

Personal Renewal (Part 2)

Galatians 5:13-26 | Ryan Pfeiffer | Jan. 12, 2025

INTRO. Once renewal begins and we're born again... its meant to continue!

2 Cor 4:16 ...yet inwardly we are being renewed day by day. Daily!

Last week... 2 births... We need to be born into our bodies and souls...

- In same way that once we are born we need to grow into our bodies/ ID
- 1. PPT We need to grow into our souls... which is like a vast estate/ territory.

In today's passage Paul uses the metaphor of freedom to describe renewal

The freedom to expand and move out into the full territory of our soul.

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh...

Another way of understanding renewal is this idea of being free...

The Bible talks about this freedom in 2 ways: Freedom from... Freedom for....

Because in our attempt to move forward often somethings holding us back:

- We want to get up early and work out... but the comfort of the bed...!
- We want to step out and take a risk... but fear of rejection/ failure...
- We want to react with more patience... but anger flares up again...
- We want to be more peaceful... but anxiety won't let us go!

And how do we become more free!

FOCUS. Renewal is the journey of freedom from our Flesh into a Freedom for life in the Spirit .

FREEDOM FROM THE FLESH. 16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Notice...Paul describes not 1 but 2 categories of desire: the flesh & the Spirit.

Secondly, notice they are in conflict w/ one another.

What does Paul mean by FLESH = sarx (σάρξ). 3 valences of meaning:

- Our physical body (Jn 1:14 Jesus born in the flesh)
- Our ethnicity and culture.
- Our sinful nature... what Paul means here in Gal 5.

Eugene Peterson "the corruption that sin has introduced into our very appetites and instincts." Long Obedience in the Same Direction.

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These corrupted desires feel natural & can even feel good but aren't good for us... that's what makes it so confusing... you are not to do whatever you want...

1. Indulging our sexual appetite can feel good in the moment but... can become addictive behavior... emotional baggage... hurt others...

Our culture has deceived us into thinking that limiting or controlling our desires is "sinful" or harmful...

Freud... idea that Repression is the basis for all neurosis... Follow your heart... you do you... just do it... the heart wants what it wants... be true to yourself?

But what version of our selves should we become?? Sexual or committed?

WHAT CAN WE DO? Vs 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

The Bible's insight is that we need to crucify these corrupted desires.

Crucify—> put to death (Rom 8:13) take off (Col 3:9)... cut them off. HOW?

- Agree with God's truth about what is sin... about what is truly good.
- Acknowledge where sinful desires are controlling our life.

Freedom from shame... hiding... freedom into authenticity! Maya Story.

AA Steps 4 & 5:

4. I will make a searching and fearless moral inventory of myself.
5. I will admit to God, myself, and to another person my wrongs.

FREEDOM FOR THE SPIRIT. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

Notice these qualities aren't something we produce... they're fruit of Spirit!

Renewal is freedom to Walk in the Spirit. Paul uses 3 key phrases:

1. Led by the Spirit
2. Live by the Spirit
3. Keep in step with the Spirit

1) Led by the Spirit: Commit to spiritual practices.

- SPIRITUAL PRACTICES. Activities of mind and body that help us to cooperate with God's Spirit so that we become more and more like Jesus.
- Re-listen to our series on Spiritual Practices [Rhythms of Renewal](#). Website.

Highlight a few:

- Daily with God. Reading Bible and prayer. Bible in a Year!!

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- Weekly Sabbath. Teaches us to trust our productivity to God.
- Serve others. Vs 13 serve one another humbly in love.

2) Live by the Spirit: Expect the Spirit to increase your awareness.

- Pay Attention. When Spirit convicts you/ or inspires you... (Step by step..)
Pay attention to it. Journal it. Share it. Pray it.
ILLUS. Student convicted of sex w/ girlfriend. I hadn't mentioned it.
ILLUS. Student inspired to give away clothes to homeless...

3) Keep in Step w/ the Spirit: Allow the Spirit to bring healing/reconciliation.

- Healing from old wounds/ pain that sin is taking advantage of.
- Step 8: I will make direct amends to people I have hurt wherever possible, except when to do so would injure them or others.

INVITE BAND.

RESPONSE. Genesis 13:14 The Lord said to Abram ... "Look around from where you are, to the north and south, to the east and west 15 All the land that you see I will give to you and your offspring forever. 17 Go, walk through the length and breadth of the land, for I am giving it to you."