



Galatians - Chapter 5:16-18

The Means of the Spiritual Life

Holly Hills Bible Church – February 15, 2026



Last week's lesson was called:

“The Flesh and the Spirit in Opposition”

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Is this true for the unbeliever or only the Christian?

Why or why not?

Only the Christian has the Spirit indwelling.

Romans 8:9-10 (NASB)

⁹ However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. ¹⁰ If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.



The Spirit and the flesh are totally contrary to one another.

v17 "...for these are in opposition (ἀντίκειμαι) to one another."



- **Galatians 5:17-18 (NASB)**

¹⁷ For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. ¹⁸ But if you are led by the Spirit, you are not under the Law.



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Galatians 2:19 "For through the Law I died to the Law, so that I might live to God.

Galatians 5:1 It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.



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The Holy Spirit leads us to walk according to **His** desire and NOT after the desire of the flesh.



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¹⁹ Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, ²¹ envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.



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Colossians 2:6

Therefore as you have received Christ Jesus the Lord, so walk in Him,



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Galatians 2:19-20 (NASB)

¹⁹ "For through the Law I died to the Law, so that I might live to God.

²⁰ "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.