



“If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:25).

The Cure-All

Central Truth: Walking in the Spirit aides the believer in overcoming the various struggles of life.

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Topic: Holy Spirit: Filling of.

Wouldn't it be wonderful if a medicine could be developed that would cure all illnesses? Such a thing is impossible in the realm of physical ills.

There is one remedy which will cure all spiritual ills, however. The same remedy relates to all problems of the spirit. It is stated in three ways in the Bible: “*Walk in the Spirit*” (Galatians 5:16); “*Live in the Spirit*” (Galatians 5:25); and “*Be Filled with the Spirit*” (Ephesians 5:18). The ministry of the Holy Spirit is the remedy for all that plagues us in our spiritual lives.

A physician does not force his treatment upon the patient. He waits for the patient to come to him. Just so, the Holy Spirit does not force His help on anyone. He convicts and calls, but He does not coerce.

If a person is wise, he will seek the help of a physician for physical problems. And if he is wise, he will seek the help of the Holy Spirit for spiritual problems. Walking in the Spirit aids the believer in overcoming the struggles of life.

I. WHAT THE CURE IS

The cure is stated positively and negatively in Galatians 5:16. Positively, it is to “*walk in the Spirit.*” To “*walk*” in the Spirit means to be guided by the Spirit, to lead the life of the Spirit, to live our whole life in the Spirit. He governs our ambitions, controls our emotions, disciplines our thoughts, and directs our energies. He directs us in the “*newness of life*”

given us in Christ (Romans 6:4), so we can “*walk worthy of the vocation*” to which we were called (Ephesians 4:1). That is living in blessings.

Negatively, the cure is that we “*not fulfil the lust of the flesh.*” Our old nature has been crucified with Christ so that we no longer serve sin (Romans 6:6). We do not live in the flesh, but in the Spirit (Romans 8:9). We have put on the Lord Jesus Christ and make no provisions to satisfy the lusts of the flesh (Romans 13:14). Our goal is to “*abstain from fleshly lusts, which war against the soul*” (I Peter 2: 11).

Yet, the Christian life is not filled with negatives. We have gained so much in Christ that we do not consider what has been left behind. He is such a delight that we seek pleasure in no other, as the saints of God. The lusts of the flesh have little attraction to those of us who are walking in the Spirit.

II. WHY THE CURE IS NEEDED

A. There is a spiritual warfare raging. “*The flesh lusteth against the Spirit, and the Spirit against the flesh*” (Galatians 5:17). That warfare is near at hand, even in our own bodies. It requires us to wrestle against spiritual powers and persons far beyond our capacity to handle (Ephesians 6:12). That brings us into captivity to the law of sin in our members (Romans 7:23). We are hopelessly defeated by sin's lusts unless we have the help of God.

B. There is no victory by obeying rules. Law codes can show us when we sin, but they can never make us able to resist sin. Help is available, “*for the law of the Spirit of life in Christ Jesus hath made (us) free from the law of sin and death*” (Romans 8:2). “*The law made nothing perfect, but the bringing in of a better hope did; by the which we draw nigh unto God*” (Hebrews 7:19). Your hope is not in obeying laws but in surrendering to God.

C. There are corrupt works of the flesh. They are listed in three categories in Galatians 5:19-21. (1) Sexual sins include “*adultery, fornication, uncleanness, lasciviousness.*” (2) Spiritual sins are “*idolatry*” and “*witchcraft.*” (3) Social sins are “*hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like. . . . They which do such things shall not inherit the kingdom of God.*” Do you wonder why?

D. There is an exclusion from the kingdom of God. That is why the cure of the Holy Spirit is needed. Those who were “*fornicators, . . . idolaters, . . . adulterers, . . . effeminate, . . . abusers of themselves with mankind (sex perverts), . . . thieves, . . . covetous, . . . drunkards, . . .*

revilers,” or “extortioners” can be “washed, . . . sanctified, . . . justified in the name of the Lord Jesus, and by the Spirit of our God” (I Corinthians 6:9, 10, 11). Their names are written in the Lamb's book of life (Revelation 21:27).

III. HOW THE CURE APPLIES

What does the Holy Spirit do when He fills the believer and exercises His will in him? He produces the fruit of the Spirit, listed in Galatians 5:22, 23.

A. In one's own heart the Spirit produces love, joy, and peace (verse 22). Think of your own Christian experience. Love to God and your peers, joy in forgiveness of sin, and peace in assurance of acceptance before God were the emotions you experienced. The more you walk in the Spirit the more evident that fruit becomes in your life.

B. In one's relations to his peers the Spirit produces longsuffering, gentleness, and goodness (verse 22). Forbearance is a certain proof of self-discipline, but long-suffering plus kindness is evidence of the Holy Spirit's influence. Goodness is more than the absence of badness; it is the quality of being good for something — helpfulness, or generosity with time and money. Such a spirit is so opposed to the world that it is evidently the Spirit's work.

C. In one's relationship with God the Spirit produces faith, meekness, and temperance. “*Faith*” may refer to personal trust or to faithfulness, since each is the work of the Spirit. “*Meekness*” is disciplined strength, not weakness. “*Temperance*” is self-control. A confident trust in God (faith) causes one to discipline his life (meekness) so that he lives according to the will of God (self-control). Do you find the fruit of the Spirit in your own heart, in your relationship with people, and in your relationship with God? You must. Otherwise, the Holy Spirit will be grieved by sin in your life, and you will not please God.

IV. HOW THE CURE IS EXPERIENCED

Galatians 5:24-26 gives three things that a believer experiences as he walks in the Spirit and does not indulge in the works of the flesh. They are the essential and delightful results of the ministry of the Holy Spirit in the believer's life.

A. Crucifixion of the flesh is experienced. “*They that are Christ's have crucified the flesh with the affections and lusts*” (verse 24). Death to

sensual lusts is a daily experience for the spiritual person (Luke 9:23). One must bring all bodily appetites into slavery to his will (not the other way around) to gain the victory (1 Corinthians 9:27). Only when they are resolutely conquered is one a spiritual Christian (Colossians 3:5) who will *“no longer . . . live the rest of his time in the flesh to the lusts of men, but to the will of God”* (1 Peter 4:2).

B. Filling with the Spirit is experienced. To live in the Spirit and to walk in the Spirit (Galatians 5:25) is to be filled with the Spirit (Ephesians 5:18). That is normal Christian living. We are born of the Spirit, indwelt by the Spirit, guided by the Spirit, taught by the Spirit, empowered by the Spirit, aided in prayer by the Spirit, assured by the Spirit, gifted by the Spirit — every contact we have with God is by the Holy Spirit. It is natural, therefore, for us to be *“filled”* with the Spirit. To be filled means to be controlled and empowered by the Spirit of God who lives already in us. No one can serve God effectively or live for Him victoriously apart from being filled with the Spirit.

C. Enjoying Christian fellowship is experienced. Galatians 5:26 describes that fellowship as threefold. (1) We will practice humility, *“not desirous of vain glory.”* (2) We will share brotherliness. *“not . . . provoking one another.”* (3) We will love one another, *“not . . . envying one another.”* What a way to live! Think of the difference it would make if your entire community lived like that. No wonder we call the ministry of the Holy Spirit “The Cure-All” in this lesson title.

The Holy Spirit is the cure for all your spiritual needs. He does not just provide a cure; He is the cure. His presence and power in us makes spiritual health and victory possible. Do not resist Him or grieve Him. Submit and be filled by Him.

“If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:25).

Questions

1. Who is the Holy Spirit?
2. What does it mean to “walk in the Spirit”?
3. What does it mean to “live in the Spirit”?
4. What does it mean to be “filled with the Spirit”?
5. What is the enemy according to Galatians 5:16?
6. What causes a warfare to rage in us?
7. How is the fruit of the Spirit manifest in us?
8. What does it mean to crucify the flesh?
9. How can you be filled with the Spirit today?

10. How can you be sure you do not grieve the Holy Spirit?