

## WALKING IN THE SPIRIT.



WALKING IN THE SPIRIT. What does this look like? The one consistently “walking in the Spirit” has a peaceful countenance and a measured, calm way of doing things.

She finds herself interacting simultaneously with the tasks at hand AND God’s presence.

An atmosphere of love emanates from her. Joy is seen in the corners of her eyes and mouth. People ask her to pray for them.

Humility and helpfulness seem to be her natural way of doing things. Long days of work leave her tired, but rarely exhausted.

As she walks in the Spirit, she finds herself rising above sin. Like the superior principle of buoyancy that enables an aircraft carrier to float on top of the ocean, similarly, she finds walking in the Spirit to be a SUPERIOR principle than the downward pull of sin.

This “buoyancy” of the Spirit enables her to ignore the lusts of the flesh, its power withered and set aside.

What is happening with her? The Holy Spirit has placed his presence in, upon, and around this believer. As she lives her day, she is inviting the Spirit into each task at hand, while simultaneously worshiping, listening, praying in the Spirit, and obeying.

She has learned that the productive and loving life is NOT found by trying really hard to be good, but in trusting and following the gentle guidance of the Holy Spirit.

When she reverts to following her flesh, or gets distracted by the busyness of life, she quickly repents, entrusts herself once more to Jesus, and begins again.

She wastes little energy in condemning herself, but gives thanks to the Holy Spirit for bringing her attention back to God.

What is necessary to walk in the Spirit? From our side of things, one primary thing is needed. **THE DESIRE TO DO SO.** The one who wants to walk in the Spirit will be taught and enabled by God to do so.

What then are the first steps to take? There is no formula, but this is how I usually begin.

I start the day, asking the Holy Spirit to fill me afresh to overflowing – to lead me – to use me – to direct me – then I ask the Lord Jesus to teach me how to live this day. I pray along these lines:

“Here I am, Lord Jesus. I am yours. Holy Spirit, fill me afresh to overflowing. Anoint me with your Life, Light, and Power.

May your river of the water of life, flow into me and out from me this day. May your kingdom come in, upon, and through me, everywhere I place my feet, this day.

I ask you for the high privilege of bearing witness to you. May every human being I encounter be touched by your Spirit this day.

Teach me, Lord, how to live this life. Use me to bring honor to Jesus Christ this day. In Jesus' name, AMEN!"

For me, at least, because I tend unfortunately to live in my head rather than from my spirit, I find my first action needs to be that of **FOCUSING** intently on my task at hand.

By intently concentrating on what I am **DOING**, rather than letting my mind wander with extraneous thoughts, I can more easily ignore those competing thoughts, which then tend to dissipate on their own.

Simultaneously then, I find the Lord to be at hand. As I become aware of his presence, I yield what I am doing to his control, and begin to do it “unto the Lord.” I use that task to worship.

Typing on a keyboard, folding clothes, mowing the lawn, whatever I am doing, when “in the Spirit,” I am then able to praise him, bless him, and worship him.

Even if only 10% of my day is spent “walking in the Spirit” in this way, what a wonderful day it becomes!

If you are reading this and have not yet yielded your life to Jesus Christ – but would like to do so – the link below is a 7-minute video I did which will lead you to entrust yourself to Jesus Christ.

<https://www.facebook.com/BanksPresbyterian/videos/1539516759424669/>