

**Introduction:**

- Over the past few months, we've journeyed through Paul's letter to the Galatians, focusing on living in the freedom Christ has given us.
- Today, we focus on Galatians 5:16-26, where Paul shows us the contrast between life in the Spirit and life in the flesh. These daily decisions shape our spiritual journey.

**Key Themes:**

**1. Freedom in the Spirit:**

- Paul urges us to walk by the Spirit, not by the flesh. The flesh pulls us toward selfishness, pride, and sin, while the Spirit leads us to love, peace, and holiness.
- This conflict is not just ancient history; it's a struggle we face today in every decision we make.

**2. The Acts of the Flesh vs. The Fruit of the Spirit:**

- The acts of the flesh, such as jealousy, rage, and selfish ambition, lead to brokenness.
- The fruit of the Spirit—love, joy, peace, patience, kindness, and more—are signs of a life transformed by God's grace. These are not self-produced but grow as we surrender to the Holy Spirit.

**3. Daily Surrender to the Spirit:**

- Keeping in step with the Spirit requires daily, sometimes hourly, surrender. It's a constant choice to let the Spirit guide our actions.
- This surrender leads to a life of joy, peace, and deep satisfaction, knowing we are walking in God's will, even when we stumble.

**Takeaways:**

- We are called to make daily choices between following the desires of the flesh or the Spirit.
- The fruit of the Spirit is evidence of God's transforming grace in our lives.
- True freedom comes from living in step with the Spirit, not from following our own desires.

**Reflection Questions:**

1. What areas of your life are you struggling to surrender to the Spirit?
2. How can you better keep in step with the Spirit in your daily decisions?
3. In what ways can you show the fruits of the Spirit to those around you?

**Closing Prayer:** "Gracious God, thank You for the gift of Your Spirit. Help us to walk by the Spirit and to choose Your will over our own desires. May our lives reflect love, joy, peace, and the other fruits of the Spirit. Guide us daily, and when we stumble, lift us back up by Your grace. In Jesus' name, Amen."

