



**SERIES: WE ARE FREE (A Study of Galatians) December 2022 – January 2023**

**SPEAKER: NAT CRAWFORD**

**Monday, January 16, 2023**

**Scripture: Galatians 5:16-21**

**TITLE: Keep Walking Part 1**

During the recent pandemic my family and I began to bicycle together. We live not far from a pretty popular path that extends for miles. In fact you can go from Lincoln to the small town of Eagle if you can bike the 12 or 14 miles.

Now to be honest, our whole family has not made it the whole way from Lincoln to Eagle. But there's something I do with my youngest son as he gets tired out after just a short distance. I tell him, "Keep going."

Maybe you today feel like giving up in your walk with God. You feel spiritually stuck. You feel like you just can't do it anymore it's too hard. Well, join the club. I feel that way too many days. Thankfully Paul has some encouragement for us today in Galatians 5. Let's listen to Paul beginning in verse 16.

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. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

Wow that is quite a list of destructive habits and sinful pleasures. And those are important to discuss. But we have to first begin with what Paul said in verse 16. He said "walk." Walk here means to walk and keep walking. He means to never stop walking with God.

Just like I tell my son when we're biking. "Keep going. Don't stop pedaling. You have to keep going otherwise we'll be stuck."

You see many of us we become spiritually stuck by going back to our old ways. When we stop walking. We stop pedaling we, stop going, and so what do we do? We turn back to our old habits of sexual immorality or idolatry, jealousy, anger, drunkenness and the list goes on.

Paul will constantly use athletic metaphors and word pictures, so we understand the danger of sin and the tenacity we have to have to keep walking with God.

This is why, here at back to the Bible, we created a digital tool, goTandem to help you keep walking with God daily. We know what happens when we take our foot off the pedal. We begin to coast and even go backwards. God has freed us from slavery to sin.

So we need to daily walk by the spirit. In other words you cannot do it alone. In order to walk with God you have to rely on the Holy Spirit who lives in you.

Here's my challenge for you. Today if you've stopped walking. Confess it to God. Allow Him to restore you. And get back to the Bible and begin walking with Him again.