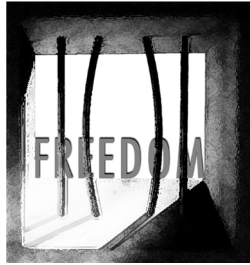


MEMORY VERSE

*But I say, walk by the Spirit,
and you will not gratify the desires of the flesh.
Galatians 5:16 ESV*



DAY 1

READ Proverbs 10:9, 2 John 1:6, 3 John 1:3-4.

CONSIDER what the word or phrase walk/walking means in each verse. The biblical idea of walk/walking is that of how we live our lives - Relating daily to God and others - through our attitudes, thoughts, and actions.

READ Galatians 5:16 several times. *How would you describe walking by the Spirit? What implications does the idea of walking **with** someone have? Have you ever tried to be **in step** with someone like in a two-man sack race? What needs to happen in order to progress forward? What happens when you aren't in step/in sync with one another? How might this compare with walking by the Spirit? What do we avoid when walking by the Spirit?*

We're called to a living active relationship with the person of the Holy Spirit. This relationship is the key to our freedom in Christ.

DESCRIBE your current relationship with the Holy Spirit.

Are you actively taking time to grow and develop this relationship?

FOCUS this week on your relationship with the Holy Spirit. **TAKE** time throughout each day to recognize His presence. **MEMORIZE** Galatians 5:16.

DAY 2

The goal in running a sack race is to cross the finish line... *together*.

In order to do so, you must head in the same direction and agree upon an end target. **READ** Galatians 5:16 again. What *doesn't* happen when we walk by the Spirit? **READ** verse 17. The Spirit's desires are in opposition to that of the sinful nature, but they do more than oppose the negative. Those desires *strive for* a finish line of sorts. So, what's the *end target* the Holy Spirit has in mind for us? **READ** Ephesians 4:11-16. Everything the Spirit directs us in and to, is to bring us to maturity and fullness in Christ. Unlike a two-man sack race, the end goal isn't negotiable. The Holy Spirit will only move in the direction of Christ. Walking by and in the Spirit is only possible when we've chosen to submit to the goal/destination of becoming like Christ.

Have you chosen to submit to the Holy Spirit? Or do you find you're still trying to chart the course and simply asking Him to come along?

SPEND time today honestly evaluating the condition of your relationship with the Spirit of God. Are you fully submitted or are you out of step?

DAY 3

READ Galatians 5:22-25. *What are the results - fruit produced - in the life of one walking with and led by the Spirit? **WRITE** down the fruit of the spirit in your journal. Would you like to experience these? What difference would*

*love, joy, and peace make in your life? How might patience and kindness affect your relationships? How might self-control change things in your life with which you habitually struggle? **When we live by the Spirit and keep in step with Him, this fruit is produced in us and through us.***

LOOK at the fruit listed in verse 22. **WRITE** an antonym (opposite) for each fruit (i.e. love-hate, joy-sorrow, etc.). When we're out of step with the Spirit and follow the desires of the sinful nature, those antonyms are the resulting fruit. **THANK** the Holy Spirit for His work in your life. **ASK** Him to show you the thoughts, attitudes, and actions which take you out of step with Him. **ASK** for the strength and courage to surrender those thoughts, attitudes, and actions to Him and so you can re-center your heart, mind, and actions to be in step with Him once again.

DAY 4

The fruit of an apple tree is an apple. *If you want to produce apples, to what do you turn your attention? The nice, shiny apple you desire or the apple tree? We plant the tree and water it, understanding that any apple we hope to have comes only as a result of a healthy, nurtured tree. Even once the tree produces fruit, the tree remains the focus. Apart from the tree, there will never be fruit. The fruit of the Spirit is no different. Whenever we focus on or try to produce the fruit of the Spirit in our lives, we've missed the point and are on an endeavor of the flesh.*

Are you trying to produce the fruit of the Spirit in your life?

If so, describe what that's like.

How does that differ from nurturing the relationship with the Holy Spirit?

READ John 15:4-5. What do these verses say about the fruit produced in our lives? What are we instructed to **do**? To produce fruit or remain in Christ? What is the result if we remain in Christ? In what ways are you nurturing/feeding your relationship with the Holy Spirit?

DAY 5

READ John 15:26, John 16: 12-14, and John 15:4-5 (from Day 4)

*On whose behalf does the Holy Spirit speak and guide us? **Through the Holy Spirit** we're able to abide (remain) in Christ. Is He alive and active in your life? Do you depend on the Holy Spirit for wisdom and guidance on a daily basis?*

REMEMBER, fruit is evidence and the result from walking by the Spirit. *Which fruit is evident in your life? **REFLECT** on what you've discovered about the Holy Spirit and His presence in your life. What has the Holy Spirit revealed to you this week? Why would we live in any other story other than God's story - a story which produces a life defined by love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? **IDENTIFY** a step you can take to re-center yourself on the Holy Spirit and His work in your life. **INVITE** the Holy Spirit to be present in your thoughts, attitudes, and actions. **ASK** Him to guide you into truth and to quicken your spirit to be aware of anything that pulls you away and into a different story.*