

# **Am I Knot Free?**

**(Galatians 5:13, 16-17, 19-21a)**

**Disentanglement:  
Untying Our Knottiest Problem, No. 2**

# **Galatians 5:13 (NIV)**

**You, my brothers,  
were called to be free.  
But do not use your freedom  
to indulge the sinful nature;  
rather, serve one another in love.**

# **Galatians 5:16 (NIV)**

**So I say,  
live by the Spirit,  
and you will not gratify  
the desires of the sinful nature.**

## **Galatians 5:17 (NIV)**

**For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature.**

**They are in conflict with each other, so that you do not do what you want.**

**F L E S H**

**H S E L F**

**H S E L F**

# **Body ≠ Flesh**

- **The body can glorify God.  
The flesh cannot.**
- **The body will be resurrected.  
The flesh will not.**



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drunkenness, orgies,  
and the like.**

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# **Disentanglement Truths**

- 1. I am wonderfully created, but I am deeply flawed.**
- 2. I will never 'win' against sin, but I can get better at waging the war.**
- 3. I get better by making many, many small choices.**
- 4. I will get better by using spiritual weaponry.**

# Action Points

- 1. Treat this traitor as a lifetime enemy.**
- 2.**



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live by the Spirit,  
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the desires of the sinful nature.**

# **Action Points**

- 1. Treat this traitor as a lifetime enemy.**
- 2. Choose to live by the Holy Spirit.**

## **Galatians 2:20 (NIV)**

**I have been crucified with Christ  
and I no longer live,  
but Christ lives in me.**

**The life I now live in the body,  
I live by faith in the Son of God,  
who loved me and gave himself for me.**