

# Live By The Spirit

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**Guidance** – Galatians 5:16-18

**In Context:** *Read Galatians 5*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law. Galatians 5:16-18

**Considering The Words:** ***(What words speak to your heart?)***

So | I say, | live by | the Spirit, | and | you | will not | gratify | the desires | of the | sinful nature. | For the | sinful nature | desires what is | contrary | to the Spirit, | and | the Spirit | what is | contrary | to the | sinful nature. | They are | in conflict | with | each other, | so that | you | do not do | what you want. | But | if you are | led by | the Spirit, | you are | not under law. Galatians 5:16-18

**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, I will separate myself from whatever feeds temptation and sinful desires within me. Instead I will take part in what helps me to live by the Spirit. For example, I will allow the Spirit to use your word to help me to stand against temptation and sinful desires. Amen

**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

**When have you made a decision to live by the Spirit rather than to gratify the desires of the sinful nature?**

How is what the Spirit desires and what the sinful nature desires in opposition to each other?

**How have you separated yourself from whatever feeds temptation and sinful desires?**

How are you taking part in whatever will help you to live according what the Spirit desires?

What from God's word speaks directly to temptation and sinful desires you have experienced?

How has the word of God helped you to live according to what the Holy Spirit desires?

**When has the Holy Spirit used the word of God to help you to resist temptation and sinful desires?**

**Living It Out:**

***(What action step is God guiding your heart to take?)***

Make a choice to live by the Spirit so that you will not be gratifying the desires of the sinful nature.

**Seeing It Happen:**

***(What are you trusting God for in your heart?)***

Have faith that as you live by the Spirit you will not gratify the desires of the sinful nature.

**Get Ready To Share:**

***(What can you share with others from your heart?)***

Share with another person or your small group how living by the Spirit has kept you from gratifying sinful desires.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you live by the Spirit so that you will not gratify the desires of the sinful nature.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will live by the Spirit so that I will not gratify the desires of the sinful nature.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I live by the Spirit today so that I will not gratify the desires of the sinful nature?*

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