



# MESSAGE NOTES

## Living by the Spirit

*Overcoming the Conflict between Flesh and Spirit*

Galatians 5:15-17

Message by Loyd Flaherty

### 1. If we don't live by the Spirit

(Galatians 5:15) "If you bite and devour each other, **watch out or you will be destroyed by each other.**"

"Biting and devouring each other" basically refers to a critical spirit, not constructive feedback that we give because of genuine concern. When living in the flesh our actions become hurtful, leading to criticism and excessive nitpicking.

### 2. Walking by the Spirit (Galatians 5:16)

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

**Galatians 5:13** "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, **serve one another humbly** in love.

### 3. Overcoming the Conflict between Flesh and Spirit (Galatians 5:17)

"For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."

**Galatians 5:14** "For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

### Let me conclude with a conversation with a friend:

**Friend:** "Do you ever find yourself overthinking a situation or sometimes your faith? Many times I have to tell myself to "keep it simple" and not overanalyze things."

**Me:** "Yes, good advise. I've never improved anything by overthinking. I guess to "keep it simple" we need to go back to loving God and loving people."