

Walking in the Spirit- Dec. 14th, 2017

I. Introduction

A. Welcome

B. You can't read the NT without seeing the importance of walking in the Spirit however many don't know what that really means so how can they then do it?

C. It is vital for every Christian. What the Lord has shown me has been life-changing for me and I hope it will be for you as well.

II. Spiritual or Carnal?

A. **1Co 3:1** And I, brethren, could not speak to you as to **spiritual people** but as to **carnal**, as to babes in Christ.

1. A Christian can walk as spiritual or carnal.

2. **Spiritual**- influenced by and walking in the Spirit- A Christian is spiritually alive in is connected to the Holy Spirit. The world cannot be spiritual even though they try to act like it.

3. **Carnal**- influenced by and walking in the flesh. Only Christians are carnal.

4. **Babes**- Those who are immature in regards to walking in the Spirit.

5. **Natural**- The unbeliever is called the natural man.

a. **1Co 2:14** But the **natural** man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them*, because they are spiritually discerned.

B. **Walking in the Spirit** is the antidote to the flesh and sin

1. **Gal 5:16** I say then: **Walk in the Spirit**, and you shall **not fulfill the lust of the flesh**.

2. **Gal 5:18** But if you are **led [carried along] by the Spirit**, you are not under the law.

a. Moffatt NT- If you are **under the sway of the Spirit**, you are not under the Law.

3. Sin and the flesh are darkness; the Spirit is light.

4. We can't overcome the darkness by trying to remove it, bind it, curse it, or find out when it began. We must turn on the light. We must walk in the light- Spirit. But how do we do that?

C. **Romans** is the foundation for Christian living. It is the seed-bed for revelation for the church. God put that book first! The first time we see the term "**walking in or according to the Spirit**" is found in **Romans 8:4**. However, before we look at Romans eight we need to look at chapter 7 first for a context.

1. Paul's "I" disease! **Romans 7:14-23- I am carnal...He is a believer- A dead man does not struggle!**

a. Paul uses the word "I" 24 times in this section. He is struggling with sin and the flesh. His focus is on **himself**. Paul walked in the darkness- He was enslaved under the Law of sin and death.

b. Vs. 24- Who shall save me? He turns his attention to **Jesus Christ** and finds the breakthrough!

c. Being carnal is not just doing sinful things like getting drunk or sleeping around. It is also being legalistic and self-righteous. Carnality is focus upon oneself or the natural realm. Paul was religious and trying to live the Christian life by his own energy. He was carnal!

2. **Romans 8:1-6**

a. There is **no more condemnation!** This is the starting point to walk in the Spirit.

b. **Rom 8:2** For the **law of the Spirit of life** in Christ Jesus has **made me free from the law of sin and death.**

There is a law of the Spirit of life if Christ Jesus. It operates all the time. It is active in your reborn spirit all the time. However, we need it in our soul and body! How can we access this law of life in us?

c. **Rom 8:5** For those who **live [lit. Gr. are according to the flesh] set their minds on the things of the flesh,** but those **who live [are according to the Spirit], [set their minds] on the things of the Spirit.**

Rom 8:6 For to be **carnally minded is death,** but to be **spiritually minded is life and peace.**

d. **Being spiritual or walking in the Spirit is not a process you grow into. It is a mind-set!** To be spiritually minded is to focus your mind and attention on the spirit realm and upon spiritual truths- The risen Lord Jesus Christ, heaven, and the Word.

- **Joh 6:63** It is the Spirit who gives life; the flesh profits nothing. The **words that I speak to you are spirit, and they are life.**

e. **Being carnal is a mind-set-** It is setting your mind and focus upon yourself or the natural realm. **Being Spiritual is a mindset-** it is focusing on Christ and spiritual truths.

f. **Walking in the Spirit is setting your mind on the things of the Spirit**

1. Since walking according to the Spirit is equal to setting your mind on things of the Spirit then you can translate

Gal. 5:16 this way- [If you set your mind of the things of the Spirit] you will not fulfill the lusts of the flesh.

2. But put on the Lord Jesus Christ, and make **no provision [lit. advance thought]** for the flesh, to *fulfill its* lusts. - **Rom. 13:14**

f. **You can move from being carnal to spiritual** in a moment by having a spiritual mindset. You can also move from being spiritual to carnal in a moment by a change in mindset that is set upon yourself or the natural.

i. 4. **Isa 26:3** You will **keep *him* in perfect peace, *Whose mind is stayed on You***, Because he trusts in You.

ii. Being spiritually minded is **life and peace**. Here we see how to operate in the Law of life in Christ Jesus.

D. The mind is the switch to activate the law of the Spirit of Life into the soul and body. If the focus is downward upon oneself or natural circumstances this law cannot flow into the soul or body. If the switch is turned upward then the light is turned on! The law of life is activated and flows into the soul and body.

1. This is why in church you are so filled with life at the end- your complete focus has been on the Spirit- The truth of the Word of God and focus upon Jesus in worship. However, when the church is over we often change our mindset from the spirit to the natural and lose the sense of life and peace after you run into sister bucket mouth and brother flip-a-lip or someone cuts you off in the parking lot! We often move our thoughts right back to our problems that have not changed since we were in church and dwell on them.

2. **Colossians 3:1-5- Seek those things which are above. Set your mind on thing above, not on the things below.**

a. **Vs. 5- Therefore-** We put to death things in verse 5 by doing vs. 1-4!

b. Our natural inclination is when we are tempted we will focus on the temptation to try to overcome it. We make a mistake here. When we do this our focus is on the natural and not the spiritual. Instead of focusing on the temptation we need to turn our full attention upon the Lord. When we do this the flow of life in Christ Jesus will put to death the deeds of the body.

c. **Rom 8:13** For if you live according to the flesh you will die; but if **by the Spirit you put to death the deeds of the body, you will live.**

d. Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord. **Rom. 6:11**

i. Being dead to something or someone one is that you do not have any relations with it or them at all. You give it no focus of attention at all. You can't fight with someone and be dead to them. You can't focus on defeating sin and be dead to sin. Our complete focus needs to be on God- this is being alive to God!

e. Sin, temptation, the flesh, negative natural circumstances are rats in our life! We need to look away from it and unto the resurrected Christ upon the throne and behold him and focus on him and spiritual truths. In doing this the rats are suffocated!

f. Sir Handley Page was an early aviation pioneer. During a trip he heard a rat in the back of the plane eating away at a control line. He took him plan up his plane

higher until he could no longer hear the rat. The rat was killed by going up higher than it could breath. When we are attacked by the rats of life- sin, temptation, negative circumstances, the flesh- we just need to climb higher by putting our focus upon the Lord seated on the throne- in doing so the rats die! This is being spiritual minded or having a spiritual mind-set!

g. Most of the time you need not even pray about anything or bind anything, just turning your full focus on the resurrected Lord Jesus will kill the rats!

3. Rom 1:21 **For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.**

Rom 1:22 Claiming to be wise, they became fools,

Rom 1:23 **and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.**

Rom 1:24 **Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves,**

Rom 1:25 **because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.**

Rom 1:28 **And since they did not see fit to acknowledge God, God gave them up to a debased mind to do what ought not to be done.**

a. The Gentiles lost focus on the spiritual reality of God and turned their mind to just the natural and focused on the natural and were handed over to their flesh and lusts.

4. **Eph 4:17** This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the **futility of their mind, Eph 4:18 having their understanding darkened, being alienated from the life of God,** because of the ignorance that is in them, because of **the hardness of their heart;**

a. Hardness of heart comes from being focused on just the natural realm. Because of this they were alienated from the life of God- the law of the Spirit of Life.

5. **Php 4:6** Be **anxious for nothing**, but in everything by **prayer and supplication, with thanksgiving, let your requests be made known to God**; **Php 4:7** and the **peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus**. **Php 4:8** Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

a. You can't have a flow of life and peace into your soul, body, and circumstances if you are worrying.

b. You need to turn your cares into prayers!

c. You need to take a **4-8!!!**- This is being spiritually minded.

d. Having a spiritual mindset will keep you steady in the ups and downs of circumstances. **Php 4:12** I know how to be **abased**, and I know how to **abound**. Everywhere and in all things I have learned both to be **full** and to be **hungry**, both to **abound** and to **suffer need**.

E. The Law of Focus

1. The Law of Focus is the law that we will be influenced and conformed to what we focus on.

2. **Rom 12:2** And do not be conformed to this world, but be transformed by the renewing [lit. renewal] of your mind, that you may prove what *is* that good and acceptable and perfect

will of God.

3. **Eph 4:22** that you **put off, concerning your former conduct, the old man** which grows corrupt according to the deceitful lusts,

Eph 4:23 and be renewed in the spirit of your mind [a mind set on the spirit], - the spirit side of your mind- This is being spiritually minded!

Eph 4:24 and that you **put on the new man** which was created according to God, in true righteousness and holiness.

4. **Adam and Eve-** They did not know they were naked.

a. Gen 2:25 And **they were both naked, the man and his wife, and were not ashamed.**

b. Gen 3:7 Then the **eyes of both of them were opened**, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.

5. **Jacob**

a. **Gen 30:38** And the rods which he had peeled, he set before the flocks in the gutters, in the watering troughs where the flocks came to drink, so that they should conceive when they came to drink. **Gen 30:39** So the flocks conceived before the rods, and the **flocks brought forth streaked, speckled, and spotted.**

6. **Moses-** He went 40 days without water and food because he was in direct contact and focus upon God's presence. Life flooded into his body. Heaven will be like this!

a. **Exo 34:28** So he was there with the LORD forty days

and forty nights; **he neither ate bread nor drank water.** And He wrote on the tablets the words of the covenant, the Ten Commandments.

Exo 34:29 Now it was so, when Moses came down from Mount Sinai (and the two tablets of the Testimony were in Moses' hand when he came down from the mountain), **that Moses did not know that the skin of his face shone** while he talked with Him. Exo 34:30 So when Aaron and all the children of Israel saw Moses, behold, the **skin of his face shone**, and they were afraid to come near him.

b. Looking directly upon the Lord for 40 days straight had a direct impact on his physical body! He did not eat or **DRINK** for 40 days. His face was shining with the presence of God!

7. **2Co 3:18** But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

a. **beholding in a mirror the glory of the Lord**- Not looking at ourself but Jesus!

b. **Transformation into the same image** comes through beholding, not struggling! We stumble over this principle because we think it is too easy or we are still trying to change ourselves.

c. **by the Spirit of the Lord**- This is **walking in the Spirit!**

F. Maturity

1. **1Co 3:1** And I, brethren, could not speak to you as to spiritual *people* but as to carnal, as **to babes** in Christ. **1Co 3:2** I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able;

2. There is growth in the Christian life from baby stage to adult.

3. Spirituality or carnality is a mind-set and a decision- growth is process.

4. Maturity in the Christian life is seen when a Christian can sustain a spiritual mind-set consistently and catch themselves quickly when they have a carnal one and switch back.

5. **You can't mature unless you are spiritual!**

6. The Christian life is never static- You either are progressing or regressing.

a. **Heb 5:12** For though by this time you ought to be teachers, you **need *someone to teach you again the first principles of the oracles of God***; and you have come to need milk and not solid food.

b. The Hebrew saints had returned to the Law which is based upon a self-focus!

c. The writer of Hebrews gives them the anti-dote!

d. **Heb 12:2** **looking unto Jesus, the author and finisher of *our* faith**, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

G. We need to discipline our mind to focus upon the Lord

1. The Spirit even helps us in this.
2. **2Ti 1:7** For God has not given us a spirit of fear, but of power and of love and of a **sound mind**.
3. **Sound mind** is a compound Greek word that comes from **sozo-** *saved* and **phren-** *thinking*. It is **saved thinking**. Saved thinking is thinking upon the Lord, not ourself, flesh, or circumstances.

H. Disciplines to set your mind on the things of the Spirit

1. Meditate on "in Him" truths from the Word.
2. Worship
3. Prayer- caveat on tongues...
4. Thanksgiving

H. Prayer for those who need to cast their cares.