

## ***Personal Application and Conversations***

1. What's your most inspiring moment thus far in the 2020 Olympics?
2. What do you consider to be relatively safe things to talk about concerning your struggles with the flesh?
3. Who or what do you consider to be your greatest opposition?
4. Why do you get frustrated with your imperfection as a follower of Christ, if in fact, it bothers you?
5. When are you most likely to be vulnerable to the desires of the flesh, and what are you doing to address it?
6. If it's true that being led by the Spirit is a life of constant combat, why do you bother?



# ***The Flesh vs the Spirit***

**Galatians 5:16-18**

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**E**veryone battles with the flesh. Everyone! Consider the 2020 Olympics in progress as we speak. Even the winners want to improve on their performances. And then there are those of us who watch what they seem to have perfected and we get inspired. When I went to the gym this morning I was amused to see more people than usual, doubtless inspired to achieve their own Olympian ambitions. Yes, we wrestle in the flesh, yet it is of greater consequence than merely the battle of the bulge. So God reminds us to walk; **“Walk in the Spirit and you will not carry out the desires of the flesh,”** Galatians 5:16. I hope you weren’t tempted to conclude that this would be easy. **Walking in the Spirit is not a stroll in the park.** Let’s give further consideration to what it means to **be led by the Spirit.**

**Recognize the opposition**

**Take ownership of your desires**

**Be led by the Spirit**