

Living In A Conflict

Brenton Friesen – January 25, 2026

Galatians 5:16-25

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Galatians 5:17

For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. **They are in conflict with each other, so that you are not to do whatever you want.**

“The flesh is a built-in law of failure, making it impossible for natural man to please or serve God. It is a compulsive inner force inherited from man’s fall, which expresses itself in general and specific rebellion against God and His righteousness. - Mark Bubek

Romans 7:18-25

For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

Romans 8:5-9

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. ⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

Romans 8:12-16

Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” ¹⁶ The Spirit himself testifies with our spirit that we are God’s children.

John 14:18

I will not leave you as orphans; I will come to you.

How Do We Overcome This Battle/Conflict With Our Flesh?**1. WE DAILY CRUCIFY THE FLESH****Galatians 5:24**

Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Romans 6:11-12

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹² Therefore do not let sin reign in your mortal body so that you obey its evil desires.

Galatians 6:14

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

2. LIVE BY THE SPIRIT**Galatians 5:16**

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

The Holy Spirit is the:

- **Paraclete** - Helper - one who comes along side to help
- **The Counsellor**
- **The Spirit of truth**: who will teach us all things

3. KNOW GOD'S WORD**Psalms 119:11**

I have hidden your word in my heart that I might not sin against you.

4. SOW TO THE SPIRIT**Galatians 6:8-9**

For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. ⁹ And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

5. SEEK TO BE FILLED BY THE SPIRIT**Ephesians 5:15-20**

Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is. ¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

6. WALK TOGETHER WITH THE CHURCH

LET US keep in step with the Spirit:

Galatians 6:1-2

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ² Carry each other's burdens, and in this way you will fulfill the law of Christ.