

Dance with God

1. What is the flesh?

- A. Gal. 5:16 The flesh is my fallen, [sinful](#) human nature.
- B. The Spirit is the presence of God in the Christ-follower in the form of the Holy Spirit. The Spirit makes [victory](#) over the flesh possible only to the degree that the Christ-follower lives by the Spirit or walks by the Spirit.

2. What is walking by the Spirit and being filled with the Holy Spirit?

- A. Walking by the Spirit (Gal. 5:16) and being filled with the Holy Spirit (Eph. 5:18) is fully [yielding](#) to the Holy Spirit's power or influence.
- B. Walking by the Spirit and being filled with the Holy Spirit is not getting more of God's presence.
- C. The verbs in Gal. 5:16-17 "walk by the Spirit" and in Eph. 5:18 "be filled with the Spirit" are *present* imperatives and point to a [continuing](#) condition or need for the walking and being filled.
- D. The contrast in Ephesians 5:18 with being drunk is informative: subject yourself to the power and [influence](#) of the Holy Spirit within you.
- E. That walking by the Spirit and being filled with the Holy Spirit is commanded indicates that the individual is [responsible](#) for it.

We need [initial](#) repentance and faith in Christ to save us and we need [ongoing](#) repentance and faith in the Holy Spirit to sanctify us.

- F. Responding to the Spirit is described in Gal. 5:16 as walking by the Spirit, in 5:17 and being led by the Spirit and in 5:25 as living by the Spirit.

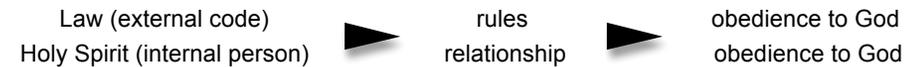
3. Compare and contrast filling with, walking by, quenching and grieving the Holy Spirit:

- A. "Be filled with the Spirit" in Eph. 5:18 carries a durative idea, *keep being filled*. The idea is to subject yourself to the power and influence of the Holy Spirit as a way of life.
- B. Walk by the Spirit in Gal. 5:16 calls us to an ongoing, continual experience. *Continue to walk by or keep walking by* the Spirit. The term presumes activity on our part.
- C. To quench the Spirit is to suppress or [stifle](#) the God's influence in you. The idea is that of resisting or opposing the Holy Spirit's influence in you.
- D. To grieve the Holy Spirit is to reject His influence, to rebel against Him. (1 Thes. 4:8; Is. 63:10)

4. How can I be filled with the Spirit? (Eph. 5:18) How can I walk by the Spirit? (Gal. 5:16)

There is a logical [relational](#) process.

- A. Recognize the difference between the Law in the Old Covenant and the Spirit in the New Covenant:



Obedience is the [result](#) of walking by the Spirit.

- B. The [initial](#) act of surrendering your life to His Lordship. In Romans 6:13 the second "*present*" is aorist tense meaning "Present yourselves to God *once and for all*". It highlights point-in-time action.
- C. The [continued](#) life of yieldedness to His Lordship involves our conscious decisions and choices. The Holy Spirit inside us leads us to obey God, not out of fear of the Law, but out of love for God.

On the negative side,

- refusing to submit to the Word of God quenches the Holy Spirit
- refusing to follow the Spirit's guidance and leading quenches the Spirit (Romans 8;12-14)
- refusing to accept the *providential acts* of God, especially uncomfortable ones, quenches the Spirit. The "thorn in the flesh" whatever it may be is in the control and will of the sovereign God.

On the positive side, spiritual discipline or spiritual exercises enhance our spiritual health and lead to spiritual maturity.

- D. Grow your [relationship](#) with God. He is a person. You are made in His image with the capacity for personal relationship with Him and other people.

Message

When you walk close with God, you stay far from sin.

So What? Now What? Action Points:

How do you open yourself to someone's influence?
How will you open up to the Holy Spirit's influence?

How do you grow your relationship with anyone?
How will you grow your relationship with the Holy Spirit?