

Central Study Hour – Sabbath School Lesson Notes

“The Gospel in Galatians”: Lesson 12, “Living by the Spirit”

SABBATH AFTERNOON

Read the title and memory text connecting it to the title.

Share lines from “Come Thou Fount” that indicate the natural human heart is prone to wonder from God.

Read the last 3 sentences of the narrative.

SUNDAY: “WALKING IN THE SPIRIT”

Read Gal. 5:16. *What does the concept of “walking” have to do with a life of faith?* **Read Deut. 13:4.** According to this verse, walking means keeping God’s commandments, obeying His voice, serving Him and cleaving to Him.

Col. 1:10 says to **“Walk worthy of the Lord...being faithful in every good work.”**

Eph. 4:17 warns **“Walk not as other Gentiles walk, in the vanity of their mind.”**

What does it mean to walk in the vanity of their own mind? **Read Romans 13:13.** *Wouldn’t you agree that rioting, drunkenness, strife and envy are examples of walking in the vanity of your own mind?*

Verse 14 shows the right way to walk. **Read Rom. 13:14.**

Share highlights as desired from the first paragraph regarding walking in **“the way.”**

The Old Testament emphasizes **“walking in the law.”**

Are Paul’s comments about “walking in the Spirit” contrary to obedience to the law? How do we know that Paul expects that those who walk in the Spirit will also walk in the law? **Read Rom. 8:4.**

Read the last 3 sentences of the last paragraph.

Read the first two questions in the box at the bottom of the page. *Do we need to understand this better? How does one know if he/she is walking in the Spirit?*

Discuss the last question in the box.

MONDAY: THE CHRISTIAN’S CONFLICT

Read Gal. 5:17 and Rom. 7:14, 19, and 24. *Can you relate to the struggle described here?*

All persons struggle between the work of the Holy Spirit and the pull of the flesh or carnal nature. Unbelievers may hardly feel the struggle if they normally yield to the flesh, whereas the person who has accepted Christ is more aware of the spiritual nature at war against the flesh.

Throughout history, Christians have sought for relief from the pull of the carnal nature. Some have tried “withdrawing from society” (see Teacher’s Comments, p. 160 top half for how Greek dualism influenced early Christians.) *But why can’t isolation from society really work?* (Because no matter where we go, we take our struggle (our fallen nature) with us.)

Another attempt to cope with our fallenness and struggle was the teaching that our “sinful nature can be eradicated” by a special act of divine grace, instant holiness. Some called it receiving Holy flesh. This is a false view of sanctification just as surely as was the acetic view of making the body suffer.

Bible truth makes clear that while living in the Spirit enables a born again person to overcome the desires of the flesh, the conflict does not go away. We will have our fallen flesh until Jesus comes. “Our only hope of subduing the flesh is by making a daily decision to side with the Spirit against our sinful selves.”

But How?

[Optional: A study on the larger context of Romans 7 utilizing both Romans 6 + 8 could be very useful here if there is time. (I did it for Central Study Hour in 10 minutes.) Contrast the negativity and defeat of 7:14, 19 with the positive overcoming of sin in 6:1-2, 6-7, 11, 14, and 27. In Romans 6 the key is death to self to find newness of life. However, Paul has not yet explained the role of the Holy Spirit. So, Romans 7 is about trying to keep the law without the Holy Spirit which simply leaves one under the power of sin. In 7:1 the concern is for those trying to keep the law. See 7:1, 7, 10-11, 14, 19, and 24. In Romans 8, Paul brings in the role of the Holy Spirit as one of the most essential element in the Christian life. Contrast 7:11 with 8:1, 4. Contrast 8:5-8 with 7:14. Conclude with 8:9, 13-15, 17.]

Most Essential Point of the Lesson!!! Again **Read Gal. 5:17**. Then **read vs. 16** (the answer: to walk in the Spirit!!!) **Read vs. 18**.

[Optional: Teacher’s Comments top of p. 161 has useful material that could be used here.]

TUESDAY: THE “WORKS OF THE FLESH”

Read Gal. 5:19-21. *For which of the “works of the flesh” can you clearly see the violation of one of the ten commandments?* (adultery, etc. - 7th, idolatry - 2nd, hatred, etc. - 6th, envyings - 10th) *What is the end result for the “works of the flesh”?* (Not able to enter the kingdom of God -see also Rev. 21:8)

Read Gal. 5:22-25. *When a person lives out the “fruit of the Spirit,” what has happened to the “affections and lusts” of the “flesh”?* (Verse 24 says they were “crucified.”)

WEDNESDAY: “THE FRUIT OF THE SPIRIT”

Read the title. What are the fruit again? (see verse). Read the question comparing the fruit with the 10 commandments. *How do the verses given help answer this question?*

In **Matt. 5:21-22** Jesus said that anger and hatred are murder in the heart.

In **verses 27-28** He said that lust is adultery in the heart.

In **Matt. 22:35-40** Jesus summed up all the commandments as love to God and fellow human beings.

(What we see here is that both the 10 C’s and the fruit are about attitudes and actions that spring from love in the heart. The 10 C’s are mostly about what not to do, what a loving person

doesn't do; whereas the fruit is about what a loving person does do, the attitudes and actions of a loving person.)

"The Ten Commandments are not an alternative to love; they help guide us in how we are to show love." For example, love means you won't steal someone's things or tell lies about them. "Love is not in conflict with the law."

Some people claim that Jesus saying He gave a new commandment to "**love one another**" replaced the Ten Commandments. *Have you ever heard that?* "The idea that love for God and love for our neighbor void the Ten Commandments makes about as much sense as saying that love for nature voids the law of gravity."

The 10 C's are often referred to as a transcript of God's character. The fruit of the Spirit is essentially a description of Jesus. *Is there really any difference?* (No)

"Love is the preeminent fruit of the Spirit (**1 Cor. 13:13** ["**the greatest of these is love.**"]), and it should define the life and attitudes of every Christian." In **John 13:35**, Jesus said, "**By this shall all men know that ye are my disciples, if ye have love one to another.**"

How much self-denial is involved in love? Can you love without self-denial? (We deny self and selfishness to treat others with love and respect.) *What does Jesus teach us about love and self-denial?* (See **Luke 9:23**. "**If any man will come after me [follow me, love me], let him deny himself, and take up his cross daily, and follow me.**"

THURSDAY: THE WAY TO VICTORY

Read the top portion of the first quotation on Friday's page. *How do you know if you are walking in the Spirit?* Read the 2nd quotation (the fruit will show in the life!).

Ask the question near the top of Thursday's page.

Share some of the important points for the first 3 key verbs ("**walk,**" "**to be led,**" "**to live**") as explained in the narrative. The key is that each of these action verbs are to be continuous.

Share the last paragraph for the 5th verb "to crucify."

Conclusion: Discuss the question in the box at the bottom of the page.

If desired, close with the excellent summary at the bottom of Friday's page