

## Walking in the Spirit

### Scripture

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh” (Gal. 5:16 NKJV).

### Devotion

Quoting the commentary Jamison, Fausset, Brown, “The best way to keep tares out of a bushel is to fill it with wheat.” There is no better advice than to walk in the Spirit. Of course walking in the Spirit can be illusive at times. The spiritual disciplines associated with holiness are most often neglected because we do not appreciate how easily and quickly we may lose our way.

It takes mental discipline to walk in the Spirit as evidence by Paul’s comment to the Romans. “For those who live according to the flesh set their minds on the things of the flesh, but those [who live] according to the Spirit, the things of the Spirit” (Ro 8:5 NKJV).

We may set our minds on the things of the Spirit in three ways: reading, meditation, and prayer. I think it is safe to say that these cannot stand apart from each other. If we read, but do not meditate, we run the risk of filling our heads with knowledge and leaving our hearts untouched. It is not enough to know something we must also see the implications of that knowledge. How does it apply to me? Also, if we read and meditate, and do not pray we may be guilty of being a hearer only deceiving ourselves.

As James encourages us, “. . . Be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was” (Jas 1:22-24 NKJV). He reads and meditates to see how the word applies to his life but makes no effort to repent.

Prayer brings heaven to earth. It is glue that binds the Word to the heart. “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened” (Mt 7:7-8 NKJV). “The LORD [is] far from the wicked, But He hears the prayer of the righteous” (Pr 15:29 NKJV). “[The righteous] cry out, and the LORD hears, And delivers them out of all their troubles.” (Ps 34:17 NKJV)

If we forsake prayer, it may be a sign that we are not serious about walking in the Spirit. We can obey to a point by the strength of our flesh. However, to really walk in the Spirit means to yield to the Spirit, to submit to His control. This requires us to seek His help.

Jesus said, “You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you [are] the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw [them] into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples” (John 15:3-8 NKJV).

Be vigilant to keep your heart by reading, meditation, and prayer. Walk in the Spirit!

