

## AN ALTAR LIFE DOCUMENT



I'm trying to live right Lord.



Yes,  
Help!



Can you navigate my  
steps, God?

**Galatians 6: 7/8** - Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.



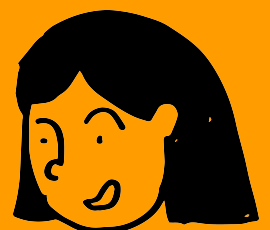
## LIVING BY THE SPIRIT



I am a  
sinner!



I know the  
flesh, I don't  
know the spirit.



*To*

*From*

*Message*

*Just a  
little gift  
for you*

*XOX*

Scripture quotations marked (KJV) are taken from the King James Version of the Holy Bible

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## Galatians 5:13-24



13 For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

14 For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

15 But if ye bite and devour one another, take heed that ye be not consumed one of another.

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

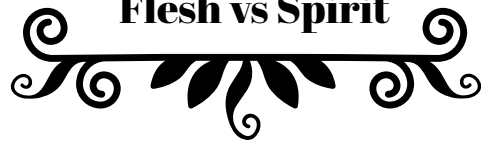
23 Meekness, temperance: against such there is no law.

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

26 Let us not be desirous of vain glory, provoking one another, envying one another.

## **Flesh vs Spirit**



The concept of the "fruits of the flesh" and the "fruits of the Spirit" is a central theme in Christian theology, particularly emphasized by the Apostle Paul in his letter to the Galatians (Galatians 5:16-26). These two sets of "fruits" represent contrasting aspects of human behavior and character, illustrating the difference between a life led by selfish desires (the flesh) and a life guided by the Holy Spirit.

Living by the fruits of the Spirit is seen as evidence of a transformed and Spirit-led life. When individuals allow the Holy Spirit to guide them, these qualities become increasingly evident in their behavior. Conversely, the fruits of the flesh represent the natural, sinful tendencies that people are called to overcome and put to death through the power of the Holy Spirit.

The contrast between the fruits of the flesh and the fruits of the Spirit illustrates the ongoing spiritual struggle within individuals and highlights the importance of living a life led by the Spirit, as it leads to a more Christ-like character and a closer relationship with God. This concept serves as a moral and ethical framework for many Christians, guiding them in their daily lives and interactions with others.

# **Fruit of the Spirit**



*Love*

*Joy*

*Peace*

*Patience*

*Kindness*

*Goodness*

*Faithfulness*

*Gentleness*

*Self-Control*

# Fruit of the Flesh



*Galatians 5:16-17 says the Spirit is against the flesh and the flesh is against the spirit. They are on opposite sides and you have to pick one.*



## Opposite of Fruit of the Spirit:

Hate  
Despair  
Anxiety  
Impatience  
Rudeness  
Evil  
Unreliable  
Abrasive  
Undisciplined

## Acts of the Flesh:

Adultery  
Fornication  
Uncleanness  
Lasciviousness  
Idolatry  
Witchcraft  
Hatred  
Variance  
Emulations  
Wrath  
Strife  
Seditions  
Heresies  
Envyings  
Murders  
Drunkenness  
Revellings  
... and such the like



**Living life by the Spirit, from a biblical perspective, is a central theme in the New Testament, particularly in the writings of the Apostle Paul. It refers to living a life guided by the Holy Spirit, with a focus on spiritual growth and transformation. Here are some key passages and principles related to living life by the Spirit:**

1. **Receiving the Holy Spirit:** The process often begins with receiving the Holy Spirit. In Acts 2:38, Peter encourages repentance and baptism for the forgiveness of sins and the gift of the Holy Spirit.
2. **Walking in the Spirit:** Galatians 5:16 says, "But I say, walk by the Spirit, and you will not gratify the desires of the flesh." This means making a conscious choice to live in accordance with the guidance of the Holy Spirit rather than giving in to sinful desires.
3. **Fruit of the Spirit:** Galatians 5:22-23 lists the "fruit of the Spirit," which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These qualities should manifest in the life of a believer who is living by the Spirit.
4. **Renewing the Mind:** Romans 12:2 advises believers not to conform to the pattern of this world but to be transformed by the renewing of the mind. This transformation is achieved through the guidance of the Holy Spirit.
5. **Prayer and Supplication:** Ephesians 6:18 encourages praying at all times in the Spirit. Prayer is a way to seek guidance, strength, and connection with God through the Holy Spirit.
6. **Gifts of the Spirit:** The Holy Spirit equips believers with spiritual gifts for the benefit of the church and the world (1 Corinthians 12:4-11). Living by the Spirit involves using these gifts to serve others.
7. **Putting Off the Old Self:** Ephesians 4:22-24 instructs believers to "put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires" and to be "renewed in the spirit of your minds."
8. **Discernment:** The Holy Spirit provides guidance and discernment. 1 Corinthians 2:14-15 speaks of the natural person not understanding the things of the Spirit, but those who are spiritual discern spiritual truths.
9. **Walking in Love:** Ephesians 5:1-2 urges believers to "be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us."
10. **Accountability and Community:** Living by the Spirit is often best done in community with other believers. Galatians 6:2 encourages bearing one another's burdens.
11. **Obedience to God's Word:** Living by the Spirit aligns with obedience to God's Word. John 14:15-16 says, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever."

Living life by the Spirit is a lifelong journey of growing in faith, character, and relationship with God. It involves surrendering to the guidance of the Holy Spirit and seeking to live out the teachings of Jesus Christ in one's daily life.

# Christian Living Instructions



**Christian living instructions can be found throughout the Bible, offering guidance on how to live a life that aligns with Christian values and principles. Here are some key passages and principles to consider:**

1. **Love God and Love Others:** The foundation of Christian living is the commandment to love God with all your heart, soul, and mind, and to love your neighbor as yourself (Matthew 22:37-39). This is often referred to as the Great Commandment.
2. **Prayer:** Jesus taught the importance of prayer in the Sermon on the Mount (Matthew 6:5-15). He emphasized the need for sincere and private prayer, rather than for public show.
3. **Forgiveness:** Christians are called to forgive others as they have been forgiven by God. The Lord's Prayer (Matthew 6:9-13) includes the line "forgive us our debts, as we also have forgiven our debtors."
4. **Humility:** Humility is a recurring theme in the Bible. Philippians 2:3-4 encourages believers to "do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."
5. **Service:** Christians are encouraged to serve others selflessly. In Matthew 25:31-46, Jesus speaks about serving the least of these, highlighting the importance of helping those in need.
6. **Fruit of the Spirit:** Galatians 5:22-23 lists the "fruit of the Spirit" which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Christians are called to cultivate these qualities in their lives.
7. **Avoiding Sin:** The Bible provides guidance on avoiding sinful behavior. For example, the Ten Commandments (Exodus 20) outline principles for ethical living.
8. **Holiness:** The Bible teaches the importance of living a holy life. 1 Peter 1:15-16 says, "but as he who called you is holy, you also be holy in all your conduct."
9. **Seeking Wisdom:** Proverbs is a book in the Old Testament that offers practical wisdom for daily living. Proverbs 3:5-6 advises trusting in the Lord with all your heart and leaning not on your own understanding.
10. **Community and Fellowship:** Hebrews 10:24-25 encourages believers to "consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another."
11. **Stewardship:** Christians are called to be good stewards of the resources God has provided. This includes caring for the environment and using resources wisely.
12. **Endurance and Perseverance:** The Bible often speaks of the need for endurance and perseverance in the face of trials and challenges. James 1:2-4 reminds believers to consider it joy when they face trials, knowing that it produces endurance.

*Additionally, the Bible is a vast and complex text, so studying it in context and seeking guidance from trusted spiritual leaders can help in understanding and applying these instructions to one's life.*

# Jesus Teachings

**The teachings of Jesus Christ are central to the Christian faith and are primarily found in the New Testament of the Bible, particularly in the four Gospels: Matthew, Mark, Luke, and John. These teachings emphasize love, compassion, forgiveness, and a deep spiritual relationship with God. Here are some key aspects of Jesus' teachings:**

1. **The Kingdom of God:** Jesus frequently spoke about the "Kingdom of God" or the "Kingdom of Heaven." He taught that this kingdom is both a present reality and a future hope, and it represents the rule and reign of God in the hearts of believers and ultimately in all of creation.
2. **Love and Compassion:** Jesus emphasized the command to love one another. His teachings include the Golden Rule: "Do to others as you would have them do to you" (Matthew 7:12). He also told his followers to love their enemies and pray for those who persecute them.
3. **Forgiveness:** Jesus stressed the importance of forgiveness. He taught that God forgives our sins, and therefore, we should forgive others. The Lord's Prayer, a central Christian prayer, includes the request for forgiveness and the commitment to forgive others.
4. **Salvation:** Jesus taught that salvation comes through faith in Him and repentance. He declared, "I am the way, the truth, and the life. No one comes to the Father except through me" (John 14:6).
5. **Humility:** Jesus exemplified humility and taught his followers to be humble and servant-hearted. He famously washed his disciples' feet to demonstrate the importance of servanthood.
6. **Parables:** Jesus often used parables, or stories with a deeper spiritual meaning, to convey his teachings. Some well-known parables include the Parable of the Good Samaritan and the Parable of the Prodigal Son.
7. **Holiness and Righteousness:** Jesus called his followers to live lives of holiness and righteousness. He taught about the importance of a sincere, inner relationship with God, rather than mere outward religious observance.
8. **Non-materialism:** Jesus warned against the love of money and material possessions, stating that one cannot serve both God and wealth. He encouraged people to store up treasures in heaven rather than on earth.
9. **Hope and Resurrection:** Jesus spoke about the hope of resurrection and eternal life. He proclaimed, "I am the resurrection and the life. The one who believes in me will live, even though they die" (John 11:25).
10. **The New Commandment:** Jesus gave his disciples a new commandment: "Love one another. As I have loved you, so you must love one another" (John 13:34).

These teachings form the core of Christian theology and have had a profound impact on Western and global civilization, influencing moral and ethical values, as well as guiding the lives of countless believers throughout history.

**Analyze how you are  
living in the Flesh?**



**What is your Action Plan to  
live in the Spirit?**



**Write Your  
Personal Prayer**



## Life Notes



## Life Notes

