

- 15) walking by faith (2 Cor 5:7),
- 16) walking in good works (Eph 2:10),
- 17) walking according to God's commandments (2 John 6),
- 18) walking in the truth (2 John 4; 3 John 3, 4),
- 19) walking in love (Eph 5:2) and walking according to love (Rom 14:15).

Conversely, you're not walking in the Spirit if you're:

- 1) walking according to the flesh (Rom 8:4),
- 2) walking like man (1 Cor 3:3),
- 3) walking as the Gentiles walk (Eph 4:17),
- 4) walking as enemies of the cross (Phil 3:18),
- 5) walking by sight (2 Cor 5:7),
- 6) walking as unwise men (Eph 5:15),
- 7) walking in an undisciplined manner (2 Thess 3:6, 11),
- 8) walking in trickery or treachery (2 Cor 4:2),
- 9) walking in darkness (1 John 1:6; 2:11),
- 10) walking in trespasses and sins (Eph 2:1-2),
- 11) walking in sexual immorality, impurity, passion, evil desires, and greed (Col 3:5-7).

3. Walking in the Spirit relates to the Holy Spirit's post-salvation ministries, not to his pre-salvation (convicting) or salvation (regenerating, indwelling, baptizing, sealing) ministries. Why? Because unbelievers can't walk in the Spirit. They're not indwelt by the Spirit! "In the last time there shall be mockers, following after their own ungodly lusts. These are the ones who cause divisions, worldly minded, devoid of the Spirit (lit. 'not having the Spirit')" (Jude 18-19). Only believers can walk in the Spirit. You have to be indwelt first. "Do you not know that you are a temple of God, and *that* the Spirit of God dwells in you" (1 Cor 3:16)?

4. If you're walking in the Spirit, all of His post-salvation ministries are functioning in your life. Some of these post-salvation ministries are: filling, teaching, speaking in our defense, interceding, leading (guiding), empowering, assuring, and producing the fruit of the Spirit. Now, think about this. Are you walking in the Spirit if He's not controlling (filling) your life? Or not teaching, guiding, empowering, helping, or assuring you? Or if no fruit is being produced in your life? As we have seen, walking in the Spirit is an umbrella term that includes all of the Christian walks. And it also includes all of His post-salvation ministries. So you're walking in the Spirit if and only if the Holy Spirit is doing all He has come to do in your life.

5. When you're walking in the Spirit, the Holy Spirit helps you live the Christian life. Four times Jesus called the Holy Spirit a *paracletos* 'one called alongside to help' (John 14:16, 26; 15:26; 16:7). Most of the Spirit's post-salvation ministries help us live the Christian life in some way. That's why he's called the Paraclete—"the Helper." As we have seen, walking in the Spirit is walking and letting the Holy Spirit do everything He came to do in your life. What did He come to do? Quite a bit. For one, He came to produce his fruit in us (Gal 5:22-23). This ministry helps us become more like Christ, by helping us become more loving and patient, by helping us develop inner happiness and inner peace, and by helping us develop more self-control. Put another way, He came to make us loving, happy, patient people by producing His fruit in us.

6. The Holy Spirit is not grieved or quenched when you're walking in the Spirit. He's happy!.

7. The opposite of walking in the Spirit is walking according to the flesh (Rom 8:4).

8. Walking in the Spirit keeps us from carrying out the desires of the flesh (Gal 5:16). Walking in the Spirit is the means of victory over the flesh and its desires.

9. Walking in the Spirit glorifies Jesus Christ. Glorifying Christ is one of the things the Holy Spirit came to do (John 16:14).

10. Walking in the Spirit has never been possible before in the history of the human race. The Holy Spirit's presence to help is one of the distinctive features of this age. So confess known sins (1 John 1:9), be filled with the Spirit (Eph 5:18), and walk in the Spirit (Gal 5:25).



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Walking in the Spirit



*If we live by the Spirit,
let us also walk by the Spirit
~Galatians 5:25~*

Walking in the Spirit is being filled with the Spirit for extended periods of time. You must know what walking in the Spirit is before you can do it. So, let's start with a definition.

1. Walking in the Spirit is walking and letting the Holy Spirit do everything He came to do in your life. The term "walk in the Spirit" occurs only once in the New Testament (*pneumati peripateite* Gal 5:16). A similar term, "walk according to the Spirit (*peripatousin kata pneuma*)," also occurs only once (Rom 8:4). As we'll see, walking in the Spirit and walking according to the Spirit are almost identical concepts—just as walking in love and walking according to love are for all practical purposes the same. To be exact, walking in the Spirit is walking and letting

the Holy Spirit do what he came to do in your life. And walking according to the Spirit is walking according to the Holy Spirit's desires—walking and carrying out the Spirit's desires.

Walking was the normal means of travel in the ancient world—short trips to the well to draw water, to the mill to grind grain, to the countryside to gather firewood, to the fields to work, to the market to buy and sell, or to neighboring villages to visit friends and relatives. Or longer trips by caravan. It was something everyone could do: few owned donkeys, mules, horses, or camels. Jesus and his disciples, for instance, walked from city to city in Galilee, Samaria, Judea, and Perea. Paul walked and sailed on his missionary journeys.

When you walk you go places, see things, and meet people. Your interaction with them may be pleasant (laughter, joy, friendship, opportunities to witness) or unpleasant (anger, hatred, envy, jealousy, strife, robbery, even death).

To figure out what “walking in the Spirit” means, we need to ask, “What is the relationship between walking and the Holy Spirit?” Obviously, walking is something we do. Let's take a look at a few examples:

- Walking in good works is walking and doing good works wherever you go. It's walking and doing good works at the same time.
- Walking in the truth is walking and applying the truth you know wherever you go. It's walking and applying the truth at the same time.
- Walking in love is walking and loving others wherever you go. It's walking and loving others at the same time.

In these three examples, walking is something you do; it's going here and there. Good works are things you do. Truth is something you learn with the Spirit's help and something you can apply in your dealings with others. Love is something the Holy Spirit produces in your soul that can be applied to others. The key is *simultaneous action*: walking and doing something at the same time. In Acts we find walking in the customs of the Jews: 'you are . . . saying not to circumcise their children nor to walk in the customs (*tois ethesin peripatein*)' (Acts 21:21 RCL). Here again we have simultaneous action. To “walk in the customs” was to walk and practice the customs of the Jews wherever they went.

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In English, “walking” and “living” are often found in phrases that imply simultaneous action:

- Living in fear is living and being afraid at the same time (often a constant state due to a high crime rate and bad neighborhood). Living and fear are simultaneous actions.
- Living in peace with your neighbors is living and having peaceful relationships with them at the same time.
- Living in harmony with your wife is living and having a harmonious relationship with her at the same time.
- Living in sin is living and sinning at the same time (often a constant state because of repeated sins).

The Jews also used the word “living” in a way similar to “walking.” Walking is a part of living—something you do when you're alive. Living, however, is the broader term. The following examples all have simultaneous action:

“If we live in the Spirit, let us also walk in the Spirit” (Gal 5:25).

“and in them [immorality, impurity, passion, evil desire, and greed] you also once walked, when you were living in them” (Col 3:7). The phrase ‘living in them’ means living and committing these sins at the same time.

“the *life* which I now live in the flesh I live by faith in the Son of God” (Gal 2:20). ‘Life’ refers to Paul's life in his mortal body. He's going to live his life and at the same time have faith in Christ—simultaneous action once again.

Examples of the verb *peripateo* with other prepositions (*dia* and *kata*) also have simultaneous action. (1) Walking by faith (*dia pisteos peripatoumen*) is walking and having faith in God's promises wherever you go (2 Cor 5:7). It's walking and having faith at the same time. (2) Walking according to God's commandments (*peripatomen kata tas enotlas autou*) is walking and obeying his commandments wherever you go (2 John 6). It's walking and being obedient at the same time. (3) Walking according to the tradition of the elders (*peripatousin kata ten paradosin ton presbuteron*) is walking and ‘holding fast to the tradition of the elders’ (Mark 7:3–5). It's walking and observing the tradition at the same time.

“Living” with the preposition *kata* has simultaneous action:

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“So then, brethren, we are under obligation, not to the flesh, to live according to the flesh—for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live” (Rom 8:12–13).

Living according to the flesh is living your life and carrying out the desires of the flesh at the same time (cf. Gal 5:16). Note the contrast between ‘living according to the flesh’ and ‘(live) in the Spirit’ (Rom 8:13). Earlier in this section, ‘walk according to the flesh’ and ‘(walk) according to the Spirit’ were used (8:4).

In conclusion, walking in the Spirit is walking here and there in your mortal body and at the same time letting the Holy Spirit do all He came to do in you and through you. The analogy to walking suggests a daily activity. In practice, though, walking in the Spirit will not be continuous because sin quenches Him.

2. Walking in the Spirit is a blanket term that includes all of the other Christian walks; they're all ways you walk—things you do—if you're walking in the Spirit.

Why? Because walking according to the Spirit is walking according to the Spirit's desires. The Holy Spirit, the divine author of Scripture, has revealed how He wants you to walk: walk by faith, walk in the truth, walk in love, et al. So, when you walk in love, for example, you're walking according to the desires of the Spirit. Walking in the Spirit includes:

- 1) walking in newness of life (Rom 6:4),
- 2) walking decently as in the day (Rom 13:13),
- 3) walking decently toward outsiders (1 Thess 4:12),
- 4) walking in wisdom toward outsiders (Col 4:5),
- 5) walking as wise men (Eph 5:15),
- 6) walking in a manner worthy of God (1 Thess 2:12),
- 7) walking in a manner worthy of the Lord (Col 1:10),
- 8) walking in a manner worthy of the calling with which you have been called (Eph 4:11),
- 9) walking as the Lord has assigned to each one, as God has called each (1 Cor 7:17),
- 10) walking according to the pattern you have in us (Phil 3:17),
- 11) walking in the same manner as Christ walked (1 John 2:6),
- 12) walking in Christ Jesus (Col 2:6),
- 13) walking in the light (1 John 1:7),
- 14) walking as children of light (Eph 5:8),

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