



Fundamentos

LESSON 52

Foundations Curriculum

Walking in the Spirit

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Introduction

Walking in the Spirit

In this fifty-second lesson of the Foundations Curriculum, we will speak about the relationship between walking in the Holy Spirit and manifesting the Fruit of the Spirit. When we are converted, we receive the Spirit — who produces life in us (a new life). But it is possible that, even so, we do not bear the fruit of this new life. It is important to understand that fruit exists only where there is life, and that we must seek that life.

1) How Does "Walking in the Spirit" Relate to the "Fruit of the Spirit"?

Paul speaks in Galatians 5:16–17 about these two subjects. And in this lesson, we will understand the relationship between the manifestation of the Spirit and walking in the Spirit.

01 Fruit, whatever it may be, is the result of the life one has.

Genesis 1:12 — this holds true for plants.

And the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. And God saw that it was good.

Genesis 1:12 (NKJV)

John 3:6 and John 6:63 — this holds true for us.

That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

John 3:6 (NKJV)

It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

John 6:63 (NKJV)

In these texts, Jesus is drawing a distinction between what is born of the flesh and what is born of the Spirit. The flesh is of no use or profit whatsoever. From this, we can conclude that fruit exists only where there is life.

02 We are all born of the flesh, and as we grow, we manifest what the flesh produces.

For example, think of a small coconut palm that has not yet borne fruit: no one supposes that it will produce papayas or any other kind of fruit. Without a doubt, the fruit of the small coconut palm, once it grows, will be coconuts. This is the result of the seed from which it was born and of the sap that is in it.

In the same way, the result of the sin that dwells in our flesh will be the sinful works of the flesh. We sin because we are, and were born, sinners. It is part of our fallen nature. In the same way, the coconut palm is already a coconut palm even before it produces coconuts. Thus, as soon as we become humanly conscious (leaving behind the stage of innocent childhood), we are immediately inclined toward sin.

For when we were in the flesh, the sinful passions which were aroused by the law were at work in our members to bear fruit to death.

Romans 7:5 (NKJV)

For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.

Romans 7:18 (NKJV)

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

Galatians 5:19–21 (NKJV)

In the list above, we find a description of what our nature produces out of the sin within us.

03 When we are "born again," we are born of God, born of the Spirit.

But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

John 1:12–13 (NKJV)

That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

John 3:6 (NKJV)

Do not marvel that I said to you, 'You must be born again.'

John 3:7 (NKJV)

04 This birth of the Holy Spirit restores to us the spiritual life we lost with the fall of Adam.

With this new birth, we then come to have life in the Holy Spirit! It is the new opportunity God gives us so that we no longer live a deliberate life enslaved to sin.

And this life in the Spirit produces ONE FRUIT:

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Galatians 5:22–23 (NKJV)

05 These nine manifestations described in Galatians 5:22–23 are THE FRUIT of the HOLY SPIRIT!

We are inclined to say “the fruits” because the Word speaks of several aspects of this fruit, and because it looks like a list of “fruits” — but it is only ONE Fruit! Within it is contained the whole package of characteristics and practices that make up the Christian life (the Fruit). It is truly the Fruit, singular.

It would be the same as a “tangerine”: a single fruit with many “segments.”

When we see a new convert, someone who has truly been born again, someone who was born of water and of the Spirit, we can know that the Fruit of the Spirit will be manifested in that life! Now that person has been born of the Spirit, and so will bear this fruit as well.

The example of the small coconut palm: it is the result of the seed from which it was born and of the sap that is in it.

Whoever has been born of God does not sin, for His seed remains in him; and he cannot sin, because he has been born of God.

1 John 3:9 (NKJV)

having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever.

1 Peter 1:23 (NKJV)

Now that we have been born of this seed, we produce fruit according to its kind.

Important note:

In future lessons, we will study each of the expressions of the Fruit of the Spirit. For now, let us study how to keep on producing this blessed Fruit in our daily life, as evidence that we have Life in the Spirit!

06 The life of the Spirit within us desires, demands, and needs us to manifest its Fruit. The world needs to see this life.

Let us allow this to happen. God does not override our capacity to choose to express this Fruit.

07 It is impossible to have fruit without having the life, but it is possible to have the life and bear little fruit — or even none at all.

To make this easier to understand, think of the example of a tree that stops producing, or that never produced properly. What could cause this?

- a) Lack of nutrients;
- b) Some outside parasite has taken hold of it and drained its nutrients;
- c) Some blight has attacked it, precisely because it lacks certain nutrients and vigor.

In any case, the life of the tree is in it. If it is cleared of parasites and properly fertilized, watered, and cared for, it will overcome the blight and bear the expected fruit! This holds true for us as well. There are many children of God who are not manifesting this life.

But it must be made clear that we will only be able to produce this fruit continually, overcoming the parasites and the blight, if we WALK IN THE SPIRIT!

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

Galatians 5:25 (NKJV)

08 From what he wrote, it seems Paul could not understand why the saints allowed themselves not to walk in the Spirit, inclined instead to satisfy the desires of the flesh.

He saw that some children of God were yielding to the desires and inclinations of the flesh.

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Galatians 5:16–17 (NKJV)

The flesh needs no help or encouragement to sin. It is part of its fallen nature to be inclined and prone toward evil, toward sin.

Walking in the Spirit requires choice, inward resolve, and effort contrary to the choices of the flesh! It requires going against the inclinations of the flesh. In our flesh, nothing good dwells. We must exercise the life of God within us.

When we walk according to the flesh, we are walking according to the course of this world, according to the prince of the power of the air, as the sons of disobedience do, as stated in Ephesians 2:1–3.

09 The Spirit wars against the flesh, and the flesh wars against the Spirit: THEY ARE ENEMIES!

We cannot rid ourselves of the flesh. It is impossible. That will happen when we are transformed and clothed with incorruption, there in eternity.

But we can overcome it!

Remember the example of the two lions (the one that is better fed wins). Which of the two lions are we feeding more: the flesh or the spirit?

The example of the bird and the cat: if the bird does not feed, it grows sick and loses the ability to fly. If the bird feeds on cat food (the world's food), it will grow sick and be unable to fly!

Very many children of God, who have received the Life of the Spirit, go for days without feeding on God, and become undernourished (in their spiritual life), weakened, sickly. They stop beholding God, stop enjoying the fellowship of the saints, and stop praying.

Others feed on the world and inevitably grow sick.

Think for a moment: does what you have been doing with your free time cooperate with the life God wants for you?

Afterward, many ask themselves: Why do I stumble so much? Why do I have such difficulties?

Let us ask ourselves another question:

Am I walking in the Spirit?

Am I cultivating this life I received from God?

How do I spend my time: “feeding” the flesh or the Spirit?

Walking in the Spirit means walking contrary to the flesh and never satisfying its inclinations. It is an affirmation that if one is walking in the Spirit, one will not satisfy the flesh.

Walking in the Spirit means obeying the voice of the Spirit and never heeding the appeals of the flesh.

If we walk in the Spirit, we will NEVER fulfill the desires of the flesh! Give it nothing, do not give it any opportunity to practice evil.

But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Romans 13:14 (NKJV)

Content Review

In this fifty-second lesson of the Foundations Curriculum, we learned what it means to walk in the Spirit. Walking in the Spirit means going against the flesh and never allowing ourselves to be satisfied by its inclinations. It is a daily choice, one that involves feeding the Spirit more so as to weaken the flesh — subduing it. Whichever is stronger wins. In the same way, there is fruit only where there is life. The children of God must feed on and be filled with the Spirit, so as to manifest His fruit, enjoy the blessings God gives, and reach other lives as well.

CONSIDER CAREFULLY

- 01** Is it possible to have the fruit of the Spirit without having the life of the Spirit?
- 02** Is it possible to have the life and not express the fruit?
- 03** When can this happen?
- 04** How can we be sure that we will always be full of the Fruit of the Spirit?
- 05** How would you define “Walking in the Spirit”?

06 Are you walking in the Spirit today?

*having been built on the foundation of the apostles and prophets,
Jesus Christ Himself being the chief cornerstone.*

Ephesians 2:20 (NKJV)

Foundations Curriculum — Lesson 52
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