

# Calvary Chapel of El Cajon Women's Bible Studies

## Galatians 5:16-21

### Lesson 10

In the prior lesson of Galatians, we were reminded of this fact *For all the law is fulfilled in one word, even in this: "You shall love your neighbor as yourself."* Galatians 5:14 In this section, Paul explained that the secret to loving our neighbor as ourselves is living in the Spirit and not giving in to our sinful human desires. He begins contrasting the characteristics of a life motivated by the sinful nature and a life motivated by the Spirit. The choice is ours.

#### DAY ONE: Read Galatians 5:16-21

1. Read through this week's verses using both your Observation Worksheets and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?

- a. Galatians 5:16-21 is part of the paragraph division ending with verse 26. List below the subjects covered in verses 16-21.

2. At the right-hand side of the same chart are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

Used in previous lesson: *God, Spirit, law, and flesh*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Galatians 5:16-21.

3. Underline or highlight the *works of the flesh*.
4. Paul used the contrasting term *but* in verse 18. Record what is being contrasted.
5. The Holy Spirit is referred to four times in this section. Record, by making a list, what the text teaches us about Him.

## DAY TWO: Read Galatians 5:16

1. To help us understand and apply the crucial command of Galatians 5:16, we need to look at specific words and phrases. The word *walk*, as it is used in this verse, is used figuratively of the way we live our lives. How is the believer exhorted to *walk*?
  - a. What does this mean in daily experience?
  
2. According to Galatians 5:16b, what is promised to the believer who obeys the exhortation to *walk in the Spirit*?
  - a. The word *fulfill* means to perform or carry out, and the word *lust* here refers to intense desire. The word *flesh* refers to the sinful nature. To those who *walk in the Spirit* the promise is given that they will not carry out the desire of the *flesh*. How does this encourage you to *walk in the Spirit*?
  
3. Romans 8 could be called a companion chapter to Galatians 5. Briefly share what Romans 8:1-4 reveals about *walking according to the Spirit* and *not according to the flesh*.

### DAY THREE: Read Galatians 5:17,18

1. There is continual opposition to *walking in the Spirit*. How does Galatians 5:17 describe this conflict?
  - a. Observe the New Living Translation of Galatians 5:17: *The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict.* How does this provide further understanding of this internal struggle?
2. The phrase *so that you do not do the things that you wish* (Galatians 5:17b) almost sounds like the believer is hopelessly bound in this conflict. “When we’re born again, the Spirit replaces the flesh on the throne in our lives and begins to control our thoughts. The flesh continually tries to usurp the authority of the Spirit and has to be reckoned dead on the cross daily.” How does Luke 9:23 help us to accomplish this?
  - a. Share a way you have put this into practice.
3. Contemplate the glorious declaration of Galatians 5:18 as you print it here.
  - a. The verb *led* indicates a voluntary submission. It is a matter of the believer deciding who will be in control: the *flesh* or the *Spirit*. The way to victory over sin and the flesh is not by self-effort to keep the law. It comes through submission and surrender to the indwelling Holy Spirit who gives the believer both the desire and power to obey (see Philippians 2:13). In what way does this speak to you?

## DAY FOUR: Read Galatians 5:19-21

1. *now the works of the flesh are evident.* Complete the following chart by listing the *works of the flesh* of Galatians 5:19-21a and give a brief definition of each. You may want to use a modern translation or a dictionary to help with your definitions.

Works of the flesh	Definitions

2. In Galatians 5:16 Paul presented evidence of the *Spirit*-controlled life and in verses 19-21a the evidence of a life controlled by the *flesh*. By looking at the evidence, there should be no doubt in the believer's mind whether the *Spirit* or the *flesh* is in control. How could this be used to help you *walk in the Spirit*?
3. What is the serious warning of Galatians 5:21b?
  - a. Compare this with 1 Corinthians 6:9,10. What do you see?
  - b. How does this compel you to Galatians 5:16 living?

## DAY FIVE: Read Galatians 5:16-18

1. View again the powerful exhortation and promise of Galatians 5:16. Write this verse in your own words.
2. To enrich our understanding of Galatians 5:16-18 we want to look at Romans 8:1-13. Record parallel words, phrases or thoughts found in these verses.
  - a. Share something that especially captured your attention and why.
3. *But I say, walk and live habitually in the (Holy) Spirit – responsive to and controlled and guided by the Spirit; then you will certainly not gratify the cravings and desires of the flesh – of human nature without God.* Galatians 5:16 AMP Underline the responsibility of the Christian in this verse.
  - a. If someone asked you, “How do you do this?” , what would your answer be?

## DAY SIX: Review Galatians 5:16-21

1. Recall what you learned about *walking in the Spirit* from Galatians 5:16.
  - a. Choose a companion scripture from Romans 8:1-13 that helped expand your understanding of what it means to *walk in the Spirit*.
2. From Galatians 5:17, describe the conflict of the believer's life.
  - a. What is the solution to this?
3. What does Galatians 5:18 mean to you personally?
4. What are some of the excuses Christians make for behaving according to their old nature?
  - a. Why are these excuses not valid?
5. In what way did the study of Galatians 5:19-21 speak to you?

*Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.*

*- Romans 8:5 NIV*



