



**SERIES: WE ARE FREE (A Study of Galatians)**

**SPEAKER: NAT CRAWFORD**

**Thursday, 11/19/20**

**Scripture: Galatians 5:22-26**

**TITLE: Keep Walking, Pt 2**

One of the biggest misconceptions about Christianity is that people think it's just a list of do's and don'ts. In other words, it's just another religion. But if I understand what the Bible actually say, it's not really about do's and don'ts. It's about transformation. It's about becoming all that God made you to be. And what's great is it really has nothing to do with your ability, but rather with God's ability. What do I mean by that? Listen to what the Apostle Paul says in Galatians 5, beginning in verse 22-26 (ESV):

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.

If you listened yesterday, Paul told us that we should continually *walk by the Spirit*. When we walk by the Spirit, we live out the reality of our transformation: That we will no longer be slaves to sin. So here, Paul contrasts what we were, with what we are, because the Spirit.

Paul says, *the fruit of the Spirit* - not fruits, but the whole fruit of the Spirit - is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. You see, so often we get fixated on the don'ts: The do not engage in sexual immorality; The do not make idols; The do not become angry. But we don't focus on what Christ has made us.

Paul says our old self was crucified. It's dead. It is no longer a master in our lives. Instead, we no longer have to destroy our lives. Instead, now, by God's grace and in His power, we can continually have true love, lasting peace, countercultural patience, deafening kindness, unparalleled goodness, scandalous faithfulness, life-changing gentleness, and calming self-control.

As an executive coach, I often ask my clients, "Do you want to do what you do better than anyone else?" I think that's kind of what Paul would be asking us today. Paul asks, "Do you want to experience life, and life to the fullest?" In other words, "Do you want to do life better than

anyone else?" Then you have to truly allow the old self to be crucified, and instead, continually and daily walk with the Spirit.

Like any great source of power, we can try to squelch it, or we can try to enhance it. If you are struggling with fear, doubt, being spiritually stuck, lost, greed, or something else – Christ has freed you from those chains. Today, get back to the Bible, and open the floodgate of the Spirit of God.

How? Where do you start? Just like returning to the gym: you may want to bench press 200 pounds, or run 5 miles in under an hour, but if you go too fast, you'll end up injuring yourself and discouraged.

Allow us to come alongside you, and train you in your walk with God. Here's my challenge to you: Right now, download the goTandem app. Take the spiritual assessment, and allow us to help you walk by the Spirit. Lean into God's grace, and allow that divine peace and patience, goodness, and self-control to define you. God saved you for this purpose. Allow Him to see it through.