



Pastor Scott Archer 09.21.2014*
 Central Congregational Church
 www.ccclamesa.com

Spiritual Fitness

Series: *The Fruit of the Spirit – Living a Life that Pleases God*
Galatians 5:13-26

Central Thought: You cannot be the person God has created and called you to be without an active openness to and pursuit of the Spirit of Jesus.

❖ Spiritual Fitness Goal: Love

Galatians 5:14 (NIV) — 14 For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.”

- Sin = A failure to love

❖ Main Resistance: The Flesh

Galatians 5:17 (NIV) — 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other; so that you are not to do whatever you want. (See also Romans 7:7-25)

- The Flesh: Paul’s term for everything aside from God in which one placed his final trust.”

Galatians 5:19–21 (NIV) — 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

❖ Primary Exercise: Walking by the Spirit

Galatians 5:16 & 18 (NIV) — 16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh....18 But if you are led by the Spirit, you are not under the law. (See also 1 Timothy 4:8; Colossians 2:6-7)

- How is this done? List below (See also Acts 2:42-47)

-
-
-
-
-

❖ Measurable Results: The Fruit of the Spirit

Galatians 5:22–26 (NIV) — 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

Questions/Homework

- ❖ Read “See also” passages above.
- ❖ Begin, continue and increase spiritual exercises (walking by the Spirit). If necessary, seek out a “personal trainer” a.k.a. spiritual mentor.

*Access today’s sermon notes via your smartphone or tablet with the **YouVersion** Bible app from LifeChurch.tv. CCChurch Guest Wi-Fi password: central8360church.