

## Galatians 5:16

***I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.***

Ready to start off the day with a tongue twister? Here you go:

**“If you do the do’s, you won’t have to worry about doing the don’ts.”**

You may read that and think, “*what the heck are you talking about,*” which I also would say at this point if I were reading it for the first time. But it has to do with today’s verse which says to:

† ***“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”***

I know it’s still a little confusing, but if you continue to read verses 19-21 in chapter 5 here in Galatians, you will read what the “don’ts” are.

† ***Galatians 5:19-21 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.***

And we read this list of things that we are not supposed to be doing as Christians, and we worry about doing them, because we don’t want to do them, and we want to be pleasing to God. But, wanting to be pleasing to God is a good heart and mindset to have. But if we focus so much time and thought on the don’ts, then when do we have time for the do’s?

“*What are the Do’s?*” you may be wondering. They are in verses 22-23, and we know them as the fruit of the Spirit.

† ***Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.***

So, what if we stopped worrying about doing the don’ts (verses 19-21), and focused on, and studying how we can be doing the do’s (verses 22-23)? Or think of it this way, would you want your spouse to read a book on fifty ways to pick up chicks and dudes in a bar, or would you rather have them read fifty ways to have a godly marriage?

If we spend so much time consuming the bad things that we are not to do, we won’t learn what the good things are that we should be doing.

† **James 4:17** *Therefore, to him who knows to do good and does not do it, to him it is sin.*

† **1 John 3:6 (MSG)** *No one who lives deeply in Christ makes a practice of sin. None of those who do practice sin have taken a good look at Christ. They've got him all backwards.*