

Walking in the Spirit

Week 1: “Abiding in Christ, Living by the Spirit”

Key Scriptures:

- Galatians 5:16–26
- John 15:1–11

Focus: What it means to live a Spirit-led life

Key Truth: *Fruit grows from abiding, not striving.*

1. Walking by the Spirit (Galatians 5:16–26)

A Life of Daily Dependence

When Paul says, “*walk by the Spirit*,” he is describing a continual, moment-by-moment way of living—not just occasional spiritual decisions.

What does “walk” mean?

- In Scripture, *walking* refers to how we live our daily lives
- It implies movement, direction, and consistency
- Not perfection—but a steady pattern

This is not:

- Trying harder to be a better person
- Following a checklist of rules

This *is*:

- Yielding control to the Holy Spirit
- Letting Him guide your responses, attitudes, and decisions

The Inner Conflict (v.17)

Paul describes a real struggle:

- The flesh = our old sinful nature, self-centered desires
- The Spirit = God’s presence within us

These are in opposition.

Encouragement:

Even mature believers still experience this tension. Struggle does not mean failure—it means you are aware of the battle.

Works of the Flesh vs. Fruit of the Spirit

Paul contrasts:

- Works of the flesh → produced by human effort (plural, chaotic, destructive)
- Fruit of the Spirit → produced by God (singular, unified, life-giving)

Notice:

- *Works* are manufactured
- *Fruit* is grown

Key Insight:

You cannot *produce* spiritual fruit by effort—you can only bear it by staying connected to the Spirit.

Crucifying the Flesh (v.24)

- This is a decisive turning away from the old way of living
- It means:
 - Saying “no” to sinful patterns
 - Saying “yes” to God’s leading

Not perfection—but a new direction of life

Practical Picture

Walking by the Spirit looks like:

- Pausing before reacting
 - Choosing kindness when irritated
 - Turning to prayer instead of worry
 - Listening for God’s prompting
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2. Abiding in Christ (John 15:1–11)

A Life of Close Connection

Jesus uses one of the most intimate pictures in Scripture:

A vine and its branches

The Relationship

- Jesus = the Vine (source of life)
- We = the branches (completely dependent)

A branch:

- Has no life apart from the vine
- Cannot produce fruit independently

“Apart from Me you can do nothing.” (v.5)

What Does “Abide” Mean?

The word “abide” means:

- Remain
- Stay
- Dwell
- Continue

It’s not about visiting Jesus occasionally—it’s about living in ongoing relationship with Him

What Abiding Looks Like Practically

For your group, this may include:

- Daily time in God’s Word (even short but consistent)
- Ongoing prayer throughout the day
- Talking to God naturally (not just formally)
- Being aware of His presence in everyday moments

Encouragement:

Abiding is not about doing more—it’s about being with Christ more intentionally

The Role of Pruning (v.2)

- God lovingly removes what hinders growth
- This may include:
 - Habits
 - Distractions
 - Even good things that crowd out the best

Pruning can feel uncomfortable—but it leads to greater fruitfulness

The Result of Abiding

- Fruitfulness
- Answered prayer
- Deeper love
- Fullness of joy

“That My joy may be in you...” (v.11)

3. The Connection: Abiding → Walking → Fruit

This is the heart of the lesson.

The Flow of Spiritual Growth:

1. Abide in Christ (relationship)



2. Walk in the Spirit (daily living)



3. Bear Fruit (visible evidence)

What We Often Do Instead

We reverse the order:

- Try to produce fruit (be more loving, patient, etc.)
 - Without abiding deeply in Christ
 - Leading to frustration and exhaustion
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God’s Design

- Fruit is the result, not the goal
- The goal is connection with Christ

When we abide:

- The Spirit works within us
 - Our desires begin to change
 - Our responses begin to reflect Christ
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Key Illustration

You don’t walk up to a tree and say:

“Try harder to produce apples!”

The tree produces fruit because:

- It is rooted

- It is nourished
- It is alive

In the same way:

We bear spiritual fruit because we are connected to Christ

Encouragement:

At this stage of life:

- This is not about striving or proving anything
 - It is about deepening your walk with Christ
 - Trusting that He is still growing fruit in you
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Simple Takeaway:

👉 *Stay connected to Jesus, and the Spirit will produce His fruit in your life*

Mary

A Life Surrendered to God's Leading

Why Mary Exemplifies “Walking in the Spirit”

1. Immediate Surrender to God's Will

“Behold, I am the servant of the Lord; let it be to me according to your word.” (Luke 1:38)

- Mary responds with **trust, not resistance**
 - She yields her plans, reputation, and future to God
 - This reflects what it means to **yield to the Spirit's leading**
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2. A Heart Anchored in God's Word

In Luke 1:46–55, Mary:

- Quotes and echoes Scripture
- Reveals a deep understanding of God's character

Walking in the Spirit is closely tied to being **filled with God's Word**

3. Quiet, Consistent Faithfulness

“Mary treasured up all these things, pondering them in her heart.”

- She doesn't strive for attention
- She reflects, listens, and trusts over time

Walking in the Spirit is often **quiet, steady faithfulness—not outward activity**

Trust Through Suffering and Uncertainty

- She endured misunderstanding, hardship, and ultimately witnessed the cross
- Yet she remained present and faithful

Walking in the Spirit includes:

- Trusting God when we don't understand
 - Remaining faithful through life's hardest moments
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5. A Life That Bore Spiritual Fruit

Though not stated explicitly, Mary's life reflects:

- Humility
- Faith
- Peace
- Faithfulness

The very qualities described in Galatians 5

Mary represents:

- A life shaped over time by trust in God
 - Deep inner faith rather than outward striving
 - A model of **abiding, surrender, and Spirit-led living**
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Mary shows us that walking in the Spirit is not about striving—it is about **surrendering, trusting, and remaining faithful to God over a lifetime.**