

***Helium or a Smack of the Hand***  
***Galatians 5:16-25***

Biblical expressions like “Filled with the Spirit,” “walking by the Spirit,” and “Keeping in step with the Spirit” all refer to living on the \_\_\_\_\_ of Christian living. Gal. 5:16-25 stresses the crucial nature of being filled with the Spirit and enumerates things that are \_\_\_\_\_ in a Spirit-filled person’s life.

One mark of Spirit-filled believers is that they gain victory over the behaviors that result from our sinful nature—the \_\_\_\_\_. We may feel pretty good that we have overcome some of them. Things like discord, \_\_\_\_\_, fits of rage, selfish ambition, dissensions, \_\_\_\_\_, however, are all too common and sometimes allowed and \_\_\_\_\_. It takes Spirit-filling to resist these things.

The importance of the Spirit’s filling may be illustrated by thinking of 2 ways to keep a balloon afloat. One way is to keep \_\_\_\_\_ it with your hand. The other way is much easier and more effective. Fill it with \_\_\_\_\_. Then it floats on its own, no smacking required. So, being Spirit-filled keeps us afloat for Christ.

Living by the Spirit produces some very \_\_\_\_\_ attitudes and actions—“\_\_\_\_\_.” This “fruit” shows up primarily in the way we \_\_\_\_\_ and \_\_\_\_\_ other people.

Our relationships with others govern our \_\_\_\_\_ and \_\_\_\_\_. And letting the Spirit of God fill and control us is the only way to have those characteristics that contribute to right relationships.

Being filled with the Spirit is clearly the key to \_\_\_\_\_ Christian living. You can try without yielding to the Spirit, but it will be tough with little \_\_\_\_\_ or \_\_\_\_\_, and waning \_\_\_\_\_.

Like pushing a car that’s out of \_\_\_\_\_, you can \_\_\_\_\_ and \_\_\_\_\_ and try to overcome the sins that keep beating you, or strain to work up love, joy, peace, patience, etc. Or you can be \_\_\_\_\_ with the Spirit.

\_\_\_\_\_ Him. Use His \_\_\_\_\_ to help you follow His lead. God wouldn’t ask you to be filled with the Spirit if it wasn’t \_\_\_\_\_.