

# WORD OF THE DAY



## WORD OF THE DAY ([Galatians 5:16](#))

*"This I say then, Walk in the Spirit, and ye **shall not** fulfill the lust of the flesh."*

### Walk this Way



As a child, my parents would often make requests of me. "Get me some water please", they would ask. "Get the remote control please," they would say. Now there were times when I was asked to do one task, and my attempt to complete this task was interrupted by another request from my parents. In such situations, I would respond, "which one do you want me to do? I can't do two things at once."

**Doing two things at once**, especially when those two things are opposites, and take you in different directions, is something that we simply can't do. In such cases, we can only do one thing at a time. This concept relates to our verse of the day in which Paul writes to the church in Galatia. He gives them the secret or the solution to the problem that we all face - the battle between spirit and flesh. Paul's solution is, you can't do two things at the same time. You can't both be led by the Spirit and led by the Flesh [at the same time]; so Paul tells us that we should "Walk in the Spirit". And when we take the path led by the Spirit, we will not be led by the flesh and therefore we will not "fulfill the lust of the flesh."

**Walking in the Spirit** inwardly starts with having a heart that is transformed by the Holy Spirit because we confess[agree with God] our sins, repent[turn away] of our sins, and submit to the leading of the Holy Spirit. Outwardly, walking in the Spirit often looks like being active in the things of God. For example, the drunkard, being tempted to go to the party where there is alcohol, walks farther away from that path when he chooses to walk in the Spirit and go to Bible study instead of the party. The young lady struggling with lust, won't have to fight the battle of making an unholy decision on her first date, if she chooses to walk in the Spirit and invite her boyfriend over to a family event where they have eyes for accountability, instead of being alone with him in private.

You can't do two polar opposite things at once, so don't sit by idling trying to figure out how to resist sin; get up and walk in [the path of] the Spirit, and you will not be walking in the path of the flesh. You can't walk [be led by] both at the same time.

-Your brother in Christ, [WNL](#)

## THOUGHT FOR THE WEEK

**Spiritual multitasking of the Spirit and the flesh in the same moment,  
is a Biblical impossibility.**

## PRAYER FOR THE WEEK

Dear God, thank you for showing me the path which helps me to not fulfill the lust of the flesh. Help me to be filled with the spirit, help me to sense the leading of the spirit, and to yield to the will of the spirit, so that I will walk in the spirit. In Jesus name I pray, Amen.



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