

## KRY to WALK in the SPIRIT

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### James 1:12-15 (ESV)

<sup>12</sup> Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. <sup>13</sup> Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. <sup>14</sup> But each person is tempted when he is lured and enticed by his own desire. <sup>5</sup> Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

### Galatians 2:20

<sup>20</sup> I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

### Galatians 5:24

<sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit.

### NOTES

God does not tempt us.

Temptation is not sin.

We are lured by our desires and impulses.

We are crucified with Christ.

We walk in the Spirit.

**Romans 6:1-13 (ESV)**

**NOTES**

<sup>1</sup> What shall we say then? Are we to continue in sin that grace may abound? <sup>2</sup> By no means! How can we who died to sin still live in it?

<sup>3</sup> Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

<sup>5</sup> For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. <sup>6</sup> We **know that our old self was crucified with him** in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. <sup>7</sup> For one who has died has been set free from sin. <sup>8</sup> Now if we have died with Christ, we believe that **we will also live with him**. <sup>9</sup> We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. <sup>10</sup> For the death he died he died to sin, once for all, but the life he lives he lives to God. <sup>11</sup> So you also must **consider yourselves dead to sin** and alive to God in Christ Jesus.

<sup>12</sup> Let not sin therefore reign in your mortal body, to make you obey its passions. <sup>13</sup> Do not present your members to sin as instruments for unrighteousness, but **present yourselves to God** as those who have been brought from death to life, and your members to God **as instruments for righteousness**. <sup>14</sup> For sin will have no dominion over you....

**KNOW** our identity in Christ (FACTS/head):

<b>Death facts:</b>	<b>Life facts:</b>
Christ died.	Christ lives.
Our old nature died.	Our new nature lives.

**RECKON** these truths to be so (FAITH/heart):

Christ died	Christ lives
+ Old nature died	+ New nature lives
<hr/>	<hr/>
I'm dead to sin	I'm alive to Christ

**YIELD** yourself to God (OFFER/hands):

Yield our members to righteousness.  
Yield ourselves as alive to God.

## KRYing to WALK in the SPIRIT

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**TEXT: Romans 6:1-13 & Galatians 5:13-24**

The "**KRYing to Walk in the Spirit**" spiritual life skill is one of the most important skills for the believer to master! Actually, it is a combination of two complementary skills. One is the believer's privilege and responsibility in Christ to crucify the old nature. The other is the wonderful opportunity of walking in the Spirit. It is not possible to experience one without the other. They are best understood when considered together.

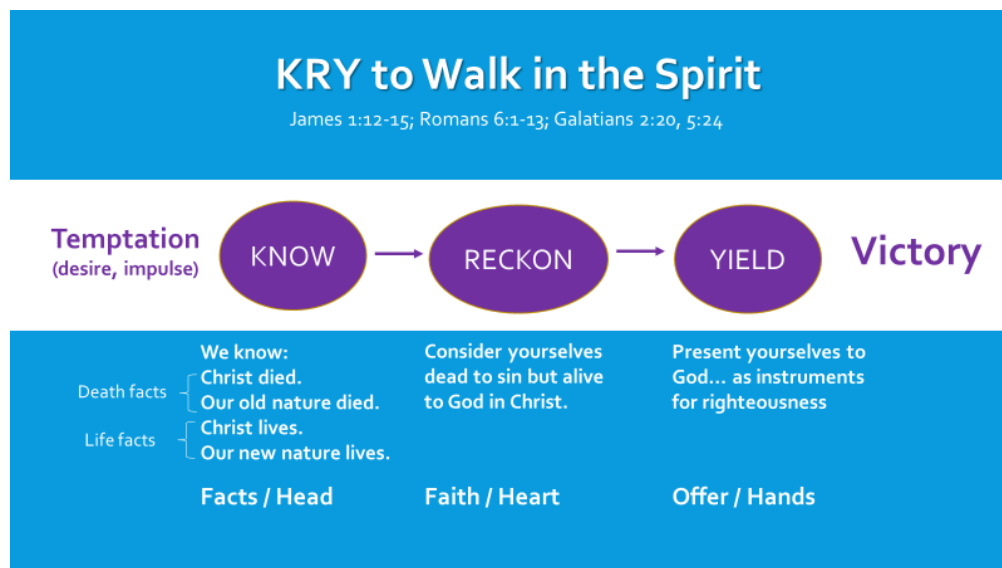
The skill, which is one aspect of *The Agape Lifestyle*, is presented here in lesson form. The material is taken from a college level study guide published by Global University.

The **KRY** acrostic is composed of the first letters of **Knowing, Reckoning** and **Yielding**. Understanding the **KRY** steps and applying them is essential for *Walking in the Spirit*.

Keep these three words in your thinking: *know, reckon, yield*. These are three steps to victory over temptation. They can make the difference between spiritual life and death for you. Here is how they work.

When temptation comes you have two choices. You can either (1) yield your members to sin and unrighteousness – this is slavery to sin and it results in death (Romans 6:22-23) or (2) yield your members to righteousness and God – this is obedience and results in walking in the Spirit and having life (Galatians 5:22-25).

Temptation comes to us when our flesh is enticed to gratify itself in ways that are contrary to God's laws (James 1:12-15). You must remember, however, that temptation in itself is not sin. It becomes sin only when we yield to it. Jesus was tempted in all points like we are (Matthew 4:1-11; Hebrews 4:15) and yet He was without sin. Let us consider the three basic steps to victory over the old self – the flesh or the sinful nature.



**Step I. KNOWING.** What is it you know? According to the Amplified New Testament, Romans 6:10-11 reads, “For by the death He [Jesus] died, He died to sin – ending His relation to it – once for all, and the life that He lives He is living to God....Even so consider yourselves also dead to sin and your relation to it broken.” So we know that Christ died to sin and that because He died to sin we are dead to sin.

Just because you know something intellectually does not mean you have made it a part of your life or experience. Step II is taking the facts of the past and making them part of your present experience. It is bringing the cross and resurrection of Christ into your daily life.

**Step II. RECKONING.** Reckon means to add up the facts. It is an accounting word ( $2 + 2 = 4$ ). When you reckon you are believing or expressing faith. Notice also that you do not kill yourself. You can't nail yourself to a cross. The only way you can die is by identification with Christ, and the only way you can live is by identification with Christ. Observe how many times the phrase with Him is used in Romans 6:8-14. What is it you reckon, or consider to be true, in your experience? It is the fact that because Christ lives, you live.

**Step III. YIELDING.** What is it you yield or present to God? We must yield (1) our members – our body, hands, feet, eyes, and such – as instruments of righteousness and (2) ourselves as alive to God (Romans 6:13, 12:1-2).

When I think of *the self* I think of the essence of personality. It includes mind, emotions, and will. It is the core of my life and how I live. It includes the physical, psychological, and the spiritual aspects of my being. I must give these to God.

These are the three steps to victory over the old self (sinful nature or flesh): in times of temptation we must (1) *know* the facts, (2) *reckon* them to be true in our lives, and (3) *yield* ourselves and our members to righteousness. I have done this many times. It works! In times of temptation I have said, even out loud on occasion, “Old nature, by the power of Christ I reckon you dead to this temptation!” Then I have immediately and deliberately turned myself and my members to some act of righteousness. This is victory! This is the essence of walking in the Spirit. This is bringing the cross into daily practice as did Paul (1 Corinthians 15:31). This is what it means to be crucified with Christ (Galatians 2:20). The application of these steps in your life will help you live in victory in times of temptation.