

Week 50: The Flesh vs. The Spirit

Scripture Reading:

"For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would." - Galatians 5:17

Opening Prayer:

Open with prayer by seeking clarity and understanding about the ongoing struggle between the flesh and the Spirit. Ask God to empower you through His Spirit to walk, according to His will.

Devotional:

In the life of a believer, there is a continual tug-of-war between the flesh and the Spirit. The flesh represents our human, sinful nature, the part of us drawn to worldly desires and temptations. On the other hand, the Spirit is God's presence living within us, guiding, convicting, and leading us towards righteousness. Yielding to the Spirit results in fruits such as love, joy, peace, patience, kindness, and self-control. However, the works of the flesh lead to outcomes like discord, jealousy, fits of rage, and selfish ambition. Through reliance on the Holy Spirit and immersion in God's Word, we can find the strength to overcome the flesh's temptations and live a life pleasing to God.

Discussion:

1. Reflect on recent personal experiences where you felt the tension between the desires of the flesh and the leading of the Spirit. What was the outcome?
2. How do the "works of the flesh" mentioned in Galatians 5:19-21 manifest in today's world? How can we guard against them?
3. In what practical ways can believers "walk in the Spirit" and ensure they are not gratifying the desires of the flesh?

Closing Prayer:

Ask God for the discernment to recognize when you're being led by the flesh and the courage to choose the Spirit's guidance instead.