

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

The word “Walk” captured my attention because of its capitalization. The word here is “peripateō” meaning:

1. To make one’s way, progress; to make due use of opportunities
2. Hebrew for, to live
 - a. To regulate one’s life
 - b. To conduct one’s self
 - c. To pass one’s life



We all face the battle between our flesh and our spirit. The two are constantly at war with one another. As in a fight between two dogs, the one that wins is the one we feed the most.

When we feel like a failure because the wrong dog won, determine to take a closer look at your “dog food.” What are you feeding yourself? Are you strengthening your spirit or your flesh?

Determine to put yourself on a healthy diet: avoiding the junk food of the world and feeding yourself upon God’s Word and spending time with Him in prayer and service.

Galatians 5:17, “For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”

Saying ‘No’ to ourselves when we really desire to do something we shouldn’t can be difficult. We find ourselves coming up with all types of reasoning to attempt to justify our decision.

Galatians 5:24, “And they that are Christ’s have crucified the flesh with the affections and lusts.”

Saying ‘No’ is part of the Christian life. As His children, He allows us to experience the temporary sweetness of satisfying our flesh along with the enduring bitterness associated with sin. Like gravel in our mouth, we develop distaste for what the world has to offer and we find it easier to say ‘No’.

To remember the reference, think about a soldier going into battle. To win, he must be prepared and on guard. His weapon must be sharp and ready. He needs to have a battle plan.

We also must look closely at what we are carrying and where we are walking in order to win against our flesh and the devil.



As the soldier carries his sword and shield, we must carry the sword of our Lord. His Word is our shield and weapon in the battle. So when you examine yourself, look to see what you are carrying. Is your weapon sharp and ready for battle?

To remember the reference:

In your hand should be the Word of God. Your hand is represented by the number of fingers on your hand, five. (Chapter 5)

Closely evaluate your path in life. You will never win in the battle without a battle plan. We must watch closely to where we are walking. Your feet are represented by the number of toes, ten.

The enemy, our flesh and the devil is represented by the number '6'. (10 + 6 = 16 – The Verse)

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