

Lesson Notes

Your Struggle with Sin (4)

The Spirit vs The Flesh

My goal for you is TRANSFORMATION

Transformation is unattainable unless (you) take action.

Romans 12:2 TPT

Stop imitating the ideals and opinions of the culture around you but **be inwardly transformed by the Holy Spirit through a total reformation of how you think.** This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

James 2:20 TPT

When will you ever learn that **"believing" is useless without *doing*** what God wants you to do? Faith that does not result in good deeds is not real faith.

Journaling is the key to unlock your dreams and destiny.

For you to get the most from this lesson, it is necessary to apply what you are learning. We recommend completing these action steps:

- While listening to the podcast, **write down the things that stand out the most to you.**

Immediately after listening to the podcast, **write down the ONE Thing that stood out the most for you and the ONE Action Step you are going to take as a result of this message.**

Lesson Notes

Once born again, the rest of the life of the Kingdom citizen is learning to walk in the spirit. It's allowing the spirit to dominate more than the physical and emotional realm.

Galatians 5:16-18 NIV

So, I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is **contrary** to the Spirit, and the Spirit what is **contrary** to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

Contrary- opposed, enemies, adversaries

Your true warfare is between the spirit and flesh.

Spirit- the Divine God Nature of man designed to be in regular communion with God.

Flesh- the fallen creation with its frailties (physical or moral and passions); human being as carnal mind

As a born-again believer the flesh consists of your soulish and physical realms. Prior to the new birth it also included the dead human spirit.

The flesh gravitates towards the senses thus giving room for Satan to influence because he works through carnal, natural things.

Romans 8:1-14 AMP

Therefore, there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. ² For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death. ³ For what the Law could not do [that is, overcome sin and remove its penalty, its power] being weakened by the flesh [man's nature without the Holy Spirit], God did: He sent His own Son in the likeness of sinful man as an offering for sin. And He condemned sin in the flesh [subdued it and overcame it in the person of His own Son], ⁴ so that the [righteous and just] requirement of the Law might be fulfilled in us who do not live our lives in the ways of the flesh [guided by worldliness and our sinful nature], but [live our lives] in the ways of the Spirit [guided by His power]. ⁵ For those who are *living* according to the flesh set their minds on the things of the flesh [which gratify the body], but those who are *living* according to the Spirit, [set their minds on] the things of the Spirit [His will and purpose]. ⁶ Now the mind of the flesh is death [both now and forever—because it pursues sin]; but the mind of the Spirit is life and peace [the spiritual well-being that comes from walking with God—both now and forever]; ⁷ the mind of the flesh [with its sinful pursuits] is actively hostile to God. It does not submit itself to God's law, since it cannot, ⁸ and those who are in the flesh [living a life that caters to sinful appetites and impulses] cannot please God.

⁹ However, you are not [living] in the flesh [controlled by the sinful nature] but in the Spirit, if in fact the Spirit of God lives in you [directing and guiding you]. But if anyone does not have the Spirit of Christ, he does not belong to Him [and is not a child of God]. ¹⁰ If Christ lives in you, though your [natural] body is dead because of sin, your spirit is alive because of righteousness [which He provides]. ¹¹ And if the Spirit of Him who raised Jesus from the dead lives in you, He who raised

Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you.

¹² So then, brothers and sisters, we have an obligation, but not to our flesh [our human nature, our worldliness, our sinful capacity], to live according to the [impulses of the] flesh [our nature without the Holy Spirit]— ¹³ for if you are living according to the [impulses of the] flesh, you are going to die. But if [you are living] by the [power of the Holy] Spirit you are *habitually* putting to death the *sinful* deeds of the body, you will [really] live *forever*. ¹⁴ For all who are *allowing themselves to be* led by the Spirit of God are sons of God.