



# 1 Youth Ministry

## Grades 7-12

### October 23, 2023

### Walking in the Spirit

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#### Links

- Email
- Website
- Facebook
- Previous Lessons

#### Foster Care Teens Personal Care Items

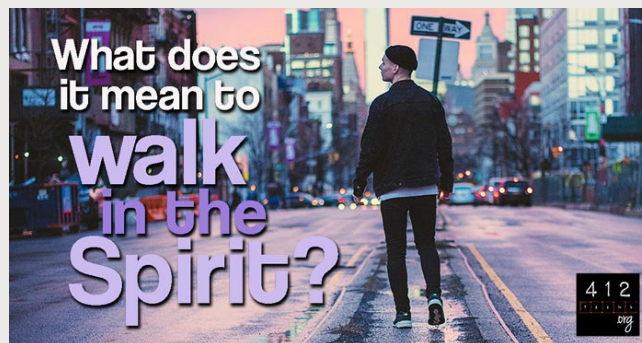
We are always collecting "Personal Care Items" for teens in foster care throughout the year. Items for both male and female teens are being collected in the bin just outside our youth room. These items will be sorted into personal bags and given to DCS to be distributed to teens who may not even have their own tooth brush or comb.

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**This Week's Bible Verse**

**Galatians 5:13-26**

**New Service Times**  
Sunday regular service 10:00am  
Sunday Pre-Service Coffee Q&A 9:00am

#### Sunday



#### Walking in the Spirit

A few Sundays back, we talked about what it means to "Walk in the Spirit". We said that "walk" is a metaphor for how we live our lives, what we do, who we follow, how we behave, etc. "Walk" is also a verb or an action word which indicates motion. When we walk in the Spirit, we should be moving forward in our faith journey.

We said to remember that each believer may walk at a different pace or in a different way and we may stall or stumble along the way or sometimes even go backwards a bit but we should always strive to move forward in God's plan, even if it's only just a little bit at a time.

We then discussed what it looks like when we're walking in the Spirit. Jesus tells us that just as you can recognize a tree by the fruit that it bears, you can tell the heart of man by his deeds (actions).

We said that while doing good things is NOT a

<sup>13</sup> You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

<sup>14</sup> For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

<sup>15</sup> If you bite and devour each other, watch out or you will be destroyed by each other.

<sup>16</sup> So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

<sup>17</sup> 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. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

<sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery;

<sup>20</sup> idolatry and

witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions

<sup>21</sup> 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.

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,

<sup>23</sup> gentleness and self-

requirement for salvation, these deeds are a natural result of living and walking in the Spirit.

We looked in **Matthew 12** where Jesus tells us that the mouth speaks what the heart is full of. He also says that a good man brings good things out of the good stored in him while an evil man brings evil things out of the evil in him.

We said that if our heart is full of the Holy Spirit then our words, deeds/actions, even our thoughts should all show the **fruit of the Spirit**.

The Churches in and around Galatia were having issues with believing that they must still follow Jewish Law in order to be saved. So, Paul is basically telling these new believers, in the book of Galatians, "**you have been saved by Grace through Christ and have been filled with the Spirit of the Lord so start acting like it!**"

Paul goes on to give a great and very detailed explanation of what it means to live and to walk in the Spirit in the book of **Galatians 5**.

In **verses 19-21** Paul gives examples of "acts of the flesh" which are in conflict with the fruit of the Spirit. He warns that those who live like this will not inherit the Kingdom of God.

We said that he is not talking about believers who may stumble or make mistakes sometimes but about those who "walk" or live their lives according to the flesh rather than according to the Spirit.

He then goes on to list the fruit that we should expect to see when we are living/walking in the Spirit. (**The Fruit of the Spirit**).

We said that the fruit metaphor can help us to see our faith as a tree with many branches that may or may not always produce good fruit depending on how well we take care of the tree (faith).

We then asked how we know if we're walking in the Spirit. First, talk to and more importantly **listen to the Holy Spirit**. He will always guide you to live and to walk in the Spirit, resist acts of the flesh, and follow God's plan for your life.

Second, pay close attention to your own behavior, your actions, your responses, and even your thoughts. These can all indicate whether you are walking in the Spirit or in the flesh. We gave a few examples of

control. Against such things there is no law.  
<sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires.  
<sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit.  
<sup>26</sup> Let us not become conceited, provoking and envying each other.

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[Visit our website here!](#)

questions to ask yourself:

- Do you practice patience instead of losing your temper?
- Do you build others up instead of tearing them down?
- Do you stay strong in your faith even in adversity?
- Do you feel peace instead of anxiety or fear when in stressful situations?
- Do you maintain self-control over worldly desires of the flesh or do you follow the ways of the world?
- Do you wake up every morning full of hope and joy or do you dread another day?
- How do you automatically respond when confronted by the world? Would it be considered Fruit of the Spirit or of the flesh?

We then looked at an orange. We saw that when you put pressure on the orange, orange juice comes out. We said that orange juice comes out because that is what is inside of an orange.

We asked if a person or your circumstances put pressure on you, what comes out? If it is anger or fear or jealousy, etc. that is what is inside you. If it is the Fruit of the Spirit (love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control) then you know you are walking in the Spirit.

We said that we're not perfect but that's okay because God understands that we're not perfect. Like our faith, walking in the Spirit is not a destination but a journey. We will certainly make mistakes and stumble many times along our faith journey but the Holy Spirit is always right there ready to help us get back on track so we can try again.

We finished by saying that when we are living and walking in the Spirit, we are really living our lives by Jesus' example. Will we always do it perfectly? Not likely. But should we keep trying? Absolutely!

Walking in the Spirit helps guide us along God's path to follow God's amazing plan for us.

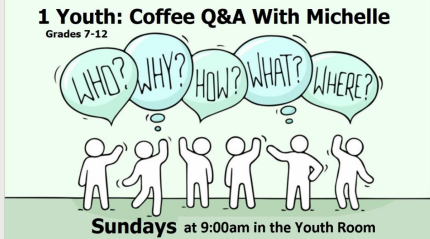
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### Don't miss next Sunday, October 29!

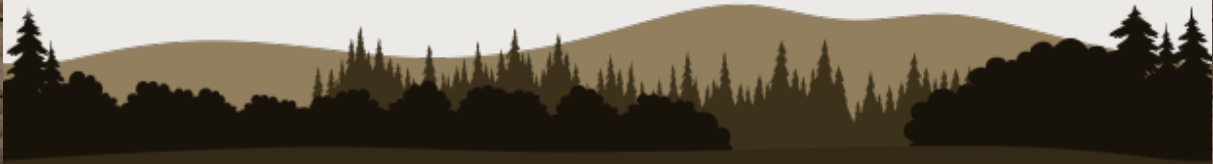
It is a fifth Sunday of the month which means something special. This Sunday, during our normal weekly service time, we'll be having fun learning God's word by playing **Bible Wheel of Fortune!**  
Invite your friends for Fun, Food, and Fellowship!  
10am Sunday October 29th only in 1 Youth at Living Word Ahwatukee.

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**Pre-Service Coffee Q&A**  
Sundays at 9:00am



Join us in the Youth Room every Sunday, starting at 9:00am, for refreshments in a casual atmosphere for an opportunity for you and your friends to ask questions and discuss answers to your most pressing questions about God, Jesus, the Bible, other Religions, Christianity, or just about Life in general.



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