

How To Live A **Real** Spiritual Life

The Ghost Series

Galatians 5:13-26

Connect:

In a recent poll, dying patients were asked what was their greatest regret in life. The top ten list included the following:

1. I never pursued my dreams and aspirations.
2. I worked too much and never made time for my family.
3. I should have made more time for my friends.
4. I should have said 'I love you' a lot more.
5. I should have spoken my mind instead of holding back and resenting things.
6. I should have been the bigger person and resolved my problems.
7. I wish I had children.
8. I should have saved more money for my retirement.
9. Not having the courage to live truthfully.
10. Happiness is a Choice, I wish I knew that earlier.

Which one of these gave you pause for concern for your own life? What is preventing you from making it a reality?

The Apostle Paul stated in his letter to the Roman Christians that he often found that the things that he wanted to do, he did not do: *I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Romans 7:21-23*

Paul states that there is spiritual warfare within each of us, and this can lead to failure and regrets. He would address this further in the book of Galatians. Read Galatians 5:13-16.

1. The Conflict is REAL in the Spiritual Life.

The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. Gal. 5:17

What is a common spiritual battle for you?

What have you found that you can do to win the battle?

What advice would you give to someone who continues to do what they don't want to do?

2. The Contrast is REAL in the Spiritual Life.

Paul contrasts the WORKS of the Flesh against the FRUIT of the Spirit. Gal. 5:19-21 versus Gal. 5:22

Which of the works of the flesh are deemed more "acceptable" in the Christian's life? Why?

Which aspect of the "fruit of the Spirit" do you wish you could produce more? What would you have to do to increase this "fruit production"?

3. The Command is REAL in the Spiritual Life.

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

If we live by the Spirit, let us also keep in step with the Spirit. Gal. 5:25

Pastor Danny gave in his lesson provided some important "steps" to take to fulfill Paul's command to walk in the Spirit:

- Have a Heart for God.
- Cultivate an Intimacy with God.
- Pray for a Hunger and Thirst for Righteousness.
- Face the reality of the conflict that resides within each of us.
- Make time for God's Word.

Discuss each one and how it might influence the fear of regrets in life.

How do you go about insuring that you stay in step with the Spirit?