

KEEPING THE FIRE

FASTING 2025

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

Galatians 5:16-17 NLT

The apostle Paul describes the two forces that battle within us: the Holy Spirit and our sinful desires. In this world, we face a constant tension between the Spirit and our sinful nature.

In Christ, we have a victorious and resurrected life. We should not be surprised when we encounter resistance while following the Spirit's guidance. Satan is a persistent agitator of rebellion, and has had centuries of practice, he uses our sinful nature to hinder the leading of the Spirit.

Not giving in to this opposition is what Scripture calls "resisting the devil for a little while." In other words, it means staying on the path and not being led astray. We all have sinful desires that we should not ignore; instead, we must confront them decisively, crucifying them. These desires include obvious sins, such as sexual immorality and witchcraft, but also less obvious sins, such as hostility, jealousy, unforgiveness, and selfish ambition.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,

Galatians 5:22 NLT

If we allow it, the Holy Spirit produces His fruit in us. These traits of His character reflect how we are becoming more like Jesus, who modeled them perfectly. When Christ controls us, the fruit grows and flows from us naturally. We must understand that it is impossible to obtain these gifts without His help. If we want the fruit of the Spirit to grow in us, we must live in close union with Jesus.

The objective of the fruit of the Spirit is for us to manifest His Love to others.

The Lord passed in front of Moses, calling out, “Yahweh! The Lord!
The God of compassion and mercy! I am slow to anger and filled
with unfailing love and faithfulness.

Exodus 34:6 NLT

The Holy Spirit gives us the ability to discern between our desires and His. By living each day controlled and guided by Him, we will not be dominated by our selfish desires. Let us remember that Christ’s words will be in our minds, while His love and power will be behind our actions. The Holy Spirit is within us to bring the Word to life, transforming it into a living expression of God in each of us. If there is no Word within you, then what can it give life to? It’s like having a torch or lighter with an accelerant—but no wood or anything to ignite it. No matter how hard you try, the fire will not stay. This is what happens with many people who attend a meeting: they feel a fire within them, a desire to live differently. But when they leave, that fire only lasts a short time and goes out, because it has nothing to sustain it—the Word.

Antidote against spiritual lukewarmness:

1. The Word: Read, meditate, go deeper into His word.
2. The Holy Spirit: Allow Him to work. Remove from us everything that Hinders His manifestation. Surrender your will to Him.
3. The body: Walk with someone. Talk to someone about your struggles, seek spiritual support, and be an active part of the body.

Only in this way can we stay on fire—hot and passionate—without returning to lukewarmness.

Application

Admit that you have a selfish and sinful nature. Don't be surprised or too proud to acknowledge it. That's what it means to surrender all your sinful tendencies to Christ: to repent and confess them.



Commit your actions, thoughts, passions, and abilities to Christ, asking the Spirit to help you restrain evil desires and reactions.

Make serving others a top priority, as this will help you become more like Jesus and build His body here on earth.

Reflection

What is stronger in me? The desires of the Spirit or those of the flesh? What am I feeding more, my flesh or my spirit? Am I keeping the fire of the Spirit burning?

