



## Examine Your Fruit

By Terry Kountz on April 30, 2024

### TODAY'S READING: Galatians 5

In Galatians 5, Paul passionately addresses the believers in Galatia, urging them to live in the freedom that Christ has provided. He contrasts the freedom we have in Christ with the bondage of legalism and the dangers of indulging the flesh. This chapter calls believers to live a life guided by the Holy Spirit, rather than being yoked again to the burden of the Law.

Paul emphasizes that true freedom is not an excuse for indulgence in sinful desires, but an opportunity to serve one another in love (Galatians 5:13). The battle between the Spirit and the flesh is central in this chapter, highlighting the daily choices we face as followers of Christ.

Here are some ways we can apply this to our lives:

- Walk by the Spirit: To "walk" implies a continuous, ongoing action. Walking by the Spirit means daily, moment-by-moment submission to the guidance of the Holy Spirit, leading us in decisions and actions that align with God's will.
- Bear the Fruit of the Spirit: In verses 22-23, Paul lists the fruits of the Spirit—love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. These are not just ideals, but tangible expressions of a life lived in the Spirit. Are there any of these fruits missing from your life? Think about why that may be.
- Avoid the Works of the Flesh: The works of the flesh listed in verses 19-21 are clear. Paul warns that those who live by these will not inherit the kingdom of God. It's a sober reminder to continually turn away from sin and to embrace the transformation the Spirit brings.

Galatians 5 challenges us to examine our lives: Are we walking in the freedom and power of the Spirit, or are we entangled again with the yoke of the bondage of sin? As we choose to walk by the Spirit, we will truly experience the life of freedom and victory intended for us through Christ Jesus.

**PRAYER:** Father God, thank You for the freedom that comes from being in Christ. Help me to walk by Your Spirit each day. May I not use my freedom as an opportunity for the flesh, but through love serve others. Cultivate in me the fruit of the Spirit, and help me turn away from the desires of the flesh. Lead me in Your ways, that my life might reflect Your love and righteousness.

### TOMORROW'S READING: Ephesians 4

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