



A couple is walking away from the camera on a sandy beach. The woman is wearing a yellow dress and the man is wearing a white shirt and blue shorts. They are holding hands. The ocean is to their right, and the sky is a mix of blue and orange, suggesting sunset or sunrise. The overall mood is peaceful and romantic.

JUST KEEP

Walking

**HOW TO LIVE A REFRESHING
CHRISTIAN LIFE**

Part 1: Galatians 5:16-25

There is therefore now no
condemnation to those who are
in Christ Jesus, who **do not walk**
according to the flesh, but
according to the Spirit.

Romans 8:1

I therefore, a prisoner for the Lord, **urge you to walk** in a manner worthy of the calling to which you have been called.

Ephesians 4:1

“**walk** in love” (*Eph. 5:2*)

“**walk** as children of light” (*Eph. 5:8*)

“look carefully then how you
walk” (*Eph. 5:15*)

Therefore, as you received
Christ Jesus the Lord, **so walk**
in him.

Colossians 2:6

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Part 1: Galatians 5:16-25

1. Walking in the Spirit is the way to overcome the lusts of the flesh, not vice versa (vv. 16-21).



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What about the Holy Spirit?

Question # 1 — *Who is the Holy Spirit?*

- 1. The Holy Spirit is a person.**
- 2. The Holy Spirit is God.**

What about the Holy Spirit?

Question #2 — *What is the Holy Spirit doing?*

- 1. The Holy Spirit is your comforter and counselor (*vs. 16*).**
- 2. The Holy Spirit guides us to truth (*vs. 17*).**
- 3. The Holy Spirit lives in / abides within you (*vs. 17b*).**

2. The fruit of the Spirit is the fruit of the spirit! *(vv. 22-23)*



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3. The fruit of the Spirit must grow – it cannot be manufactured (vv. 22-23).



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Manufacturing vs. Coffee Plantation







4. Your personality test doesn't give you a pass on any of the fruit of the Spirit (vv. 22-23).



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5. You are only as mature as your most immature fruit (vv. 22-23).

All the spiritual fruit are meant to grow together!



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1. Is the Holy Spirit in your life?
2. Is the Holy Spirit at work in your life?

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