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Kingdom Power (Walk in the Spirit)

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Kingdom Power (Walk in the Spirit)

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Many believers feel spiritually defeated and unproductive, but Christ offers us a vibrant life of purpose and adventure when we walk daily in the power of the Holy Spirit.

Upon believing in Jesus as your Savior and trusting Him as your Lord, the Holy Spirit gives you new life in Christ and resides in you.

The apostle Paul explains it like this:

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 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. But if you are led by the Spirit, you are not under the law.” —Galatians 5:16-18, NIV

Walking in the Spirit means aligning your thoughts, actions, and desires with the Holy Spirit’s guidance. It involves being attentive to His leading and allowing Him to influence your decisions.

For believers in Christ, walking in the Spirit is essential. It represents a lifestyle empowered by Him, requiring obedience and submission. Neglecting the Holy Spirit’s guidance can lead to sin.

Live in Alignment with the Holy Spirit

When you realize you are not filled with the Spirit, confess your wrongdoing and repent. Thank God and renew your commitment to be guided by the Holy Spirit. This “course correction” process is known as “Spiritual Breathing.”

Years ago, Bill Bright, the founder of Campus Crusade for Christ, compared walking in the Spirit on a moment-by-moment basis to breathing. When you breathe, you exhale impurities and inhale pure air and oxygen.

Spiritual Breathing

In “Spiritual Breathing,” you “exhale” by confessing your sin and “inhale” by faith, asking the Holy Spirit to control you again.

Exhale

Confess your sin. Agree with God about your sin and thank Him for His forgiveness based on God's promise in 1 John 1:9.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." —1 John 1:9, NIV

Confession involves repentance, a change in attitude and behavior.

Inhale

By faith, ask the Holy Spirit to once again control your life based on God's command in Ephesians 5:18 and the promise in 1 John 5:14-15. Then, believe again that the Holy Spirit is guiding and strengthening you.

"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit," — Ephesians 5:18, NIV

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him." —1 John 5:14-15, NIV

Regularly practicing spiritual breathing will make you more aware of the Holy Spirit's presence and guidance in your everyday life. This is what it means to walk in the Spirit.

Live in Obedience to God's Word

Walking in the Spirit makes it possible for believers to be obedient to God's Word and allow it to shape their life. The Holy Spirit guides them as they study the Bible, meditate on its truths, and apply its principles to their daily life.

Jesus said:

"If you love me, you will obey my commandments." —John 14:15

"But even more blessed are all who hear the word of God and put it into practice."
— Luke 11:28

James encouraged believers:

"But be doers of the word, and not hearers only, deceiving yourselves." —James 1:22

These verses collectively emphasize that obedience to God's Word is a fundamental aspect of the Christian faith, leading to guidance, blessing, and a deeper relationship with God.

Live Empowered Over Sin

Walking in the Spirit empowers believers to resist the influence of sin in their lives. As we dedicate ourselves to God for His purposes, the Spirit gives us wisdom and strength to flee temptations and overcome sins. By relying on the Holy Spirit, we embrace and live out of our new and true identity in Christ, renewing our minds and presenting our bodies as righteous instruments set apart for God's holy use.

"Therefore do not let sin reign in your mortal body so that you obey its desires, and do not present your members to sin as instruments to be used for unrighteousness, but present yourselves to God as those who are alive from the dead and your members to God as instruments to be used for righteousness." —Romans 6:12-13

As believers cooperate with the Holy Spirit, they will reject sin and pursue a life that honors God.

Live in Triumph Over Evil

Walking in the Spirit allows us to resist the devil's schemes through the guidance of the Holy Spirit.

James 4:7 instructs:

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

Resisting the devil involves actively standing against his temptations and lies, using the authority and power given to us by God.

Live Out the Fruit of the Spirit

When you walk in the Spirit, your life will naturally produce the fruit of the Spirit.

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." —Galatians 5:22-23, NLT

These qualities reflect the character of Christ and are evidence of the Spirit's work in your life.

As you continue to trust Christ moment by moment through walking in the Spirit, you will experience spiritual growth; meaningful Bible study and prayer; power in witnessing; and strength to resist temptation, sin, and the schemes of the devil. You will live the victorious life that Christ promised.

[Watch the summary video](#)