

## Walking In The Spirit

### Description

[RG AUDIO 112720](#)

Galatians 5:13-26

Why do sugar and carbs have to taste so good? I crave chocolate, sweets, and homemade bread. If I continually give into my cravings then diabetes, high cholesterol, high blood pressure, and obesity will be the diagnosis. The consequences of food choices have a direct impact on our health.

Unfortunately, the desires of our flesh aren't just for sugar and carbs. Not listening to our cravings and the desire of our flesh is hard. Sometimes it means removing the temptation or not going near it. Other times we have to focus on other things to keep from giving in.

If we are walking in the Spirit, then Christ helps us to not give into the desires of our flesh. This is not just something you focus on Sundays. What kind of diet would it be if we only did it on Sundays? We should be daily walking in the Spirit. Daily spending time with Christ in prayer, in studying the Bible, in serving Him daily, and listening to Him. If we focus on those things, then the desires of our flesh will be easier to deny.

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