

## Next Week Sermon

### Life in the Spirit: Crucifying the Flesh

Galatians 5:19-24

PREACHER

**John Lee**

20 July 2025

### Life in the Spirit: Producing the Fruit

Galatians 5:19-24

PREACHER

**John Lee**

27 July 2025

### Bearing Each Other Burdens

Galatians 5:25-6:1-5

PREACHER

**Arnold Lim**

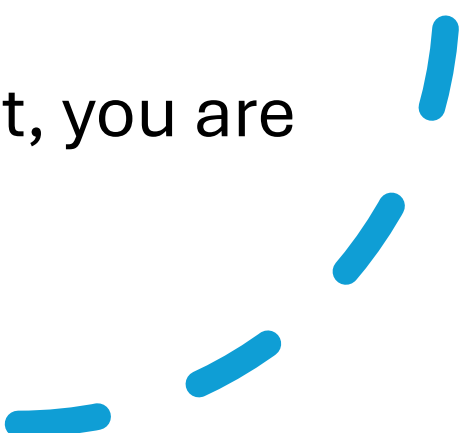
# Freedom of the Spirit

Galatians 5:16-25



A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

# Galatians 5:16-18 (ESV)

- 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.
  - 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.
  - 18 But if you are led by the Spirit, you are not under the law.
- 
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# Galatians 5:19-21 (ESV)

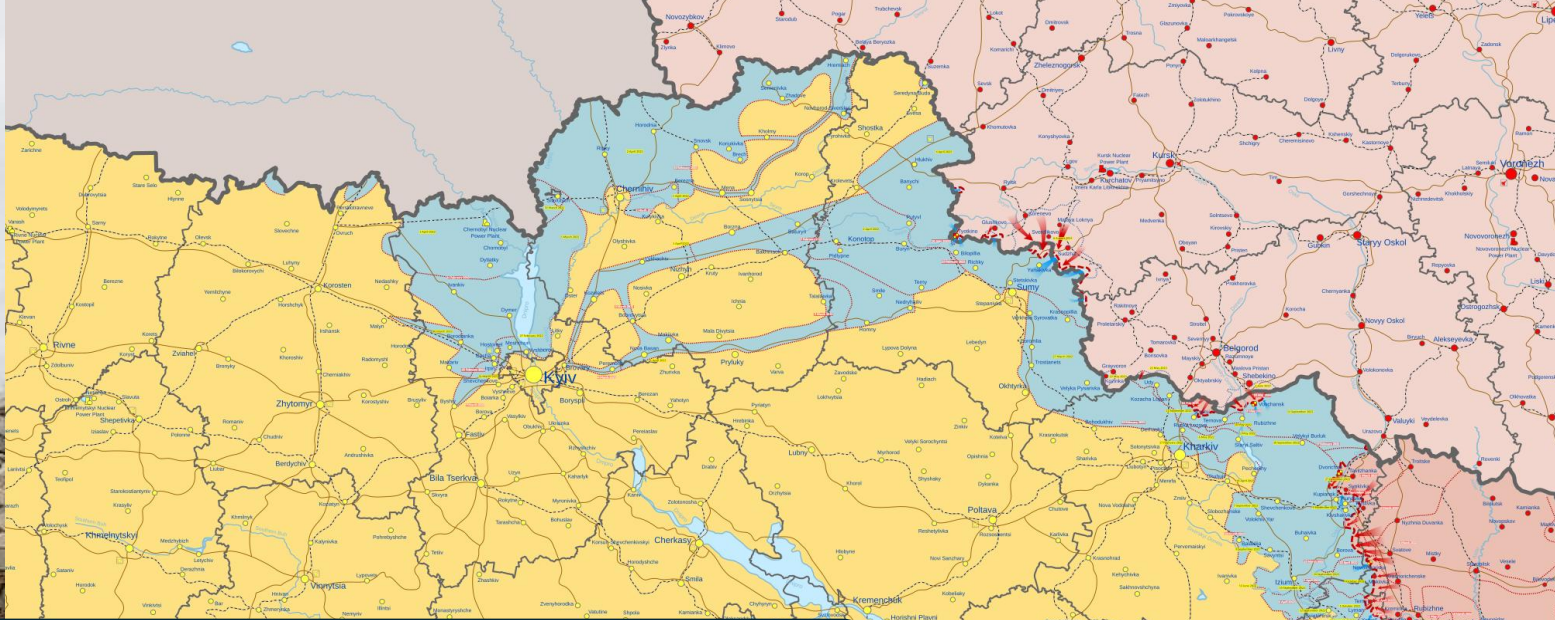
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# Galatians 5:22-25 (ESV)

- 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- 23 gentleness, self-control; against such things there is no law.
- 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.
- 25 If we live by the Spirit, let us also keep in step with the Spirit.





# Ukraine-Russia War





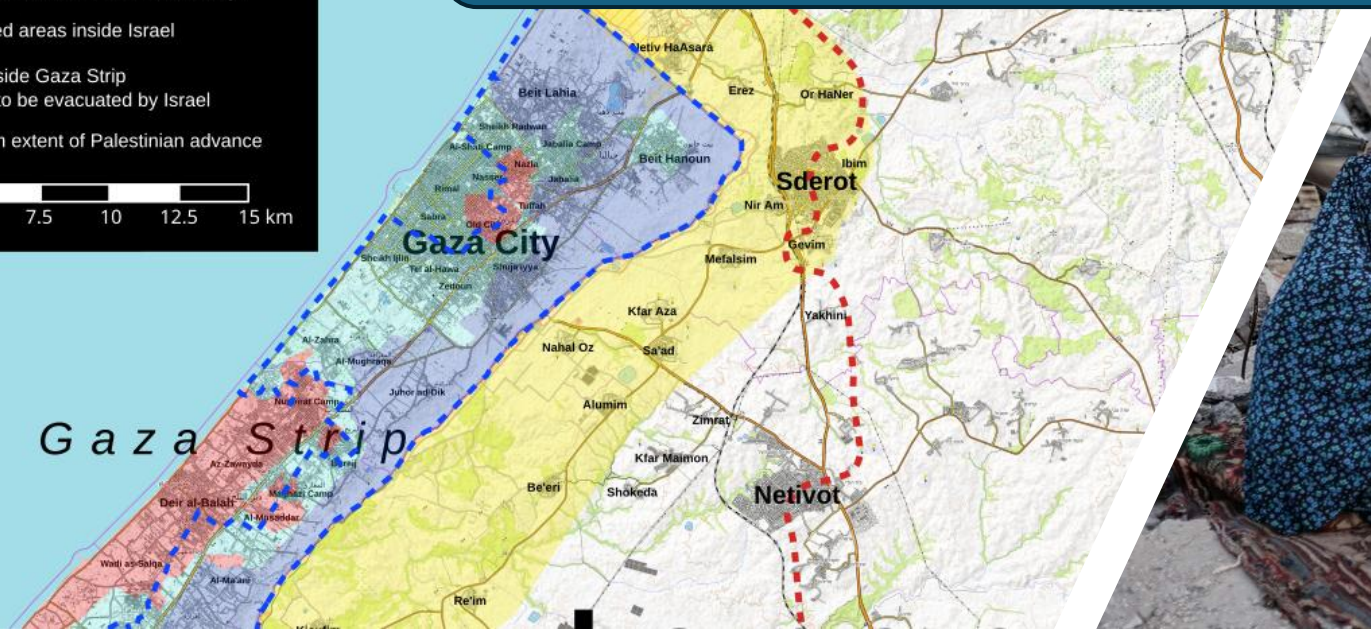
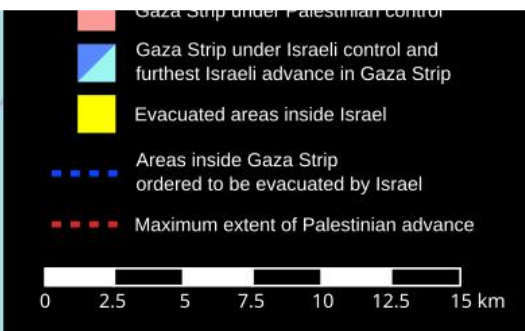


# India-Pakistan War





# Israel-Gaza War







# Israel-Iran War







**We are also at War**

**With whom should the Christian soldier fight?**

# With whom should the Christian soldier fight?





# Christians are also at War

- Every Christian wakes up on a battlefield
- Not with bullets flying or swords clashing, but with something more dangerous: a war within
- It's not just temptation 'out there'—it's rebellion in here
- The flesh wants one thing
- The Spirit wants another
- And both are fighting for control



# The Freedom of the Spirit

The Two  
Natures in  
Every Christian

The Freedom  
from the Flesh

How to Walk in  
the Spirit

# The Freedom of the Spirit



The Two  
Natures in  
Every Christian

The Freedom  
from the Flesh

How to Walk in  
the Spirit



The Two Natures in Every Christian



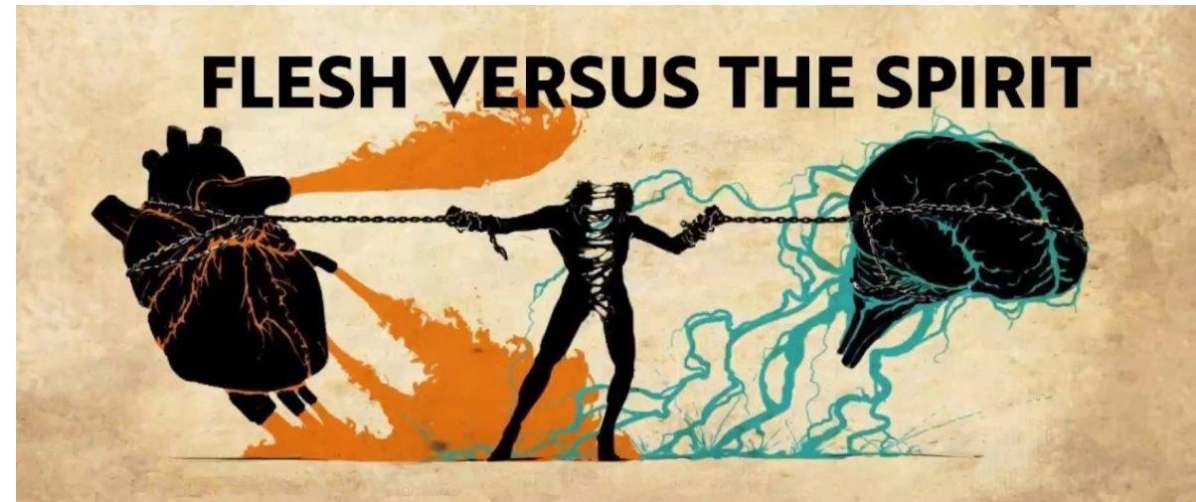


## Galatians 5:17 (ESV)

- 17 For the desires of the **flesh** are against the **Spirit**, and the desires of the **Spirit** are against the **flesh**, for these are **opposed to each other**, to keep you from doing the things you want to do.

# The Opposing Forces at War

- The **Flesh**: The **sinful nature** inherited from Adam—self-centeredness, desire for control, craving for pleasure at the expense of God's will.
- The **Spirit**: The Holy Spirit who indwells believers, producing new desires, convictions, and power for godliness.



# FLESH VERSUS THE SPIRIT



The flesh says, "Do what feels good."

The Spirit says, "Do what glorifies God."

One leads to slavery  
The other leads to freedom

# Galatians 5:16-23 (ESV)

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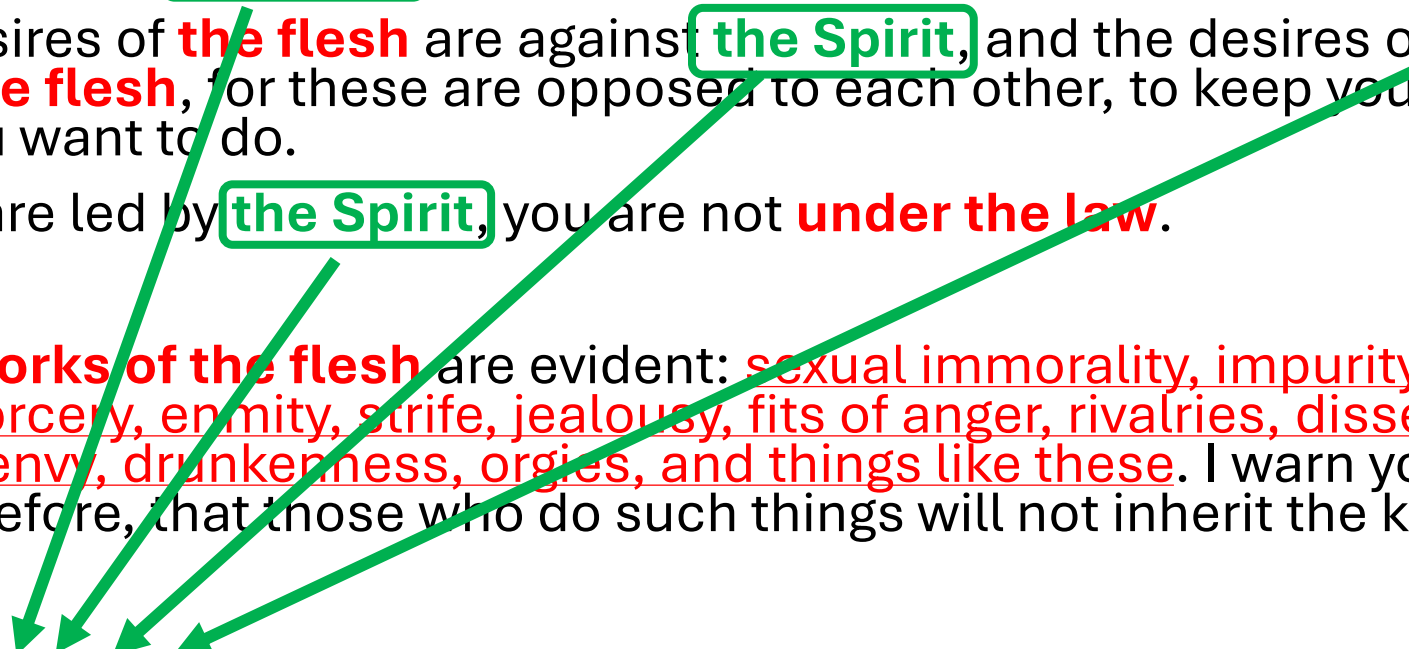
# The Two Natures of the Christian

Desires of  
the Flesh

The Works  
of the Flesh



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# The Two Natures of the Christian

Desires of  
the Flesh

The Works  
of the Flesh

Desires of  
the Spirit

The Fruit of  
the Spirit



FOR THE DESIRES OF **THE FLESH** ARE AGAINST  
**THE SPIRIT**, AND THE DESIRES OF **THE SPIRIT** ARE  
AGAINST **THE FLESH**, FOR THESE ARE OPPOSED TO  
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GALATIANS 5:17



# **Our War is our Daily Struggle**





# Our War is our Daily Struggle

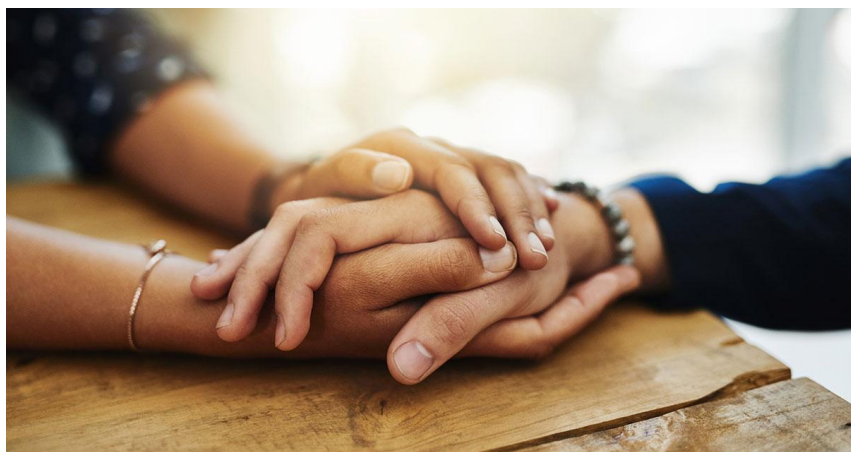


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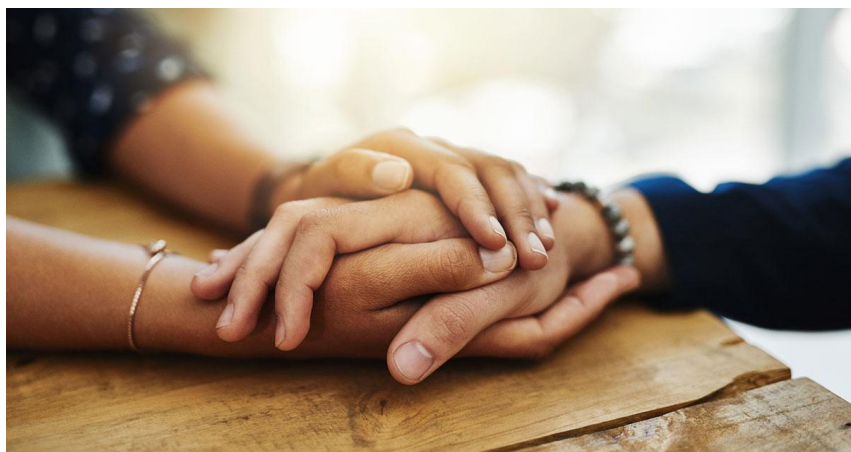




# Our War is our Daily Struggle



# Our War is our Daily Struggle







True  
Christianity  
is a fight. -  
J.C. Ryle



# The Freedom of the Spirit

The Two  
Natures in  
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The Freedom  
from the Flesh

How to Walk in  
the Spirit

# The Freedom from the Flesh



# Galatians 5:16 (ESV)

- 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.







# The Flesh

- **G4561**
- **σάρξ**
- **sarx**
- **sarx**
- Probably from the base of G4563; flesh (as stripped of the skin), that is, (strictly) the meat of an animal (as food), or (by extension) the body (as opposed to the soul (or spirit), or as the symbol of what is external, or as the means of kindred, or (by implication) human nature (with its frailties (physically or morally) and passions), or (specifically) a human being (as such): - carnal (-ly, + -ly minded), flesh ([-ly]).



The Flesh –  
is it our "Body"?



# Galatians 5:19-21 (ESV)

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# 4 Categories of the Works of the Flesh

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## Sexual

- Sexual immorality
- Impurity
- Sensuality

## Religious

- Idolatry
- Sorcery

## Community

- Enmity
- Strife
- Jealousy
- Fits of anger
- Rivalry
- Dissensions
- Divisions
- Envy

## Substance Abuse

- Drunkenness
- Orgies

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The Flesh – What is it?

Key to Unlock is in  
v. 16, 18





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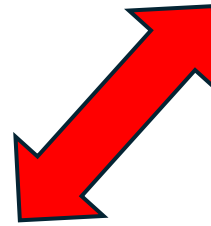


# Galatians 5:16, 18 (ESV)

• walk by the Spirit, and you will not gratify the desires of the flesh.



• led by the Spirit, you are not under the law.



# The Flesh

- **Desire of the flesh = Being "Under the law"**
- We are naturally under a **system of works righteousness**
- Partially intact system of self salvation
  - To prove ourselves
  - Not to rely on what God has done
  - But to rely on what we do



# The Desire to be Under the Law (Example)





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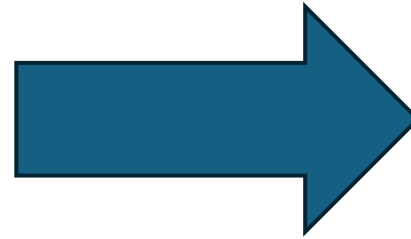


VSS – RM2 million

# The Desire to be Under the Law (Example)



VSS – RM2 million



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# Warning!



- Galatians 5:21b (ESV)
- "... I warn you, as I warned you before, that those who do ["practice"] such things will not inherit the kingdom of God."
- The continuous unrepentant practice of such things belies the underlying reality that this person may not actually be a born again Christian

# Desires - "Epithumeia"

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Galatians 5:17 (ESV)

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

---

17 For the desires of the flesh are against the Spirit,

---

and the desires of the Spirit are against the flesh,

---

for these are opposed to each other,

---

to keep you from doing the things you want to do."

# Epithumeia

- G1939
  - ἐπιθυμία
  - epithumia
  - ep-ee-thoo-mee'-ah
- 
- From G1937; a longing (especially for what is forbidden): - concupiscence, desire, lust (after).
  - Total KJV occurrences: 38



# Epithumeia

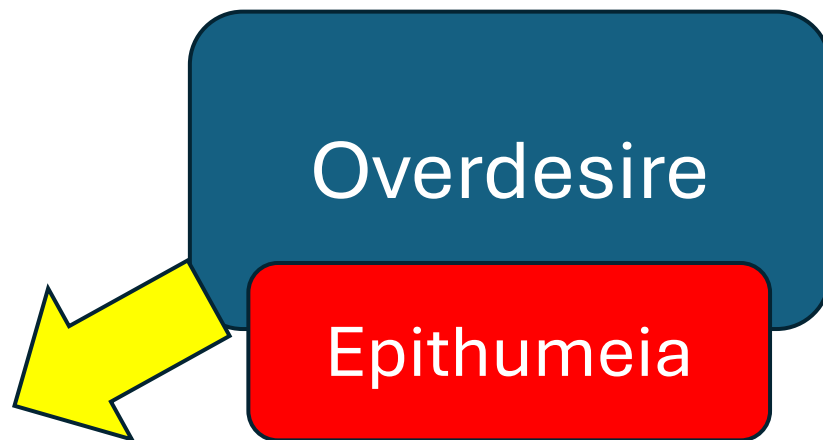
- **Over-desire**
- "Lust" in the Bible is not a normal-sized desire for something evil
- "Lust" in the Bible is an **over-desire** for something **good** - how idols are created
- It's not just bad desires that are sinful
- Even good things (e.g. success, love, comfort) can become sin when they are over-desired—when they are ultimate rather than subordinate to God



Overdesire

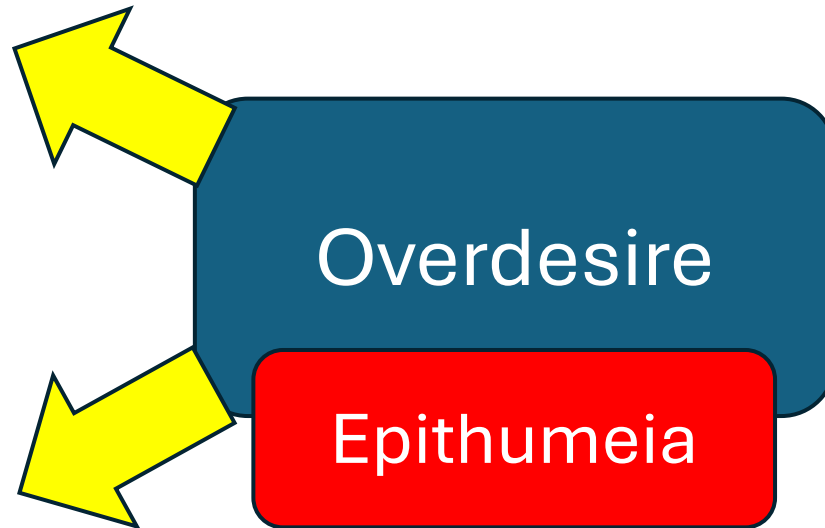
Epithumeia

Bad things

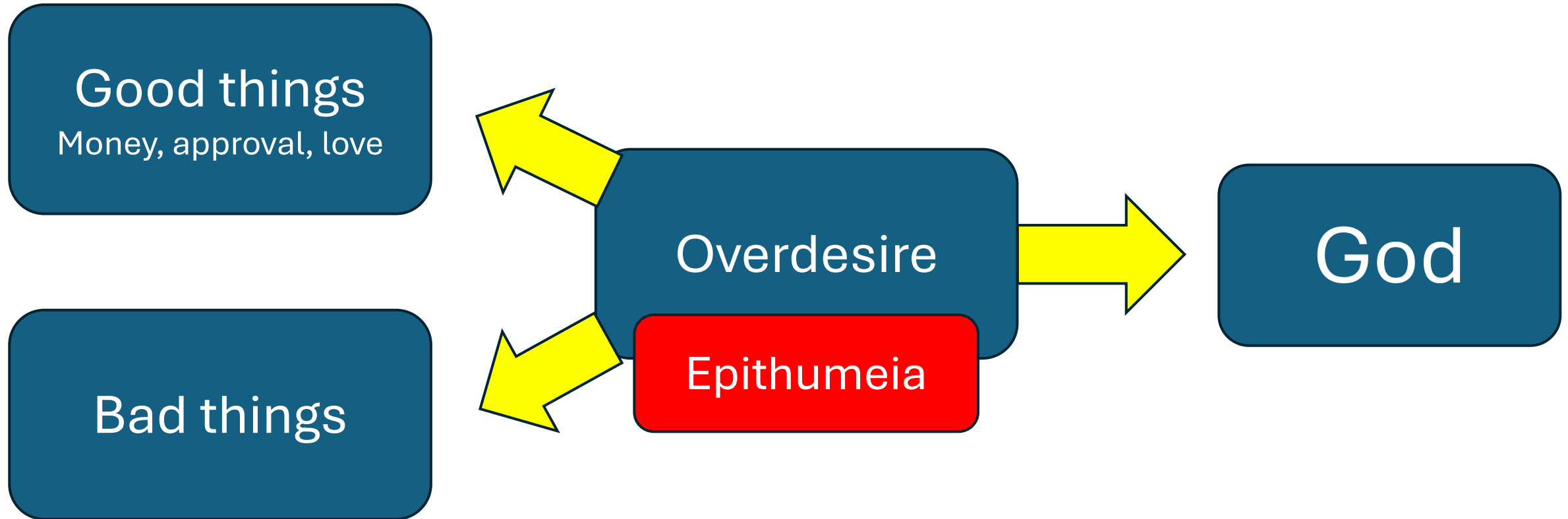


Good things  
Money, approval, love

Bad things







Flesh

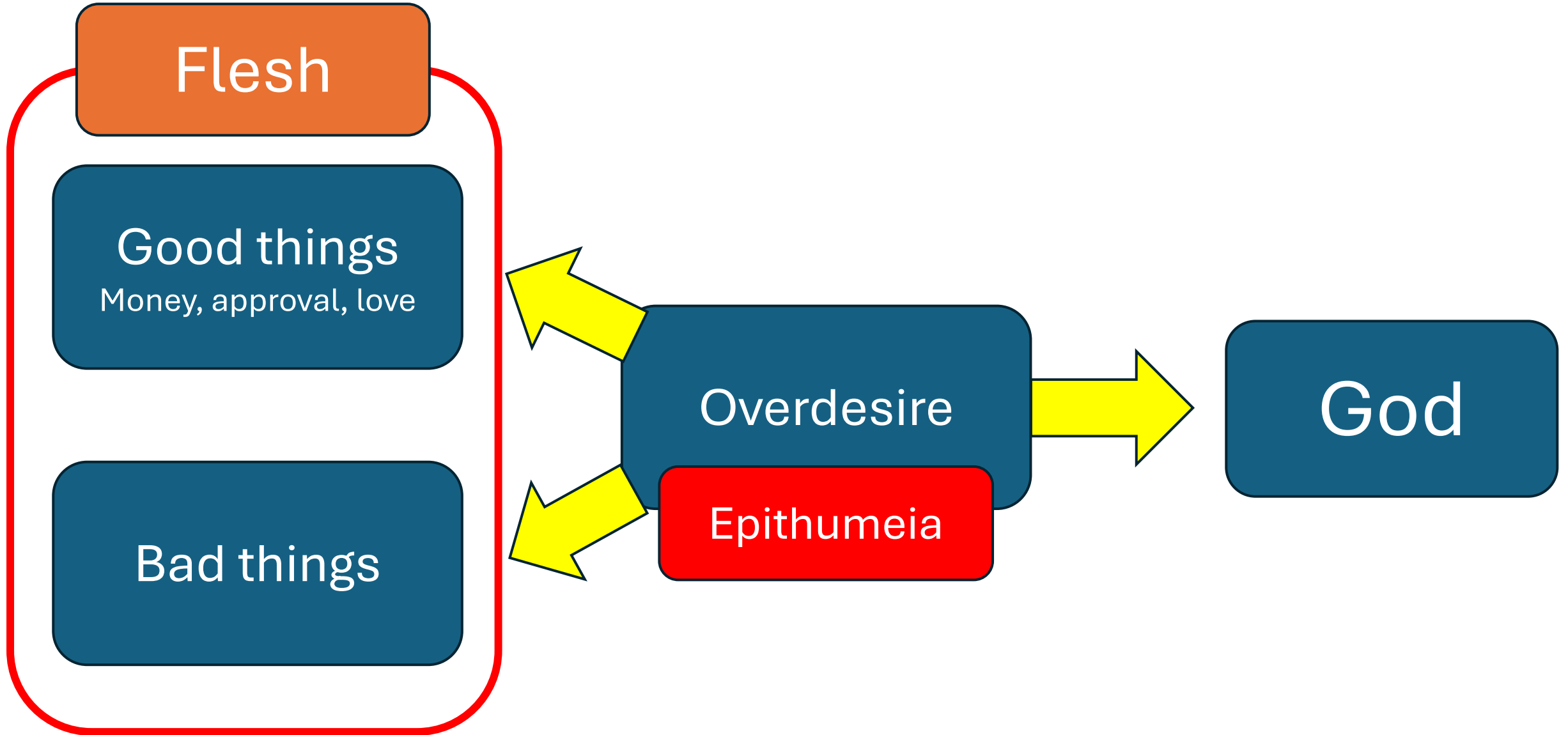
Good things  
Money, approval, love

Bad things

Overdesire

Epithumeia

God



Flesh

Good things  
Money, approval, love

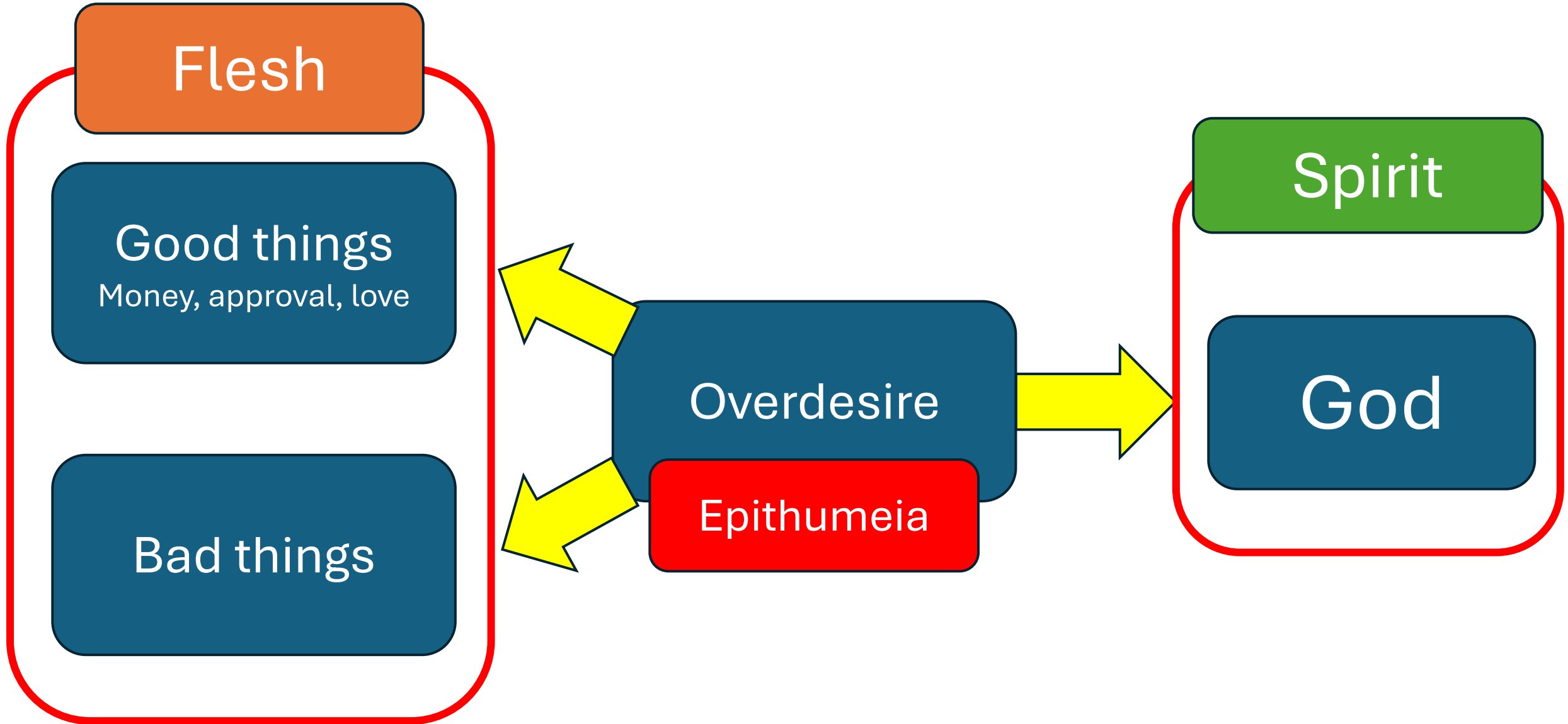
Bad things

Overdesire

Epithumeia

Spirit

God



Flesh

Good things

Money, approval, love

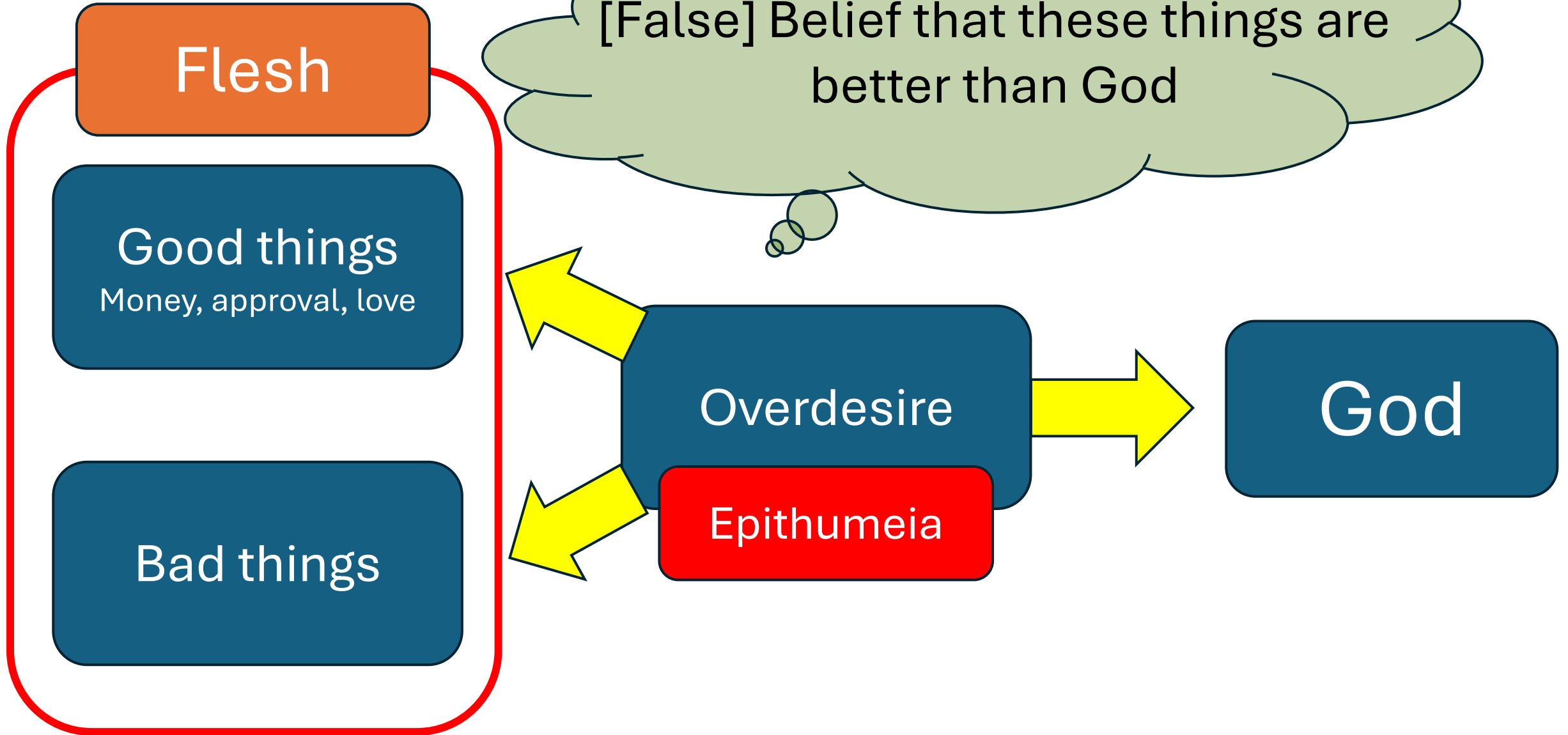
Bad things

[False] Belief that these things are  
better than God

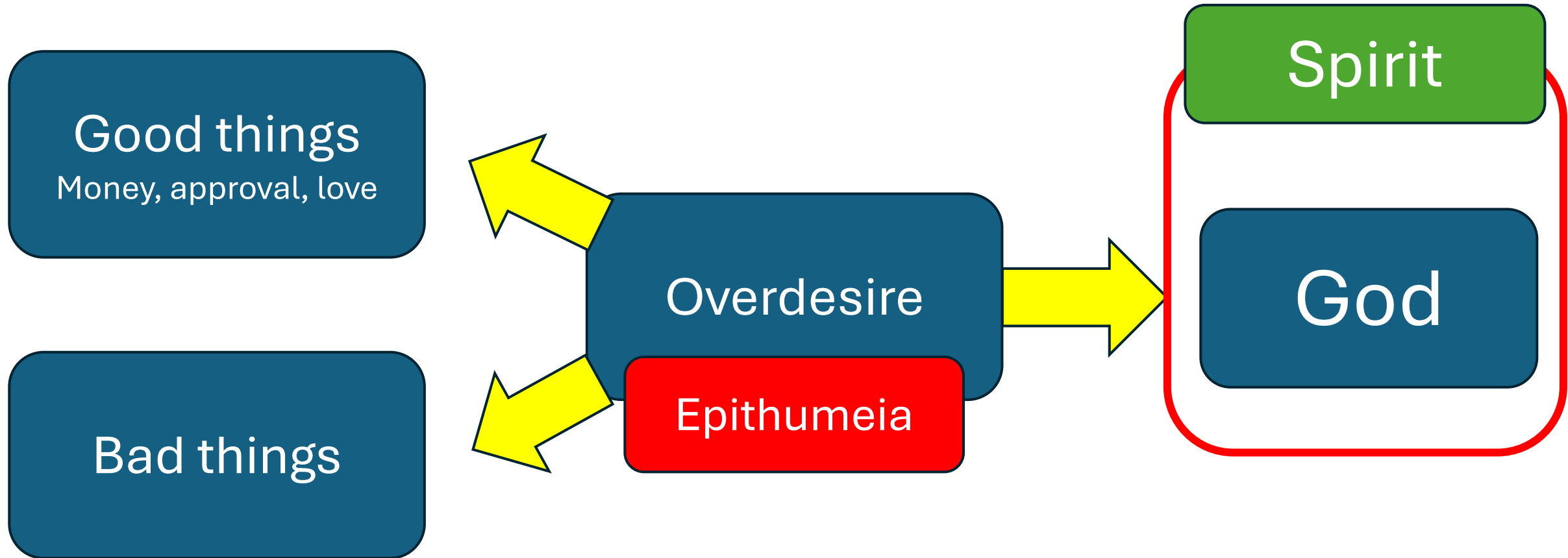
Overdesire

Epithumeia

God







Flesh

Good things  
Money, approval, love

Bad things

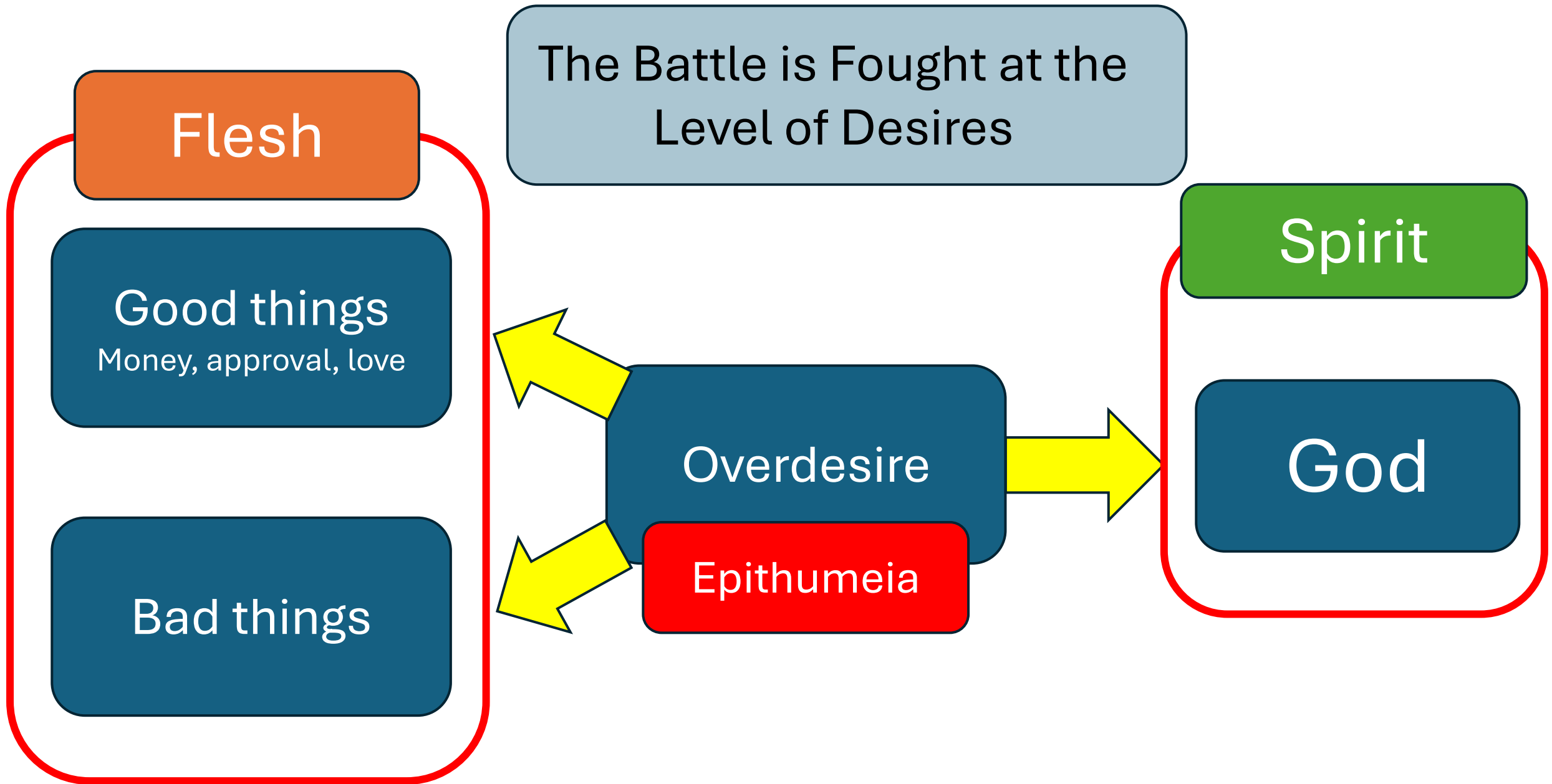
The Battle is Fought at the  
Level of Desires


Overdesire

Epithumeia

Spirit

God



An iceberg floating in a blue ocean under a blue sky with white clouds. The visible tip of the iceberg is small and jagged, while the submerged part is much larger and more complex in shape, illustrating the concept of hidden depths or hidden sins.

Sexual immorality, impurity,  
sensuality, idolatry, sorcery,  
enmity, strife, jealousy, fits of  
anger, rivalries, dissensions,  
divisions, envy, drunkenness,  
orgies

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. A red arrow points upwards from the submerged base towards the tip. Two white callout boxes with black outlines are present: one at the tip and one at the base.

## **Fruit**

Sexual immorality, impurity,  
sensuality, idolatry, sorcery,  
enmity, strife, jealousy, fits of  
anger, rivalries, dissensions,  
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orgies

**Desires/Motives**  
Of the Flesh



An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. A green arrow points upwards from the submerged base towards the tip. Two white callout boxes with black outlines are present: one at the top right containing the word 'Fruit' and a list of virtues, and one at the bottom containing the text 'Desires/Motives Of the Spirit'.

## **Fruit**

Love, joy, peace, patience,  
kindness, goodness,  
faithfulness, gentleness, self-  
control

**Desires/Motives**  
Of the Spirit

# Opposition



**Flesh – Sarx**

Sin-desiring aspect of  
our whole being



**Holy Spirit**

God-desiring aspect  
of our renewed being

# Works of the Flesh -> Focus on Self

- Sexual immorality
- Impurity
- Sensuality
- Idolatry
- Sorcery
- Enmity
- Strife
- Jealousy
- Fits of anger
- Rivalries
- Dissensions
- Divisions
- Envy
- Drunkenness
- Orgies





# Fruit of the Spirit -> Focus on God and Others

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

God

Others









Works of the  
Flesh

Works of the  
Flesh





Works of the  
Flesh



Fruit of the  
Spirit

Works of the  
Flesh



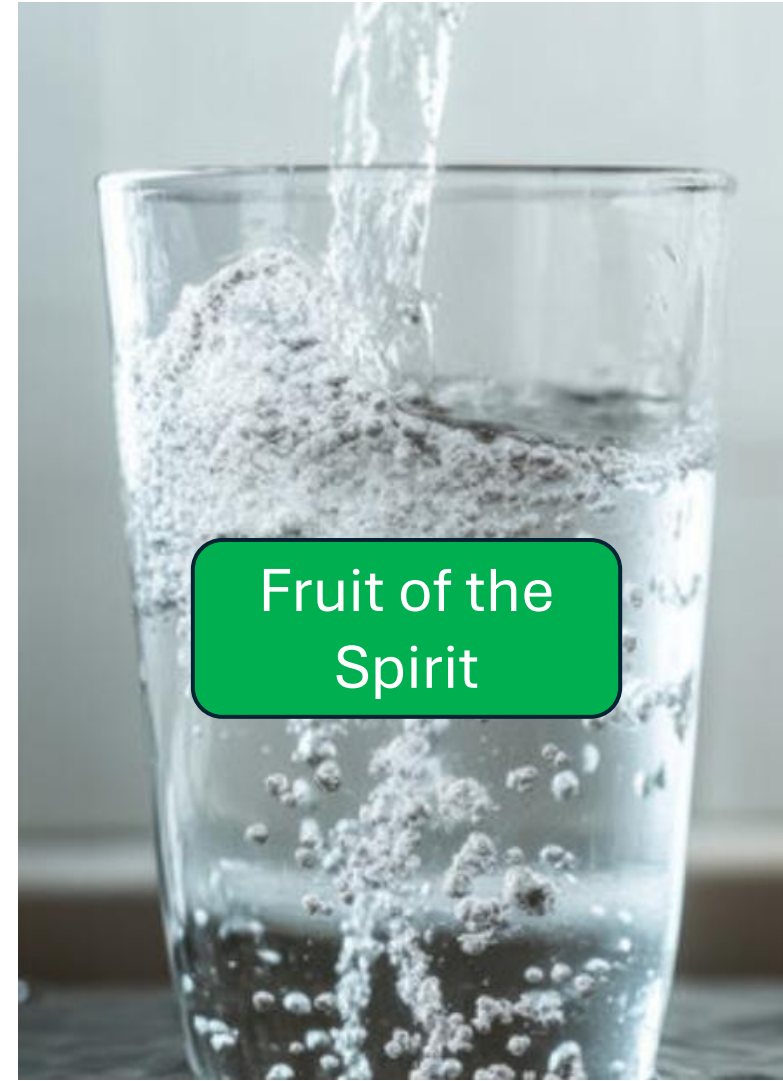


Works of the  
Flesh



Fruit of the  
Spirit

Works of the  
Flesh



Fruit of the  
Spirit

Fruit of the  
Spirit



Works of the  
Flesh

## The Maturing Fruit of the Spirit

<=== Displaces ===>

## The Works of the Flesh

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**THE SPIRIT**, AND THE DESIRES OF **THE SPIRIT** ARE  
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THINGS YOU WANT TO DO.

GALATIANS 5:17







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

**Galatians 5:16**





Where does this new  
nature come from?



# New Covenantal Promise

## Ezekiel 36:26-27

- 26 I will give you a **new heart** and put a **new spirit** within you;
- I will take the heart of stone out of your flesh and give you a heart of flesh.
- 27 I will put My Spirit within you and **cause you to walk in My statutes, and you will keep My judgments and do them.**

# Heart of Stone vs Heart of Flesh

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## Heart of Stone

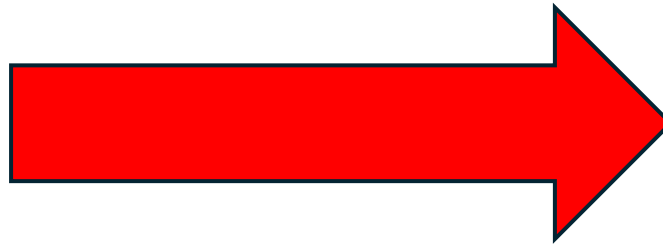
- Spiritually dead
- Follow the Law but without God's Spirit



## Heart of Flesh

- Spiritually alive
- "I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them."

# Before Trusting Christ



- Keeps the Law to be saved
- Keeps the Law out of fear
- Obey being under the law



# After Trusting Christ

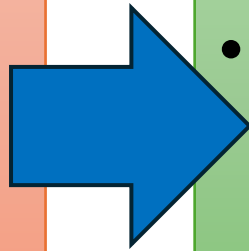


- Keeps the Law because he/she is saved
  - Keeps the Law out of gratitude
  - Obey without being under the law

# The Christian and the Law

## Before Trusting Christ

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- Keeps the Law out of fear
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## After Trusting Christ

- Keeps the Law because he/she is saved
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# The 10 Commandments (Exodus 20)

- 1) You shall have no other gods before Me
- 2) You shall not make for yourself a carved image ["idols"]
- 3) You shall not take the name of the Lord your God in vain
- 4) Remember the Sabbath day
- 5) Honor your father and your mother
- 6) You shall not murder
- 7) You shall not commit adultery
- 8) You shall not steal
- 9) You shall not bear false witness
- 10) You shall not covet





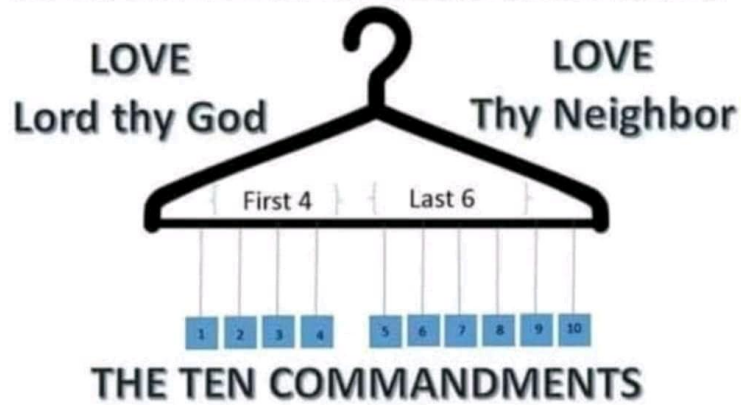
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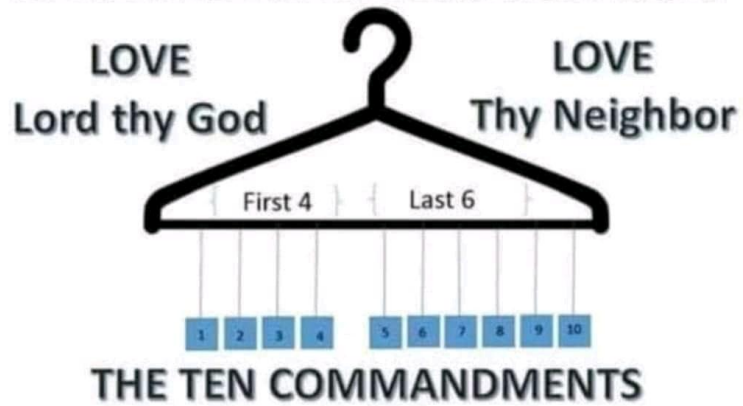
Matthew 22:40 ...On these two commandments hang all the law and the prophets.



# Matthew 22:35-40

- 35 Then one of them, a lawyer, asked Him a question, testing Him, and saying, 36 “Teacher, which is the great commandment in the law?”
- 37 Jesus said to him, “You shall **love the Lord your God with all your heart, with all your soul, and with all your mind.**’ 38 This is the first and great commandment.
- 39 And the second is like it: ‘**You shall love your neighbor as yourself.**’
- 40 On these two commandments hang all the Law and the Prophets.”

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Love God

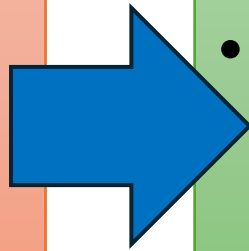


Love Others

# The Christian and the Law

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## After Trusting Christ

- Keeps the Law because he/she is saved
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- Obey without being under the law

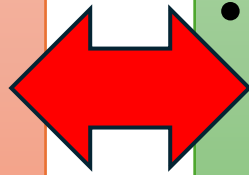




# The Christian and the Law

## Before Trusting Christ

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- Keeps the Law out of fear
- Obey being under the law



## After Trusting Christ

- Keeps the Law because he/she is saved
  - Keeps the Law out of gratitude
- Obey without being under the law



A photograph showing two hands, one on the left and one on the right, pulling on a thick, light-colored rope. The background is a soft, out-of-focus gradient of green and blue. The text 'FLESH VS SPIRIT' is overlaid in the center, with 'FLESH' and 'SPIRIT' in white and 'VS' in dark blue.

# FLESH VS SPIRIT

ROM 8:5



**Old Man**


**New Man**

**The Inner Struggle**

Weck 2022

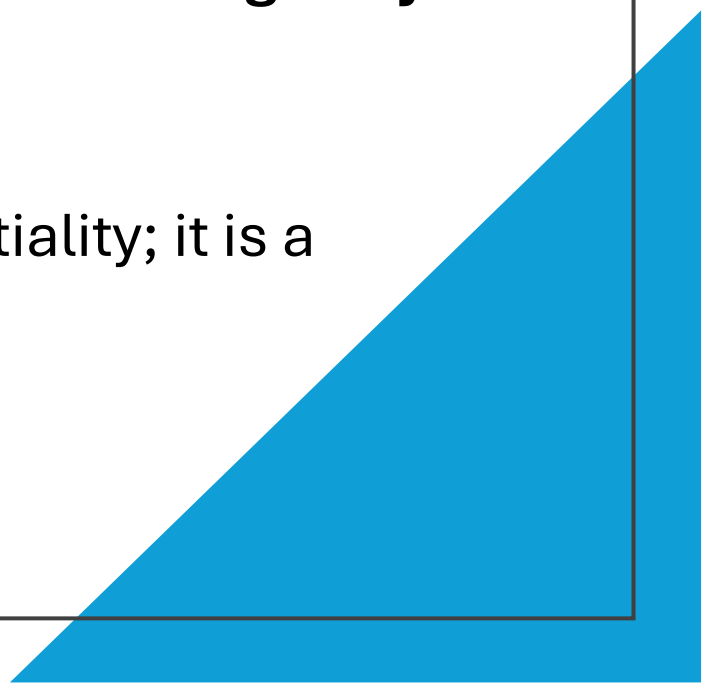


# Daily Conflict

- The presence of the Spirit means daily conflict with self
  - Means that the Spirit is at work squeezing out the old desires
  - Presence of conflict indicates the Spirit is working in our lives
- 



# The Spirit Empowers but We must Choose

- Galatians 5:16 - "But I say, walk by the Spirit, and you will not gratify the desires of the flesh."
  - Freedom is ultimately not attainable by human potentiality; it is a supernatural work of the Holy Spirit
  - Decision, NOT Effort
- 

# The Spirit Empowers but We must Choose



We make a conscious choice

- Galatians 5:16 - "But I say, walk by the Spirit, and you will not gratify the desires of the flesh."
- Freedom is ultimately not attainable by human potentiality; it is a supernatural work of the Holy Spirit
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# The Spirit Empowers but We must Choose

- Galatians 5:16 - "But I say, walk by the Spirit, and you will not gratify the desires of the flesh."



## Consequence of our choice

- The Spirit's power creates new appetites and powers to resist flesh
- The desires of the flesh will be thwarted and conquered as long as we yield to the Holy Spirit

# Effort vs Choice



## Living in the Flesh

**Effort** – rowing with all your strength  
Get tired fast



# Effort vs Choice



## Living in the Flesh

**Effort** – rowing with all your strength  
Get tired fast



## Walking in the Spirit

**Choice** – raising a sail  
Steer, stay alert, adjust – power does not  
come from you



# Effort vs Choice



**Living in the Flesh**

**Effort** – rowing with all your strength  
Get tired fast



**Spirit**

**Walking in the Spirit**

**Choice** – raising a sail  
Steer, stay alert, adjust – power does not  
come from you





Walking in the  
Spirit Produces  
**Fruit**



# Fruit of the Spirit

- Galatians 5:22-23
- "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.









One seed has the potential to populate the whole  
earth

# Spiritual DNA Already Implanted in Us





# Spiritual DNA already Implanted in Us


- Need to cultivate the ground (the heart) upon which the seed (the Word of God) is planted
- In seed form – love, joy, peace (fruit of the Spirit)
- Reach full potential





# Fruit of the Spirit

1. Gradual
2. Inevitable
3. Internal



# Fruit of the Spirit – Gradual






More than 5 years from seed to fruit!



**The Fruit of the Spirit also grows  
gradually in us**







# Fruit of the Spirit – Inevitable





If we plant the right seed, we will get the right fruit



# Spiritual DNA Already Implanted in Us



**YOU DON'T JUDGE A TREE BY THE NAME IT WEARS**

*True Biblical Christians*

*.... a Bad Tree Cannot Bear Good Fruit...*


*- Jesus*



*Matthew 7:15-20 KJV*

**YOU JUDGE A TREE BY THE FRUIT IT BEARS.**





# Fruit of the Spirit – Internal



# Internal Organic Qualitative Growth



# Internal Organic Qualitative Growth



# Internal Organic Qualitative Growth





# Internal Organic Qualitative Growth

Doing external actions



Character Transformation



# Ultimate Sign of Authenticity

## Spiritual Gifts

- Tongues
- Prophecy
- Wisdom
- Miracles

## Fruit of the Spirit

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

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## Fruit of the Spirit

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Fruit of the  
Spirit



Works of the  
Flesh

**The Maturing Fruit of the Spirit**

**<=== Displaces ===>**

**The Works of the Flesh (Self)**





# Freedom from the Law

- Freedom doesn't mean doing whatever we want; it means doing what we were *made* to do.
- A train is designed to run on tracks. It's free to go fast and far—as long as it stays on the tracks.
- If it tries to go “off-track” in the name of freedom, it crashes.





# Freedom from the Law

- Freedom doesn't mean doing whatever we want; it means doing what we were *made* to do.
- Being “led by the Spirit” means we’re no longer **under the law**, but we’re also not free to live lawlessly.
- The Spirit becomes the new track—guiding us in the way we were made to live.
- True freedom isn’t doing whatever we want; it’s living by the power and direction of the Spirit.

# The Freedom of the Spirit

The Two  
Natures in  
Every Christian

The Freedom  
from the Flesh

How to Walk in  
the Spirit



# How to Walk in the Spirit





A wide, sandy beach stretches from the foreground into the distance. A series of footprints is visible in the sand, leading from the foreground towards the ocean. The ocean is on the right side of the frame, with white waves breaking. In the background, there are dark, hazy mountains under a cloudy sky.

# *Walking in the Spirit*

A PRACTICAL GUIDE





# Two Dogs

- A young boy once asked his grandfather, a wise old Christian, “Grandpa, why do I still feel like I want to do bad things even though I gave my life to Jesus?”
- The grandfather smiled and said:
  - “It’s like there are two dogs inside of me.
  - One is mean, selfish, angry, and full of pride—the **flesh**.
  - The other is kind, gentle, humble, and full of love—the **Spirit**.
  - And they’re always **fighting**.”
- The boy thought for a moment and asked, “Which one wins?”



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- The boy thought for a moment and asked, “Which one wins?”
- The grandfather answered, “**The one I feed.**”



**We think we need to manufacture the fruit –  
The seed is already planted, we just cultivate**





# Cultivating the Fruit of the Spirit

---

- Means of Grace
  - The Word of God
  - Prayer
  - Fellowship with Believers



# Filled with the Spirit – Definition

- 18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,
- 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,
- 16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.


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Synonymous!

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- 



**Filled with the Spirit**  
**=**  
**Word of Christ dwell in**  
**you**

—

# The Word of God

## Permeate / Saturate





The Word of God

Permeate /  
Saturate





# The Word of God – Permeate / Saturate

- Word of God is meditated upon so much that it permeates through every fibre of our being





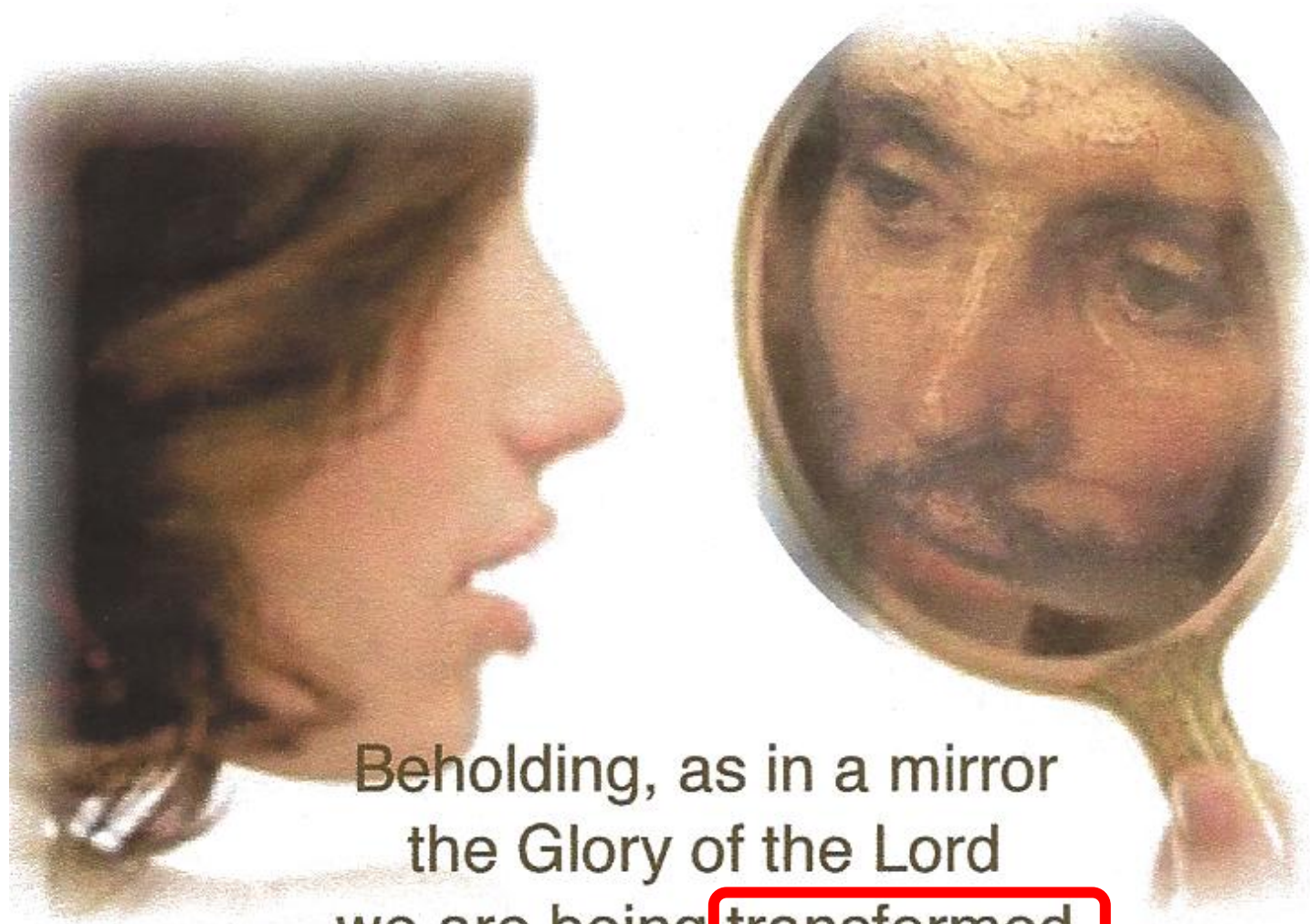
# The Word of God – Permeate / Saturate

- Word of God is meditated upon so much that it permeates through every fibre of our being

- **Hebrews 4:12**

- For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart.





Beholding, as in a mirror  
the Glory of the Lord  
we are being transformed  
into the same image - from glory to glory,  
even as from the Lord, the Holy Spirit!

II Corinthians 3:18



Google Maps



A close-up photograph of a car's interior. A black smartphone is mounted vertically on the dashboard, displaying a solid white screen. The phone is positioned between the steering wheel on the left and the center console on the right. The steering wheel has a silver 'CANCEL' button and a 'ON/OFF' button. The center console features a gear shift knob and a handbrake. The background shows a blurred view of a white car through the windshield.

Walking in the Flesh



Led by the Spirit

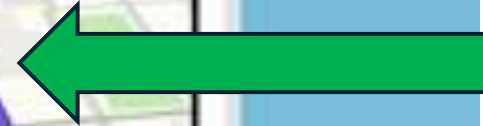




Walking  
in the  
Flesh



Walking  
in the  
Spirit





*Be doers* of the word,  
and not hearers only.

**James 1:22**





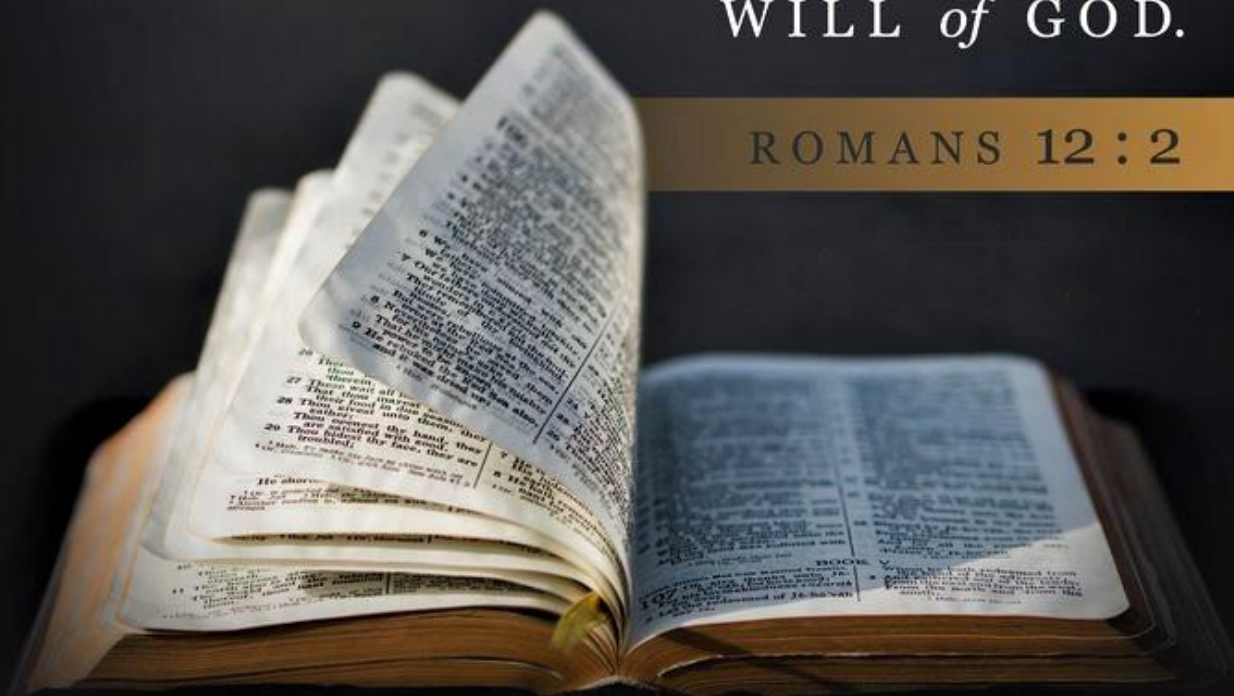
*“But be doers of the word, and not hearers only, **deceiving yourselves.**”*

*James 1:22*



AND DO NOT BE  
**conformed**  
to THIS WORLD, BUT BE  
**transformed**  
by THE RENEWING of YOUR MIND,  
that YOU MAY **PROVE** WHAT IS *that*  
GOOD *and* ACCEPTABLE *and* PERFECT  
WILL *of* GOD.

ROMANS 12:2



# Galatians

## 5:16-18, 24-25 (ESV)

- 16 But I say, **walk by the Spirit**, and you will not gratify the desires of the flesh.
- 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.
- 18 But if you are **led by the Spirit**, you are not under the law.
- 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.
- 25 If we **live by the Spirit**, let us also **keep in step with the Spirit**.

# Galatians

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# How?

- Galatians 5:24
- "And those who belong to Christ Jesus have crucified the flesh with its passions and desires."
- The **Flesh** says: "Those who crucify the sinful nature" -> "belong to Jesus Christ"
- The **Gospel** says: "Those who belong to Jesus Christ" -> "Have crucified the sinful nature"

# How?

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# How?

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- "And those who **belong to Christ Jesus** **have crucified the flesh**

## Works based Salvation

- The **Flesh** says: "Those who **crucify the flesh**" ->  
"belong to Jesus Christ"
- The **Gospel** says: "Those who **belong to Jesus Christ**" ->  
"Have crucified the flesh"

Salvation by Grace

# How?

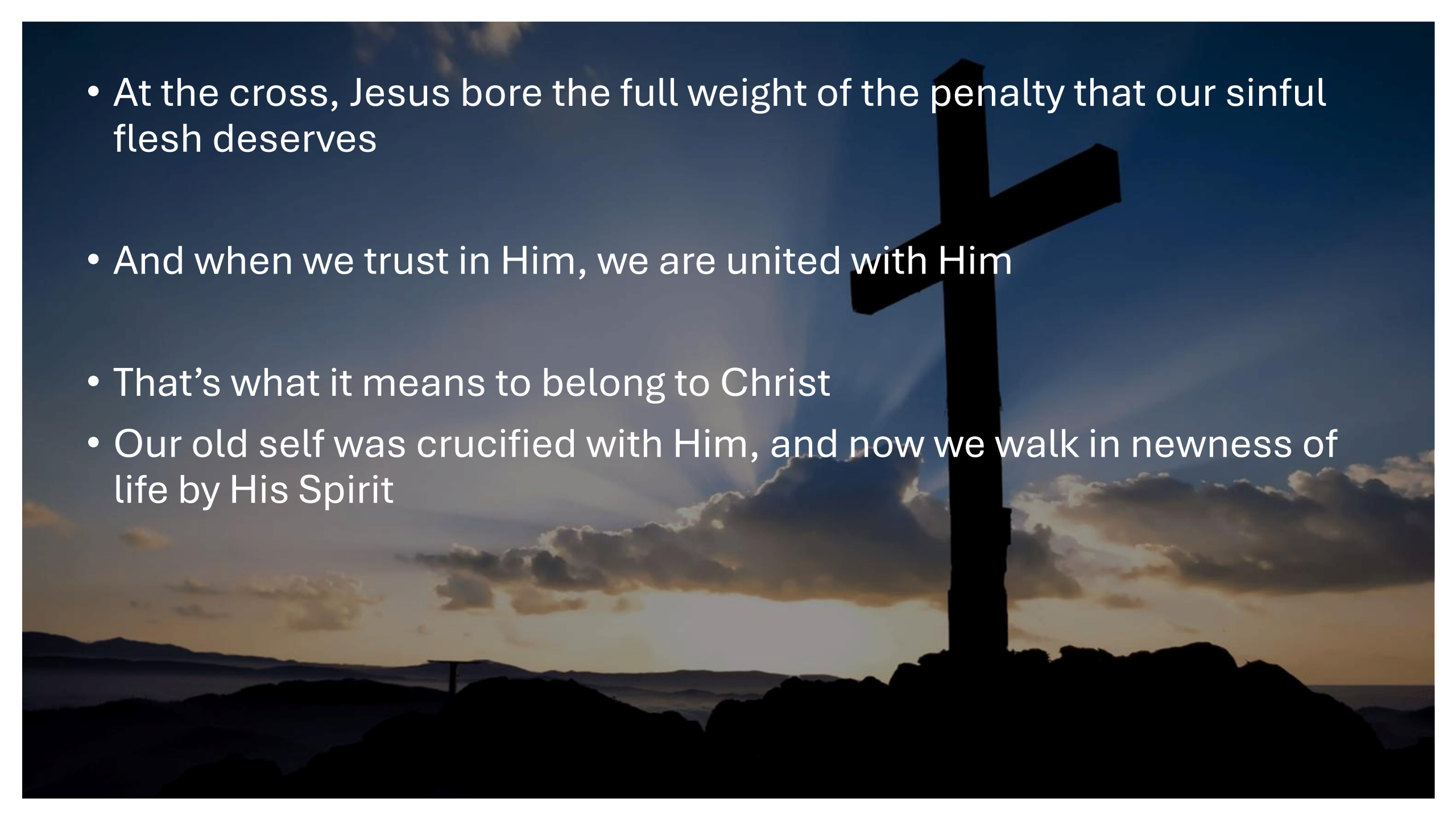
- Galatians 5:24
- "And those who belong to Christ Jesus have crucified the flesh with its passions and desires."
- "Those who belong to Christ..." - this is the Gospel

**PROPERTY OF**  
**JESUS CHRIST**



How did that happen?



- 
- At the cross, Jesus bore the full weight of the penalty that our sinful flesh deserves
  - And when we trust in Him, we are united with Him
  - That's what it means to belong to Christ
  - Our old self was crucified with Him, and now we walk in newness of life by His Spirit

# The Price of our Freedom









# The Freedom has been Won

- Free from our old self, our flesh, a life of moral striving in our own strength
- He's calling us to walk in freedom by the Spirit, to live in step with the Spirit



Walking by the Spirit is not about striving in our  
own strength to be better Christians

It's simply about remembering that we belong to  
Christ





- **Let us not walk out today thinking, "I must do better."**
- **Let us walk out saying, "Jesus has done it all and I belong to Him. Now, by His Spirit, I will walk in step with Him."**



# Freedom of the Spirit

Galatians 5:16-25





# Yet Not I But Through Christ In Me

What gift of grace is Jesus, my Redeemer  
There is no more for Heaven now to give  
He is my joy, my righteousness, and freedom  
My steadfast love, my deep and boundless peace

To this I hold, my hope is only Jesus  
For my life is wholly bound to His  
Oh, how strange and divine, I can sing, "All is mine"  
Yet not I, but through Christ in me

# Yet Not I But Through Christ In Me

No fate I dread, I know I am forgiven  
The future's sure, the price, it has been paid  
For Jesus bled and suffered for my pardon  
And He was raised to overthrow the grave

To this I hold, my sin has been defeated  
Jesus, now and ever is my plea  
Oh, the chains are released, I can sing, "I am free"  
Yet not I, but through Christ in me