

WALKING IN THE SPIRIT

For as many as are led by the Spirit of God, these are sons of God

We must CHOOSE to die daily to our fleshly desires and CHOOSE to obey God's Word instead of earthly, sensual or demonic wisdom. There is wisdom from above and there is wisdom from below. WE CHOOSE daily if the flesh is going to rule or are we going to WALK IN THE SPIRIT. Walking in the SPIRIT reaps LIFE and walking in the flesh following our carnal thinking reaps destruction. WE CHOOSE LIFE OR DEATH daily. Our WORDS are the result of WHAT WE THINK and that is why we must DAILY take our minds captive to the obedience of the KNOWLEDGE of CHRIST. God's Word must be the manna from heaven that keeps our spirit free from the corruptible ways of the world. We are in the world, but we are not of the world. Walking in the Spirit is VICTORY over the carnal mind, ways, and actions. You cannot defeat the enemy by your own will. It is a CHOICE to submit your will 100% to God's Word. You must renew your mind daily with the cleansing Word of God and you must CHOOSE to walk out HIS WORD to include CHOOSING to forgive yourself immediately when you fail. Just repent and do not wallow in self-pity and self-condemnation. Notice condemnation belongs to those who walk in the flesh, not the spirit. You can be a believer and in condemnation if you CHOOSE to walk by the carnal mind instead of walking in the Spirit. Rom 8:1-2 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. 2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

This may seem impossible to walk by the Spirit, however, after 17 years of seeking the Lord about HOW to apply to my own life how to WALK in the SPIRIT, I want to share with you practical ways to PRACTICE Walking in the Spirit. I have attached the scriptures that you use to judge your thinking, your actions and your will in all you choose to do. You must judge yourself, I cannot do that, nor should I. I can only guide you how to FOLLOW YOUR TRUE and only teacher, the HOLY SPIRIT. **John 14:26 "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**

If you obey God from a pure heart, you will humbly obey the Word over what the world tells you to do. You will tell PRIDE (a spirit of the world) that you will not listen to it any more. **1 Jn 2:16 For all that is in the world-- the lust of the flesh, the lust of the eyes, and the pride of life-- is not of the Father but is of the world.** You don't want to be taken captive by satan through your lusts that your pride refuses to deal with. **2 Tim 2:26 and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will.**

Walking in the Spirit is to consciously and purposefully choose God's ways over the ways of the World or the desires of your flesh. Once you choose to obey, your flesh will stop nagging you and you will "feel" the joy of the Lord because you obeyed. You may feel like you are suffering when you first choose to obey God over your fleshly desires, but it will pass quickly as your feelings catch up to your obedience. Just remember there is a reward for not growing weary in doing good. The flesh suffering is a "good" thing. If you feel the suffering, just remember Jesus learned obedience through the things He suffered. As your flesh suffers, you learn obedience and soon the JOY of the Lord will replace the suffering. It is WORTH the short time you suffer. The faster you force the Kingdom of Darkness out of your thinking, the faster you will get through the suffering stage. The flesh is a "brat" and acts like a "brat" and just realize the flesh will be fine after you get through the battle that forces your FLESH to walk in the Spirit. That is why when you walk in the Spirit you will NOT fulfill the lusts of the flesh. The Holy Spirit empowers you to be victorious. HOWEVER you have the free will to CHOOSE to receive His Help or reject help. Self-pity is a trick of the enemy to reject help from the Lord. Cast down all of the vain imaginations. Get your mind off of self and onto Christ and obey the Holy Spirit, your teacher, comforter and source of help.

God's Ways are contrary to the ways of the world. That is why we cannot allow our minds to reason things out. We may not understand God's Word at first, but we can CHOOSE to obey. Understanding will follow our obedience. God is faithful to tell you things you do not know. For example, God says do good to them that wrongly persecute you and to pray for your enemies. We are brainwashed daily by the media that revenge is sweet and we watch movies that glorify executing vengeance. I wonder what kind of response a movie would have if the plot were to do good to overcome evil, instead of glorifying vengeance? Does God lie when He says vengeance is Mine? Choose God's Way. Acknowledge God in ALL of your ways. **Prov 3:5-8 Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; fear the LORD and depart from evil. It will be health to your flesh, and strength to your bones.**

As you learn to Walk in the Spirit you should notice illness loses its power as well. God's Word is health to your flesh and strength to your bones. It is the Word that was sent for our healing. Disease is the result of lack of knowledge and the knowledge of God's Word will deliver you from sickness. Choose to believe that God's Word is the POWER that will heal, but also study to show yourself approved. If you lack the knowledge that gravity is not a respecter of persons and assume God will deliver you from you choosing destruction by jumping off a 100 foot building, that is just being naïve or simple minded. It is the same in health matters, we are naïve to imagine our God created cells require toxin/sorcery/pharmacia instead of the foods that build up and allows God's Word to heal the cell. Healthy cells equal a healthy body. Sorcery is a witchcraft that manipulates reactions as it tears down the God created order of the body. We need a clean and well nourished cell in order to have a healthy cell and if all of your cells are clean and well nourished the Word is able to communicate healing. How can you expect God's healing word to communicate through cells that are filled with toxic foods, drinks and medications. Cells need cleanliness. Would you pore toxins on an open wound to heal it? Common sense has eluded a Godless medical system. Although there is good in the health care system, it does not eliminate the lack of Godly wisdom and the destruction that comes from "lack of knowledge". Imagine a health care system that acknowledged God in all of their ways. Would God withhold the cure? Walking in the Spirit includes acknowledging God in all of our ways to include what we allow the world to do to our bodies in health care.

Do you want to make yourself an enemy of God?

James 4:4...friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.

How to test wisdom using the scripture below

James 3:14-18

14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. 15 This wisdom does not descend from above, but is earthly, sensual, demonic.

16 For where envy and self-seeking exist, confusion and every evil thing are there. 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. 18 Now the fruit of righteousness is sown in peace by those who make peace.

I do believe the Bible is clear that government is ordained by God to execute judgment on criminals to include the death sentence, other wise we would have only a wasteland to live in with no order. However, in our individual daily WALK IN THE SPIRIT we learn to bring others to Christ by allowing the FRUIT OF THE SPIRIT to manifest through our bodies, God's Temple. We have success when we PRACTICE the FRUIT of the SPIRIT and the Bible says there is NO LAW against those who practice these things.

The Bible says our minds must be renewed and CHOOSING God's Wisdom found in His Word in everything is acknowledging God in all of our ways and He will make our path straight. We must PRACTICE and EXERCISE God's Word in order to learn how to discern between good and evil.

I Jn 1:6-10

6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not **practice the truth**. 7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar, and His word is not in us.

Heb 5:14

14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

It is necessary to **CHOOSE to practice and exercise** taking take the MIND CAPTIVE to God's Word, and to WALK IN THE SPIRIT by practicing and exercising God's Word. The FRUIT of the Spirit is our personal thermometer to measure how well we are WALKING in the SPIRIT. You can daily "judge yourself" and CHOOSE to turn away from the thinking that is earthly, sensual and demonic wisdom. We CHOOSE to do things

God's way and the REWARD for our choice is evident in the FRUIT we have. **Do you want a life full of the FRUIT OF THE SPIRIT?** (Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control) A man who has self-control is greater than a man who can take a whole city. **Do you want the kind of POWER of God in your life that is a light so bright others can see it? Are you tired of being a hypocrite who wants to do good, but you fail because you are attempting to walk by your own strength?** If you allow God's SPIRIT to lead you, you will not grow weary when you run, nor will you faint when you walk. Even in tribulations you will experience HIS JOY. Our emotions are either ruled by the Spirit of God with a great sense of FREEDOM and a feeling of well-being OR our emotions are controlled by the darkness of the world where we feel heaviness, depression, oppression, condemnation and a critical thought of others and self. Satan moves us by our emotions like a puppet on strings. Satan/evil spirits work through THOUGHTS! Our thought life is the PLACE that becomes a strong hold if we do not cast that thought down as a vain imagination and tell it to Go in Jesus name! That is why we must take our thoughts CAPTIVE to God's Word. Depression is a thinking pattern that is unable to see hope. It is a hopelessness feeling that makes a person depressed. It is impossible to be depressed when you CHOOSE to be led by God's Spirit and you CHOOSE to believe God as you CAST DOWN ALL vain imaginations that exalt themselves above the knowledge of God's Word. IT IS A CHOICE. A man is as HE THINKS.

CHOOSING to walk in the SPIRIT is not of yourself; you do not WILL to walk in the Spirit, YOU WILL to submit to God, resist the devil and devil has to flee. When we CHOOSE to submit to God and trust in GOD, it is by HIS SPIRIT that we are empowered to be victorious. We are to give THANKS in everything for this is the WILL of God and never are we to think we are anything apart from HIM, for apart from HIM we can do NOTHING. His Spirit EMPOWERS you with the TRUTH of HIS WORD to be FREE, for whom Christ makes free is free indeed.

When we are captive, we are captives by choice. Just as we are free by choice. The difference is KNOWLEDGE. People who do NOT know who they are in CHRIST allow the enemy to fill them with his lies and they are his captive because they choose to believe the lie. They remain captive if when presented the gospel and they reject the truth of God's Word. Hosea 4:6 My people are destroyed because of lack of knowledge. Pride will keep people in bondage because they will not receive the free gift of life through Jesus Christ. God's people remain in bondage because of belief systems that exalt themselves above the knowledge of God's Word. It is lack of knowledge that destroys. If you KNOW THE TRUTH, THE TRUTH will make you FREE. Do you know Jesus, the TRUTH, THE WAY and THE LIFE?

THERE is no power in hell that can prevail against the CHURCH. You are the CHURCH of Jesus Christ because YOU are HIS BODY. We have been seated in heavenly places and it is by CHOICE that we walk in the Spirit of life in Christ Jesus and experience victory over the works of the flesh. We are AT WAR, but we already have the victory. BE NOT FEARFUL, but be BRAVE taking by FORCE what the darkness has taken from you. You have been given weapons that are NOT carnal but mighty in GOD for the tearing down of strongholds. Strongholds are the LIES that you choose to believe, but now you can choose GOD and be empowered to overcome the onslaught of false emotions that satan has used to control you in the past. True emotions are from God and they are LOVE, JOY, Peace....etc.

FEAR is a lie and that is why Gods tells us over 360 times in the Bible, DO NOT FEAR. He says, I HAVE NOT given you a spirit of fear, but of LOVE, of POWER and a SOUND MIND. FEAR is a spirit. Cast it out with the TRUTH of God's Word. The TRUTH will **make** you free. God has given us the spirit of LOVE, of POWER and a SOUND MIND. No earthly diagnosis or symptoms caused by the fear of satan can stand up to the name of Jesus. Bi-polar, depression, oppression, addictions, anger, hate, fear, cancer, and all evil has already been defeated in Christ Jesus. We are warriors for Christ and can be trained to ALWAYS defeat the enemy in our lives. It is not just so we can experience freedom, but so we can help others become free in Christ Jesus. Freely we have received, freely we give. I know as soon as you get started and allow the truth to make you free, God will send others to you to share what God just taught you. He won't wait for you to spend years in training. The training never ends, and we daily die for Christ and He will use you in any way you let Him. He said the harvest is ready, but the harvesters are few. You will be used to help others, and you will grow with them as well. Many things I have learned came to me while I was helping others. The Lord will give you the Wisdom and the Words and they learn and you will learn as the Lord gives you HIS WISDOM. God always blesses you when you bless others.

Test God's Word. The next time you feel offended by someone do this. IMMEDIATELY CHOOSE to forgive them in your heart. Renounce the judgment you just made against them for the pain you felt from their words or actions. Repent for making any vows like they will never hurt you again or I will never talk to them again, etc.. Do this **all** in

your heart secretly. It is a gift given in secret. Choose to forgive and release the person from the offense in your heart and you will FEEL the pain of the offense leave your body like an arrow being pulled out. It is an arrow from the devil sent through the words that he gave the person and most of the time the person has no clue he or she was being used by satan to hurt you. That is why we must test every thought and be slow to speak. If you practice this test, you will see just how powerful God's Word is and you will FEEL the emotion of offense LEAVE you. Why do you FEEL it? Because I have learned that the demonic arrows of satan like rejection, fear, offenses come with the emotions. The spirits carry the pain of the emotions. They have no place of offense in us unless we give it to them. They have a PLACE ONLY if you receive the offense.

If you reject the offense, the fear, or the painful emotions then the enemy has no place to send his arrow because your shield of FAITH stopped ALL of the arrows of the enemy. Offenses are arrows with strings attached and satan uses these strings to move you like a puppet. You become his slave. Offended people are not walking in the Spirit. But if you CHOOSE to reject the offense and forgive immediately then the POWER of God will make you free from the emotion and your spirit will be controlled by the LOVE, JOY, PEACE, etc.

With practice soon you will notice you don't get offended (slow to anger) easily. When you do "feel" the offense definitely go on the defense and use God's Word to choose righteously. Don't use worldly wisdom, only God's Word. GOD'S WORD IS THE SOURCE OF ALL TRUTH AND HIS POWER, HIS LOVE NEVER FAILS. Love is a key to making faith work. You do have to choose to LOVE the offender and God will heal the emotions and pull the arrow out, and empower you to WALK in the SPIRIT. HIS YOKE IS EASY. If what you try feels hard, it is a sign you are doing it instead of allowing God to work it. YOU CHOOSE LIFE OR DEATH. A trick of satan is to tell you "it is hard". That is NOT from God because the yoke of Jesus is EASY. It is hard is a CLUE thought that satan is deceiving you into believing a lie. It is not hard to obey God, the hard feeling comes from a flesh that does not want to die. You can make it submit by your free will.

Consider every offense a test or as an opportunity to pass the testing of your faith. God will test us to see what is in our hearts. Our faith is Holy to God. He wants you to build up your Most Holy Faith.

Ps 66:10

10 For You, O God, have tested us; you have refined us as silver is refined.

Heb 11:17

17 By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises offered up his only begotten son,

God considers your faith more precious than gold. CHOOSE to pass every test by choosing God's Word over emotions, judgments and worldly reasoning and logic. Cast down all vain imaginations that exalt itself above God. Take your mind CAPTIVE to God's Word. The righteous take it by FORCE. Do not let unbelief keep you from God's Rest. We are in His Rest when we walk by the Spirit. Heb 3:19 So we see that they could not enter in because of unbelief.

1 Pet 1:6-9

6 In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials,
7 that the genuineness of your faith, being much more precious than gold that perishes, **though it is tested by fire**, may be found to praise, honor, and glory at the revelation of Jesus Christ,
8 whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory,
9 receiving the end of your faith-- the salvation of your souls.

Ps 11:7

For the LORD is righteous, he loves righteousness; his countenance beholds the upright.

The awesome part of the scripture below is that if we PRACTICE the FRUIT of the SPIRIT there is NO LAW against such things. The Law of the Spirit of LIFE in Christ Jesus has overcome the law of sin and death.

Gal5:16-26

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 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. **18 But if you are led by the Spirit, you are not under the law.** 19 Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, 20 idolatry, sorcery, hatred, contentions, jealousies,

outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law. 24 And those who are Christ's have crucified the flesh with its passions and desires. 25 If we live in the Spirit, let us also walk in the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

1 Jn 4:7-21

7 Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.
8 He who does not love does not know God, for God is love.
9 In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.
10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.
11 Beloved, if God so loved us, we also ought to love one another.
12 No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us.
13 By this we know that we abide in Him, and He in us, because He has given us of His Spirit.
14 And we have seen and testify that the Father has sent the Son as Savior of the world.
15 Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.
16 And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.
17 Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world.
18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.
19 We love Him because He first loved us.
20 If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?
21 And this commandment we have from Him: that he who loves God must love his brother also.

1 Cor 13:1-13

1 Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal.
2 And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing.
3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.
4 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up;
5 does not behave rudely, does not seek its own, is not provoked, thinks no evil;
6 does not rejoice in iniquity, but rejoices in the truth;
7 bears all things, believes all things, hopes all things, endures all things.
8 Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away.
9 For we know in part and we prophesy in part.
10 But when that which is perfect has come, then that which is in part will be done away.
11 When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.
12 For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.
13 And now abide faith, hope, love, these three; but the greatest of these is love.

Rom 8:1-39

1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.
2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

3 For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh,
4 that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.
5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.
6 For to be carnally minded is death, but to be spiritually minded is life and peace.
7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.
8 So then, those who are in the flesh cannot please God.
9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.
10 And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.
11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.
12 **Therefore, brethren, we are debtors-- not to the flesh, to live according to the flesh.**
13 **For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.**
14 **For as many as are led by the Spirit of God, these are sons of God.**
15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."
16 The Spirit Himself bears witness with our spirit that we are children of God,
17 and if children, then heirs-- heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.
18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.
19 For the earnest expectation of the creation eagerly waits for the revealing of the sons of God.
20 For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope;
21 because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God.
22 For we know that the whole creation groans and labors with birth pangs together until now.
23 Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.
24 For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees?
25 But if we hope for what we do not see, we eagerly wait for it with perseverance.
26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.
27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.
28 And we know that all things work together for good to those who love God, to those who are called according to His purpose.
29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.
30 Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.
31 What then shall we say to these things? If God is for us, who can be against us?
32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?
33 Who shall bring a charge against God's elect? It is God who justifies.
34 Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.
35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?
36 As it is written: "For Your sake we are killed all day long; we are accounted as sheep for the slaughter."
37 Yet in all these things we are more than conquerors through Him who loved us.
38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,
39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.