

SPIRIT WALK, SOUND MIND

Walk in the Spirit and you will not fulfill the lusts of the flesh (Galatians 5:16). Walking in the Spirit will give you the mind of the Spirit, a sound mind; it will cause your soul to prosper and you be in health.

I will lay out several scriptures and then show how the previous sentence weaves its way through those scriptures.

For God has not given us a spirit of timidity or fear, but of power, love, and a sound mind (2 Timothy 1:7). The Greek word for sound mind comes from a compound word, sozo + mind. Sozo is goodness, health, saving, soundness, soberness as opposed to intoxicated.

When Jesus cast out the legion of demons from the Gaderene demoniac the former demoniac was then in his right mind (Mark 5:15). Right mind again comes from sozo+mind.

A bishop (Titus 3:8) is to be sober-minded, again it comes from sozo+mind. Same for deacons and Godly women.

The mind of the flesh is death, but the mind of the Spirit is life and peace (Romans 8:6).

There are only 2 options for our mind, a mind of the Spirit or a mind of the flesh. Walking in the Spirit means you do not have a mind of the flesh since having a mind of the flesh is fulfilling the lusts of the flesh and walking in the Spirit you do not fulfill the lusts of the flesh. Hence, walking in the Spirit you have the mind of the Spirit, which is a sound mind, your right mind, a properly sober mind, not fleshly intoxicated.

Furthermore, since our soul contains our mind, will and emotions, then our soul prospers by walking in the Spirit. Walking in the Spirit your mind is sound, your will is the will of God and your emotions are self-controlled (really God controlled) since that is a fruit of the Spirit (Galatians 5:22-23). All three components of your soul (your mind, your will and your emotions) are prospering by walking in the Spirit. In 3 John :2, John said that he prayed that they prosper and be in health , just as your soul prospers. Walking in the Spirit prospers your soul, so you will prosper and be in health.

Walking in the Spirit is key; it is life and peace (Romans 8:6).