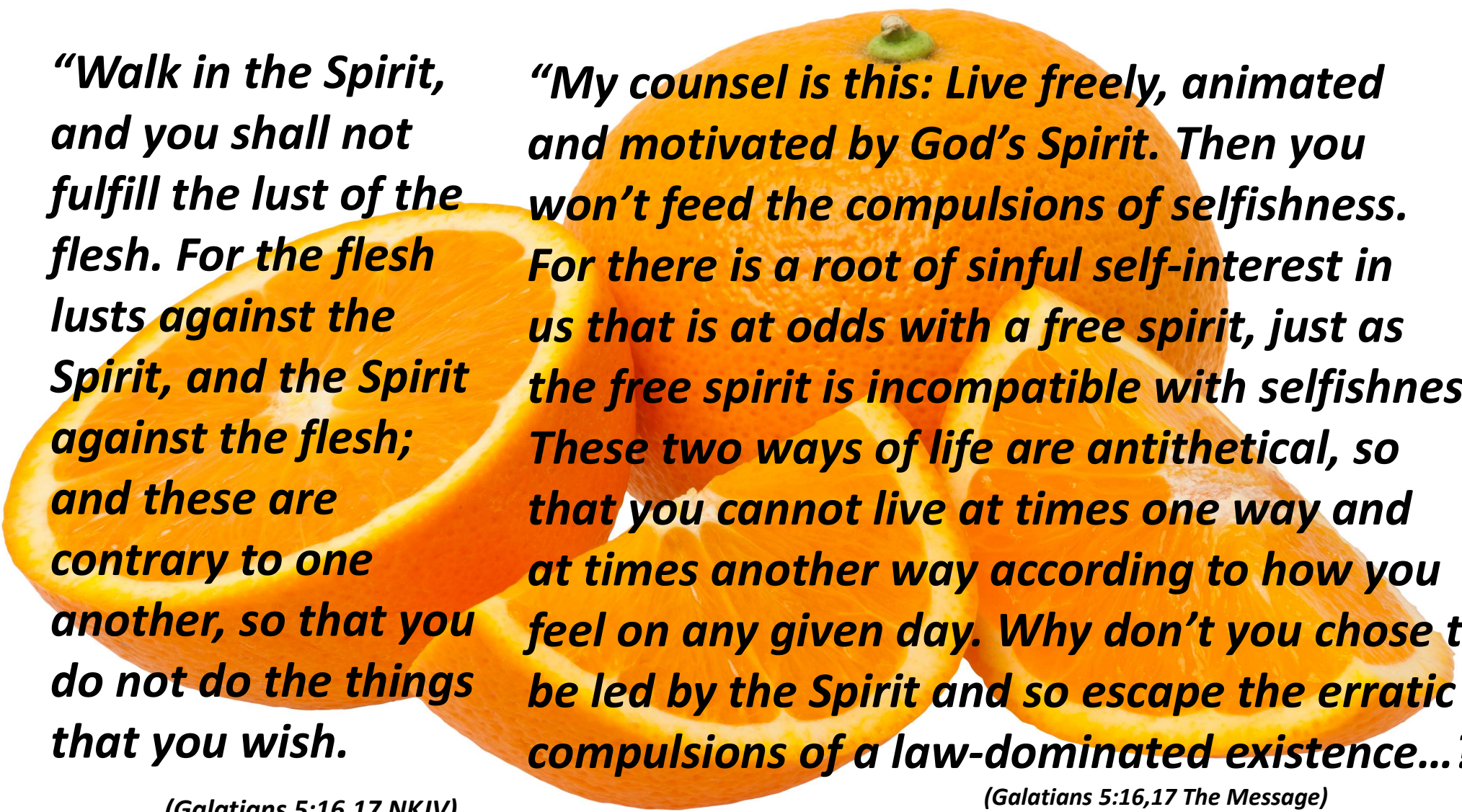


**Eat More Fruit  
...of the Spirit!**



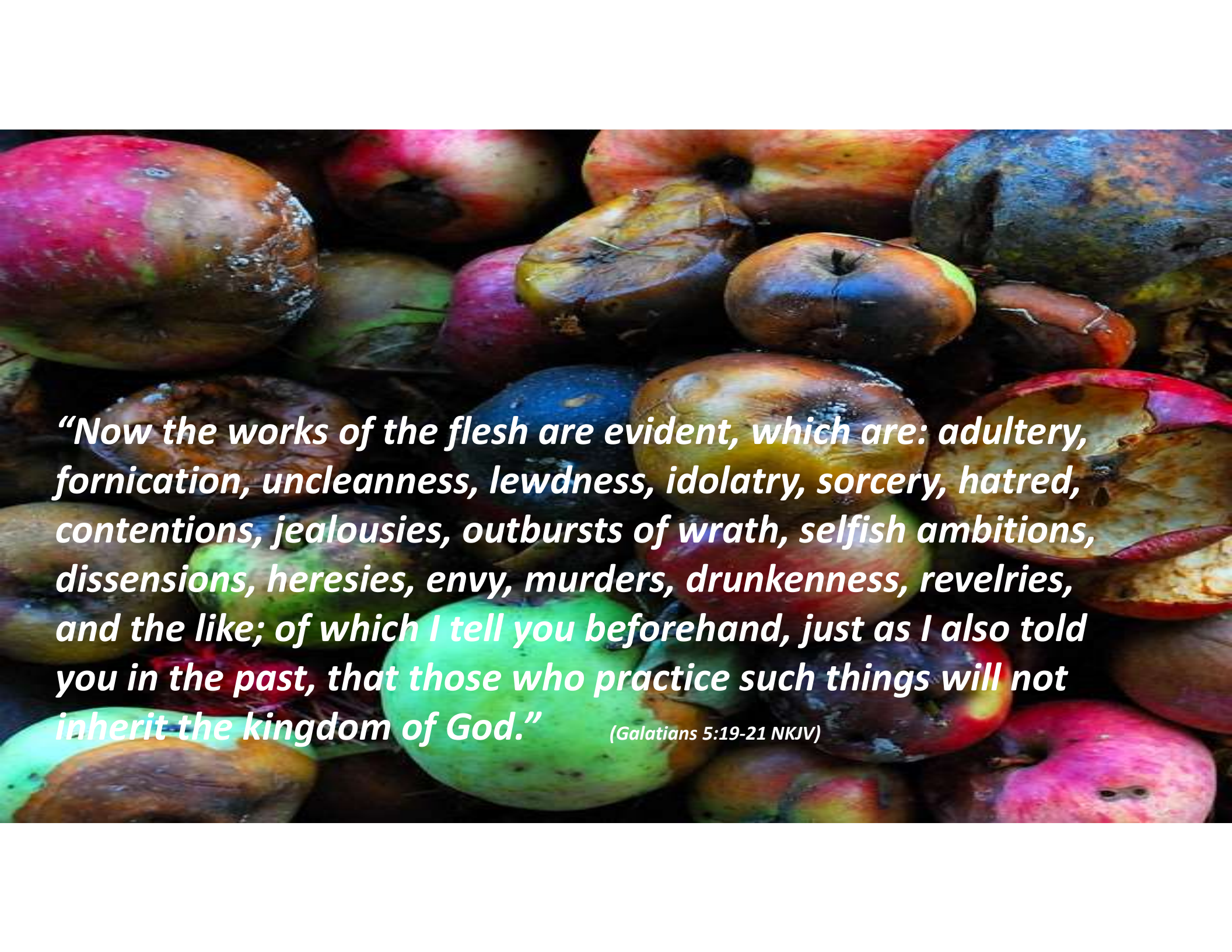


***“Walk in the Spirit,  
and you shall not  
fulfill the lust of the  
flesh. For the flesh  
lusts against the  
Spirit, and the Spirit  
against the flesh;  
and these are  
contrary to one  
another, so that you  
do not do the things  
that you wish.***

*(Galatians 5:16,17 NKJV)*

***“My counsel is this: Live freely, animated  
and motivated by God’s Spirit. Then you  
won’t feed the compulsions of selfishness.  
For there is a root of sinful self-interest in  
us that is at odds with a free spirit, just as  
the free spirit is incompatible with selfishness.  
These two ways of life are antithetical, so  
that you cannot live at times one way and  
at times another way according to how you  
feel on any given day. Why don’t you chose to  
be led by the Spirit and so escape the erratic  
compulsions of a law-dominated existence...?”***

*(Galatians 5:16,17 The Message)*



***“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in the past, that those who practice such things will not inherit the kingdom of God.”***

*(Galatians 5:19-21 NKJV)*



*It is obvious what kind of life develops out of trying to get your own way all the time; repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.*

*(Galatians 5:19-21, The Message)*

A man in a striped polo shirt and dark pants is walking on a beach at sunset. The sun is low on the horizon, casting a warm glow over the scene. The man is walking from left to right, looking towards the right. The beach is wet, and the waves are visible in the background.

## What walking-in-the-Spirit is **NOT**:

1. **Adopting** the “language” of a believer without the conversion of one’s heart.

2. **Pretending** “authenticity” without identity with His cross.

3. **Believing that practicing** a religious lifestyle attests to one’s faith, rather than denying one’s self to be led-by-the-Spirit: to be free from the law of sin and death. (Galatians 5 and Romans 8)

## 1. Adopting language, vs. conversion...

1. Affirming
2. Dynamic
3. Warm
4. Nurturing
5. Orthodox
6. God-honoring
7. Anointed
8. Uplifting
9. Edifying
0. Heart-felt

1. Spirit-filled
2. Vital
3. Biblical
4. Worshipful
5. Devotional
6. Reverential
7. Theological
8. Ministry-minded
9. Consecrated
0. Spiritual

1. Teaching
2. Challenge
3. Intimacy
4. Community
5. Praise
6. Blessing
7. Faith
8. Sharing
9. Stewardship
0. Precepts

**Pretending to be  
authentic without  
embracing one's cross.**

**“And those that are  
Christ's have crucitified  
the flesh with its  
passions and desires.**

**(Galatians 5:24)**



***“But the fruit of  
the Spirit is love,  
joy, peace,  
longsuffering,  
gentleness,  
goodness, faith,  
meekness  
temperance;  
against such  
there is no law.”***

*(Galatians 5:22,23)*

