

Walk in the Spirit

This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. –Galatians 5:16

Have you ever stepped out of your car, began walking and found yourself going in a direction that was so familiar to you that your feet just seemed to take you that way? Or have you gotten up at night and without light been able to navigate your path? These are examples of a person who has walked that way so many times that it is automatic.

The word “walk” in the Greek, suggests a person has walked there so many times that it has become his environment or way of life. In secular literature the same word indicates a stroll. The person who strolls is not someone who is fighting opposition but is one who is enjoying a peaceful calm movement forward.

The second part of the verse presents another picture. The person who is not walking habitually in the Spirit will become agitated and stirred up with a passion to fulfill their deep unrighteous desires.

Do you want victory over some area of your life that is not pleasing to the Lord? This verse indicates that we need to live so consistently in God’s way that any other way seems out of step.

I have been trying to lose weight. Last night I realized that I was mindlessly eating chips. It was the old way. Now I have to make a conscious effort to eat the right things. In the Christian life, we need to consciously decide to go in the right way so that we will produce the fruit of the Spirit, love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance.