

Welcome To Sunday Night Bible Fellowship



“We proclaim Him, warning every man and teaching every man with all wisdom, so that we may present every man mature in Christ.” Col 1:28

***“How Do You Live the Christian Life? . . .
One Step at a Time”***

Galatians 5:16-19

March 15, 2026

Gal 5:16-19

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

17 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.

18 But if you are led by the Spirit, you are not under the Law.

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

- Paul here give the key to living the Christian life.
- The believer's desire will be for the Spirit's control and not what the flesh wants.
- There is so much confusion as to how to live the Christian life: “You need to hang on to God”
“You need to let go and let God”
“You need to pray your way through”
or the mystical approach based on having an experience –
“You need the second blessing”
“You need to be slain in the Spirit”
“You need to speak in tongues”
- Actually living the Christian life is quite simple as seen in our text.

3 ways to live –

1. Under the Law – Legalism.
2. Without the Law – Antinomianism.
3. With the Author of the Law (Holy Spirit) – Dependency.

Example of a dog:

1. You can have him on a leash (Legalism).
2. You can let him run wild. End up in a dog pound.
(Antinomianism)
3. You can have a dog with no leash but who does not run wild. He obeys the voice of his master because of his love for him and depends on Him for guidance and direction and so stays by his side. (Dependency.)

The diagram consists of three vertical sections. The left section is a black semi-circle containing the text 'Legalism' and 'Slaves of the Law'. The middle section is a white vertical strip containing the text 'Freedom In Christ'. The right section is a black semi-circle containing the text 'Antinomianism' and 'Slaves of the World'. Two vertical black lines separate the three sections.

Legalism

**Slaves of
the Law**

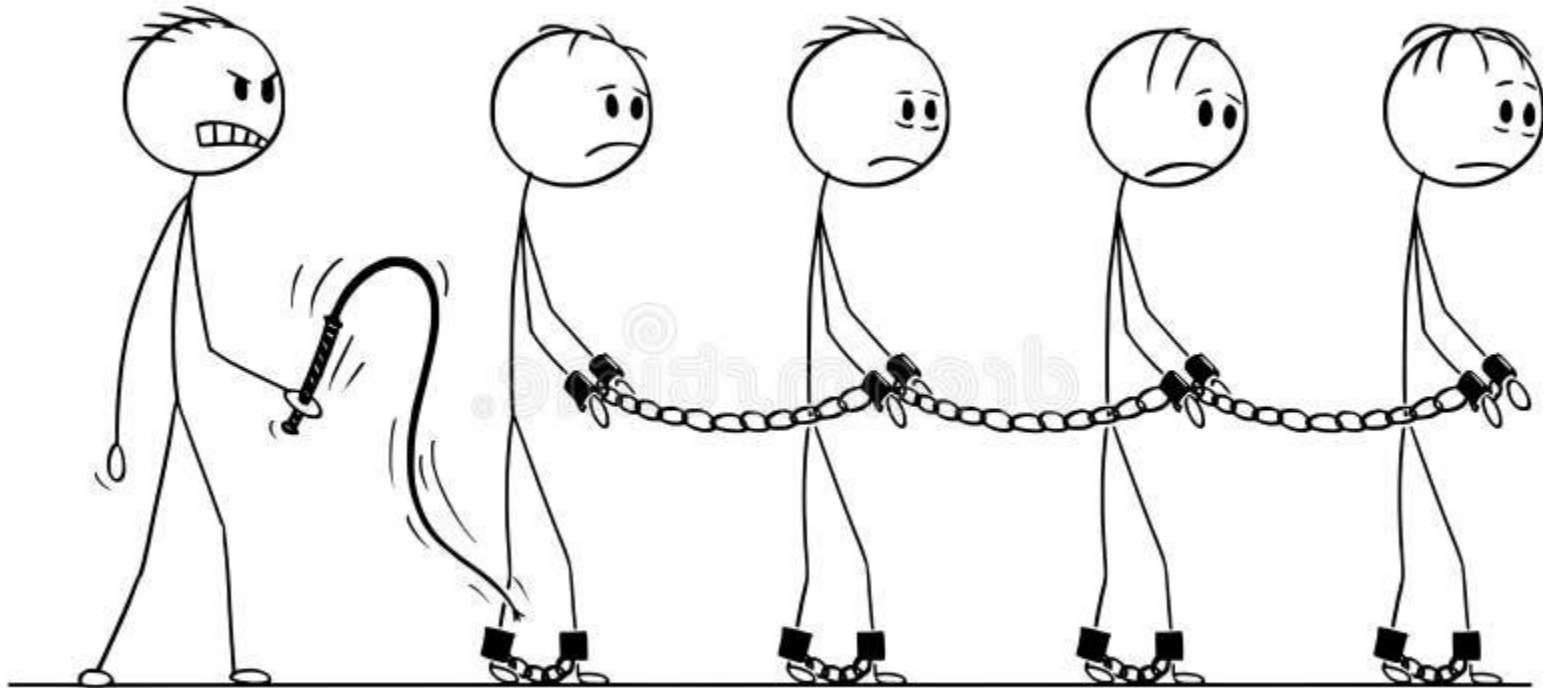
**Freedom
In
Christ**

Antinomianism

**Slaves of
the World**

“The Law” with its Rules & Regulations

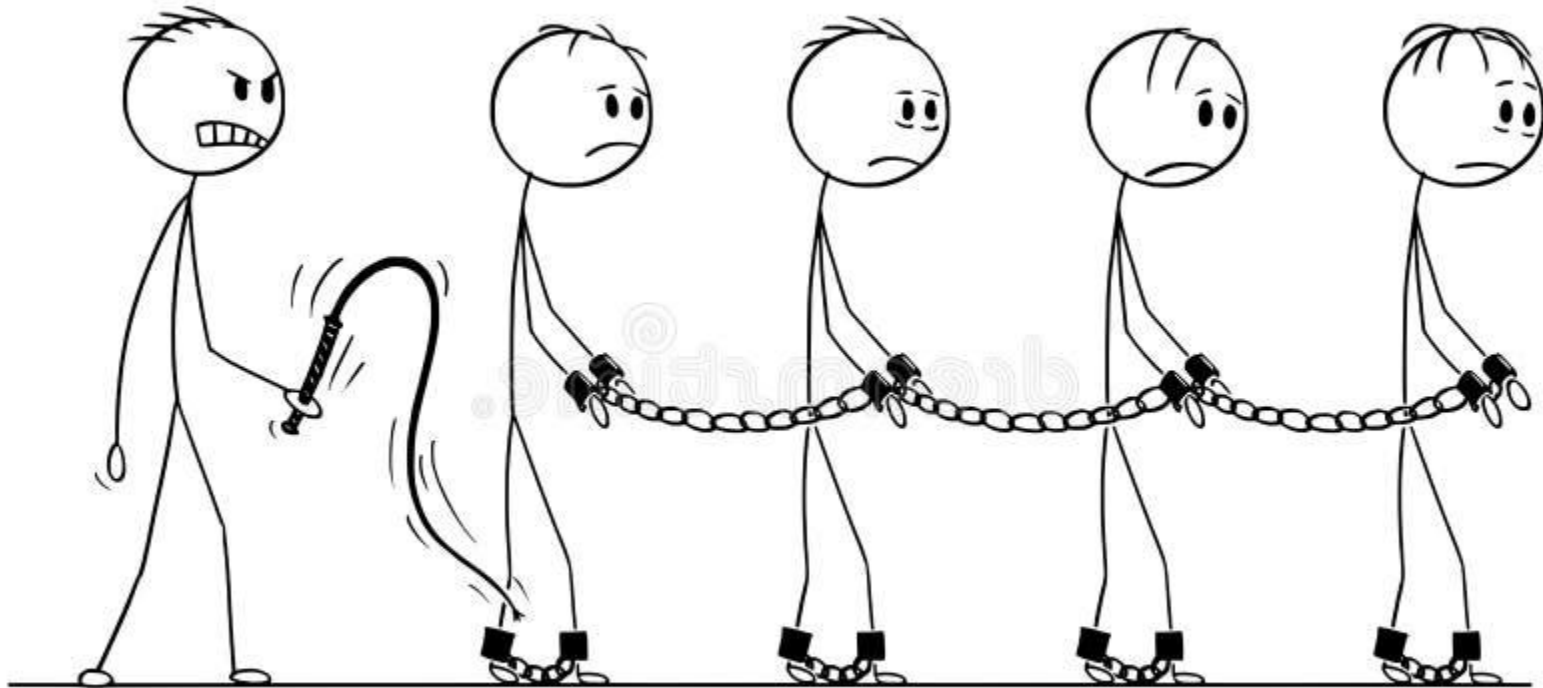
Legalism



- Living under the Law puts you in bondage.
- You are going nowhere.
- There is no progress in the Christian life.
- You live with guilt a sense of failure.

The world with
its addictions.

Antinomianism



- Living with “freedom to do what you want” puts you in bondage.
- You are going nowhere.
- There is no progress in the Christian life.
- You live with guilt a sense of failure.

WALK in the Spirit



Walk in humility – Eph. 4:2,3

Walk in purity – Rom. 13:13

Walk in contentment – 1 Cor. 7;17

Walk in faith – 2 Cor. 5:7

Walk in good works – Eph. 2:10

Walk differently than the world- Eph. 4:17

Walk separated from sin – 2 Thes. 3:6

Walk in love – Eph. 5:2.3

Walk in light – Eph. 5:8,9

Walk in wisdom – Eph. 5:15,16

Walk in truth – 2 Jn. 3,4

“walk” - περιπατέω **peripateo** - **small, deliberate steps forward.**

- This is not a “100-yard dash.” It is a 26-mile marathon.
- The believer’s life is a slow and methodical pace.
- It is 1 step at a time.
- Some days you may advance faster than other days.
- Some days you may fall, go backwards, or stand still.

“A believer may slip and fall on the deck, but he will never go overboard.

- When you fall, you pick yourself up and keep moving.
- **Therefore, the Christian life is a series of small steps in the same direction over a long period of time.**

Walk in the SPIRIT



- Here is the GOOD NEWS – You don't have to try to live the Christian life on your own!
- You have a partner – The Holy Spirit, He resides within you to produce a holy life, a Christ-like life.
- The Holy Spirit provides 2 things: 1. Direction. The Holy Spirit inspired the Word of God and it is now the tool He uses to guide and direct the believer. 2. Power. The Holy Spirit provides the power to obey the Word and live the Christian life.
- **Note:** Here are the 2 resources for living the Christian life – The Holy Spirit and the Word. No more and no less.
- You have the freedom to obey the Word not because you have to but because you WANT to.

Walk in the SPIRIT



**Holy
Spirit**

Sin more.
Hate it less.

Sin less.
Hate it more.



Rom 7:15-25

15 For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

16 But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good.

17 So now, no longer am I the one doing it, but sin which dwells in me.

18 For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.

19 For the good that I want, I do not do, but I practice the very evil that I do not want.

20 But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me.

21 I find then the principle that evil is present in me, the one who wants to do good.

22 For I joyfully concur with the law of God in the inner man,

23 but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members.

24 Wretched man that I am! Who will set me free from the body of this death?

25 Thanks be to God through Jesus Christ our Lord!

“Some days I am just so sick of myself.”

- Joseph Stowell

Gal 5:16-19

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

17 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.

18 But if you are led by the Spirit, you are not under the Law.

17 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.

- The Spirit-controlled, Spirit-indwelt, Spirit-led life, is a life of battles, a life of conflict, and constant struggle.
- The flesh and the Spirit are, at their core, totally opposite.
- When you come to Christ, you suddenly have a fight on your hands.
- The unbeliever has no fight.
- No believer escapes the conflict.
- No one can avoid the struggle between the flesh and the Spirit.
- No one gets a Christian life free from outward pressure and inward turmoil.
- The battle between the flesh and the Spirit leaves the believer in a position where he has to make a choice between the two.

Gal 5:16-19

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

17 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.

18 But if you are led by the Spirit, you are not under the Law.

18 But if you are led by the Spirit, you are not under the Law.

- If you choose to walk by the Spirit, you will be led by the Spirit.
- **Note:** This is not a command.
- He'll lead; will we follow?
- If we do, the Law has no claims on us.

Application

1. Don't make living the Christian life complicated.
2. The Christian life takes work, and the “sweat and dust of the battlefield” – read, study, memorize, apply, yield, struggle, surrender, fight.
3. Walking in the Spirit shows up in little things – verses taped to a bathroom mirror, or dashboard or refrigerator, listening to tapes, CD's, Bible apps, review of Bible notes.
4. You cannot apply what you do not know.
5. Are you sinning less but hating it more?