Spurgeon, Charles
The Practice of Powerful and Effective Prayer

16. Walk by the Spirit

A written prayer asking God for help to live by the Spirit rather than the flesh. The author confesses that crucifying fleshly desires is slow, painful work done only by the Spirit's power, and asks for strength in prayer and a life that reflects Christ.

Key takeaways

- Walking by the Spirit means daily fighting fleshly desires (idolatry, anger, selfishness) and letting God shape your desires through His Word.
- Killing the flesh is a slow process powered by the Spirit, not by willpower; when prayer feels weak the Spirit intercedes for us.
- The aim is a life whose thoughts, words, and actions testify that the resurrection power that raised Jesus now lives in the believer.

Scripture referenced

- **Galatians 5:16** -- the theme verse — walk by the Spirit, don't gratify the flesh

- **Galatians 5:22-23** -- the fruit of the Spirit the author longs to bear