



The Spirit vs. The Flesh (Galatians 5:16-26) - Freedom
June 18, 2023

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Are you walking in the Spirit or the flesh?

I. The Battle (v.16-18)

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. **Galatians 5:16**

For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. **Galatians 5:17**

But if you are led by the Spirit, you are not under the law. **Galatians 5:18**

We learn to walk in the Spirit like we learn to walk

II. The Opponents (v.19-23)

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,

Galatians 5:19

idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, **Galatians 5:20**

envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. **Galatians 5:21**

Adultery. Fornication. Uncleanness. Lewdness.

Idolatry. Sorcery.

Hatred. Contentions. Jealousies. Outbursts of Wrath.

Selfish Ambitions. Dissensions. Heresies. Envy. Murder.

Drunkenness. Revelries. And the like.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, **Galatians 5:22**

gentleness, self-control. Against such there is no law. **Galatians 5:23**

Love. Joy. Peace.

Longsuffering. Kindness. Goodness.

Faithfulness. Gentleness. Self-Control.

III. The Victory (v.24-26)

And those who are Christ's have crucified the flesh with its passions and desires. **Galatians 5:24**

If we live in the Spirit, let us also walk in the Spirit. **Galatians 5:25**

Let us not become conceited, provoking one another, envying one another. **Galatians 5:26**

We learn to walk in the Spirit by believing Jesus won

Are you walking in the Spirit or the flesh?

This Week's [New Testament + Reading Plan](#):

1. *2 Corinthians 1*
2. *2 Corinthians 2*
3. *2 Corinthians 3*
4. *2 Corinthians 4*
5. *2 Corinthians 5*
6. *Exodus 34*
7. *Prayer & Reflection*

NURSERY

GOD MAKES THINGS GROW

CREATION (PART 2)



In this series we'll be learning that God made plants, animals and people to grow! He cares and wants all living things to grow! We can be glad that God makes things to grow!

Memory Verse: "God Makes Things Grow." 1 Corinthians 3:7 (adapted for toddlers)

Heart of the Lesson: God Cares for Growing Things

Parent Connect: Today we learned God cares for growing things! He provides rain, sun, and food for things to grow. All things grow – like plants, animals and people. Start a growth chart for your kid using craft paper, a ruler for lines and a marker. Measure your kid periodically and show them how they can see themselves grow!

GKJR

BIBLE STORY REVIEW



Reviewing and highlighting big points throughout God's Word! How God loves us, how we should love others, be thankful and always be brave as God is with us!

Memory Verse: Therefore, go and make disciples of all nations, baptizing them in the name of the Father and the Son, and the holy Spirit. Matthew 28:19

Heart of the Lesson: God Makes Us Brave – 1 Samuel 17

Parent Connect: Today we learned about a young shepherd boy named David who defeated a giant named Goliath. David was able to defeat Goliath because God made him brave! Grownups - encourage your kids at your next park outing to be brave and try a new obstacle. Maybe it's a bigger slide or trying the monkey bars? Emphasize that God makes us brave!

ELEMENTARY

TORCHLIGHTER

HEROES OF THE FAITH



Heroes of the Faith: For the month of June, we are highlighting people whose stories show tremendous faith in the Lord. We are kicking our feet up for summer and learning with these engaging videos, discussion time in groups, and a fun game to round it all out. Prepare your hearts to be inspired and to have a fun time with the kids together.

Memory Verse: If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." – Romans 10:9

Heart of the Lesson: Gladys Aylward

Parent Connect: Go on a walk together and talk about all the things you are grateful for.

At Grace 56, we exist to bridge the gap from wonder to passion through discovery and community. In this month-long series, the new students will be welcomed into G56, and everyone will have the opportunity to get to know each other, and learn what we're all about in G56!

Memory Verse: Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. 1 Timothy 4:12

Heart of the Lesson: Discovery and Community (Father's Day Escape Room) - Matthew 7:9-11, Proverbs 4:1-9, Luke 15:20-24, Hebrews 12:7

Parent Connect: How does God the Father show His love for us? Discuss as a family!

SPECIAL NEEDS ADULTS

FREEDOM

What does it mean to have freedom in Jesus?

We have true freedom in Jesus! But while we have true freedom, we're tempted to make ourselves happy in what the world offers. In this series, we're looking at the book of Galatians to remember how amazing and complete our freedom in Jesus truly is!

Memory Verse: Galatians 5:1 (NIRV) Christ has set us free to enjoy our freedom. So remain strong in the faith. Don't let the chains of slavery hold you again.

Heart of the Lesson: There is freedom in being led by the Spirit (Galatians 5:16-26).

Parent Connect:

- Does your life reflect the fruit, or results, of following the world, or following the Holy Spirit?
- Is it easy or hard for you to follow the Holy Spirit instead of the world? Why?
- What is one way you can follow God's way this week?
- Is there someone you can share the Good News of Jesus and His way this week?