



METRO NEW YORK WORLD MINISTRY
ADULT SABBATH SCHOOL CONTRIBUTING NOTES
For the week of September 9 – September 15, 2017
Lesson #12 of **“The Gospel in Galatians”**



Living *by the Spirit*

Memory Text: *“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”* ([Galatians 5:16 KJV](#)).

Additional Verses for Meditation and Study This Week:

Galatians 5:16-25; Romans 7:14-24; Jeremiah 7:9; Hosea 4:2; Matthew 22:35-40;

Main Thought for the Week: Is Christianity something we do? Or is it something we are? Is a successful Christian defined any of the following?

- How much will power he or she has
- How much they talk about God
- How much faith they have

Christianity is a lifestyle, not an activity or an event or an occasion. And the power for a successful Christian life must be found somewhere, because it is not naturally within us. This week, we will see what God gives us, and how He enables us to live in harmony with His will.



Walking in the Spirit

Sunday's Summary – September 10:

1. Why does the Bible use “walking” as a metaphor for the Christian experience?

Psalm 119:1-3 _____

Deuteronomy 13:4-5 _____

Matthew 7:13-14 _____

John 14:6 _____

2. What does it mean to walk in the Spirit?

Ezekiel 36:25-27 _____

Romans 8:1,5 _____

2 Timothy 2:22 _____

Discuss/Consider: Christianity is not simply an event or activity - it is a lifestyle. Is your religious experience a continuous one, or a periodic one? _____

PERSONAL NOTES: _____



The Christian's Conflict

Monday's Summary – September 11:

1. What is the basis for the struggle experienced by the Christian?

Galatians 5:16-17 _____

Romans 7:21-23 _____

James 1:12-14 _____

Discuss/Consider: Are there things we can do which make the conflict easier or harder for ourselves? _____

PERSONAL NOTES: _____



The Works of the Flesh

Tuesday’s Summary – September 12:

1. What are some of the “works of the flesh” outlined in the Bible?

Galatians 5:19-21 _____

Mark 7:21-23 _____

1 Peter 4:3 _____

Discuss/Consider: Work leads to wages. What are the wages for the list above?

PERSONAL NOTES: _____



The Fruit of the Spirit

Wednesday’s Summary – September 13:

1. In what ways is the **list of righteousness** different from the **lusts of the flesh** list?

Galatians 5:22-24 _____

Matthew 22:35-40 _____

1 Timothy 6:11-12 _____

Discuss/Consider: The fruit of the Spirit is not attained in the same way as the lusts of the flesh. Why is the fundamental reason for this? _____

PERSONAL NOTES: _____



The Way to Victory

Thursday’s Summary – September 14:

1. Is there a “formula for success” in the life of a Christian? If so, what is it?

Galatians 5:24-25 _____

James 4:7-10 _____

Philippians 2:5, 12-13 _____

ILLUMINATION: The life of the Christian is not all smooth. He has stern conflicts to meet. Severe temptations assail him. “The flesh lusteth against the Spirit, and the Spirit against the flesh.” The nearer we come to the close of this earth’s history, the more delusive and ensnaring will be the attacks of the enemy. His attacks will grow fiercer and more frequent. Those who resist light and truth will become more hardened and unimpressible, and more bitter against those who love God and keep His commandments **(MS 33, 1911)**.

The influence of the Holy Spirit is the life of Christ in the soul. We do not see Christ and speak to Him, but His Holy Spirit is just as near us in one place as in another. It works in and through every one who receives Christ. Those who know the indwelling of the Spirit reveal the fruits of the Spirit – love, joy, peace, long-suffering, gentleness, goodness, faith **(MS 41, 1897)**.

– Ellen G. White Comments, **SDA Bible Commentary, Volume 6**, pp. 1111-1112

PERSONAL NOTES: _____
