



 A graphic with the words 'Spirit' and 'Flesh' in blue text. A blue lightning bolt symbol is positioned between the two words. Below the graphic, there is a text box with a quote from Galatians 5:17.
 

The sinful nature ('Flesh') desires what is contrary to the Spirit, and the Spirit desires what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

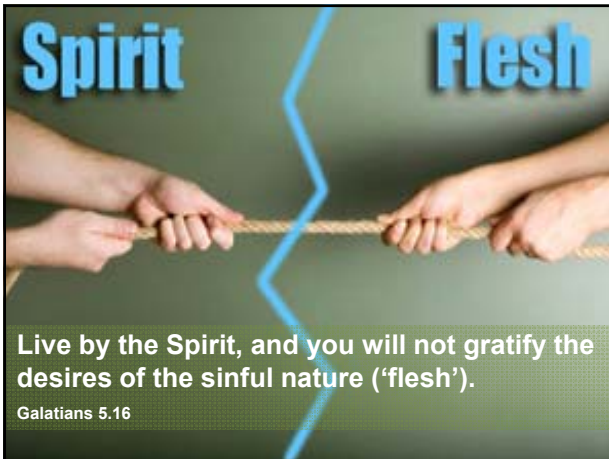
Galatians 5:17

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

**HELP !!!**

 A small image of a pear is visible in the bottom left corner of the text block.



**What does it mean to live by the Spirit?**

Jesus, You are changing me  
 By Your Spirit You're making me like You  
 Jesus, You're transforming me  
 That Your loveliness may be seen in all I do...

Do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbour as yourself."

Galatians 5. 13-14

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**What does it mean to live by the Spirit?**  
**WE ARE FREE TO CHOOSE !**

The temptations that you have are the same temptations that all people have always had. But you can trust God. He will not let you be tempted more than you can bear, but when you are tempted, God will also give you a way to escape that temptation. Then you will be able to resist it.

1 Corinthians 10:13

Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! So whenever we are in need, we should come confidently before the throne of our merciful God. There we will find grace to help us in our time of need.

Hebrews 4:15-16

