

The Spirit: the Antidote to the Flesh

**The Spirit - **

the Antidote to the Flesh

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. — Galatians 5:16

1. **You must walk in the Spirit and not in the flesh**

1. The Christian Life is often related or represented as a walk or journey
2. We will stumble and be destroyed if we walk in the flesh
3. We must walk / live our lives in and by the Spirit
 1. All manner of our lives directed by the Spirit
 2. Led by the Spirit
 3. Worship by the Spirit

2. **Flesh cannot be conquered by flesh**

4. The problems of the flesh cannot be conquered by man's programs, resolutions or by "turning over a new-leaf" 5. The means of flesh cannot break spiritual bondages – spiritual bondages can only be broken by the Spirit

3. **Be under the Divine Influence of the Spirit**

If we are lives are under the influence of the Spirit then the flesh will not have control of our lives.

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