**The Invisible War Series February 11, 2024**

**How to Defeat the Lust of the Flesh – Galatians 5:16-25**

“walk by the Spirit”

* “walk” means how you live your life every day
and every hour
	+ It is your **habit** and **continuous** **conduct** of your life
	+ It is your **daily routine**
* By the Spirit
	+ The Christian submitted to the Lord Jesus Christ has the Holy Spirit **living in him / her**
	+ The Christian relies upon the Holy Spirit to guide him / her and to **use His power** to conduct life by holy living (the breastplate of righteousness)
* Let your **conduct be guided** by the Holy Spirit
	+ Who controls your life? Self or God the Holy Spirit?

“desire of the flesh”

* The **sinful tendencies** of all people, both Christian and non-Christian
	+ When a person believes in Christ and repents of sin, the flesh is not obliterated, but persists as long as the person lives this life

Deeds of the Flesh

* Immorality – any sexual act outside of a husband and wife in a covenant relationship. It includes fornication, adultery, homosexuality, bestiality, incest, prostitution, polyamory, polygamy and pedophilia
* Impurity – all unclean thoughts, words and actions
* Sensuality – open and brazen display of evil
* Idolatry & Sorcery – forbidden pagan worship including witchcraft
* Enmities – hostility toward others
* Strife – engagement in a rivalry with others
* Jealousy - intense feelings against another person’s achievements
* Outbursts of anger – intense wrath / rage / indignation
* Disputes – selfishness
* Dissensions – to cause to be divided
* Factions – causing divisions with others
* Envying – desiring the achievements or possessions of another person
* Drunkenness – to be controlled by the affects of alcohol
* Carousing – engaged in drunken and loud behavior

“Fruit of the Spirit”

* Love – to serve a person for their good, not for what the person brings to you
* Joy – a delight in God for the sheer beauty and worth of Him
* Peace – confidence and rest in the wisdom and control of God rather than your own
* Patience – the ability to face trouble without blowing up at God or others
* Kindness – the ability to serve others practically in a way which makes me vulnerable that flows from a deep and inner security
* Goodness – being the same person in every situation rather than a phony or hypocrite
* Faithfulness – to be utterly reliable and true to your word
* Gentleness – humility in mind and action
* Self-control – the ability to limit impulsive desires

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