



Sunday February 14, 2021
Overcoming Part-5: Overcoming The Flesh

Living victoriously over the flesh, the world, the devil.

We have established the fact that all believers can live overcoming and victorious lives over the flesh, the world, and the devil. We have understood that the Cross of Jesus and our identity in Christ are the basis for us to live overcoming victorious lives. We also discovered that living by the Word of God and walking in the Spirit are practical keys to living the overcoming life.

In the next three sermons we will discuss specifically, how to walk victoriously in each realm: over the flesh, over the world and over the devil. Today we discuss overcoming the flesh.

Let us read our Scripture texts:

James 1:13-16

13 Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone.

14 But each one is tempted when he is drawn away by his own desires and enticed.

15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

16 Do not be deceived, my beloved brethren.

We are tempted (feel induced to sin) when we are drawn by our own evil desires. These entice (weaken our will) us. Then when we yield to these desires (when desire has conceived) that is when we end up in sin. If we continue in this, it leads to destruction.

The fact is that our flesh, has its own evil desires and we must learn how to overcome the evil, sinful desires of the flesh.

Romans 8:1-13

1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

3 For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh,



4 that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.

6 For to be carnally minded is death, but to be spiritually minded is life and peace.

7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

8 So then, those who are in the flesh cannot please God.

9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.

10 And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.

11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

12 Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh.

13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

The apostle Paul is writing to believers. We see that believers can be carnally minded and flesh-ruled if they do not walk in the Spirit.

What would a carnally minded, flesh ruled believer look like? Their thoughts and their actions are towards things that gratify the flesh instead of pursuing what pleases the Spirit.

As we saw earlier in James 1:13-16, living according to the carnal mind or being flesh ruled results in defeated lives.

When we live in order to satisfy the sinful desires of our flesh, we are self-defeated, because 1 Peter 2:11 states that fleshly lusts war against our own soul.

The challenge we have is with our flesh – the evil desires of our body and mind. Today, our goal is to learn how to overcome the flesh.

HOW DO WE OVERCOME THE FLESH?



1, KNOW YOU ARE FREE FROM THE POWER OF SIN

Romans 6:6,14

6 knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.

14 For sin shall not have dominion over you, for you are not under law but under grace.

On the Cross, our old sinful nature was crucified with Him. **We no longer have a sinful nature. We are born again and are have the life and nature of God in us** (2 Peter 1:3-4). The new creation with us is in the image of God and is righteousness and true holiness (Ephesians 4:24). Sin has no control over us. We can live free from the dominion of sin.

Whatever evil, sinful desires you feel in your flesh – know that it cannot and will not dominate you. You have the power to live free from it because sin's power over you was broken at the Cross.

2, USE THE WORD IN RELATION TO YOUR AREA OF WEAKNESS

Psalm 119:9

How can a young man cleanse his way? By taking heed according to Your word.

Our carnal mind needs to be washed with the Word of God and become a renewed mind. A renewed mind has learned to take on the thoughts of God. It is a spiritual mind that thinks in terms of what pleases God.

Hence, we must apply the Word of God to specific sinful desires, wrong thoughts, and behavior patterns. Use the Word of God against the evil desire(s) you want to live free from.

Let's consider an example:

Lying

Lying is an abomination to God – it is something God detests (Proverbs 6:16-17). If you have a weakness to lie and try to get away from things by lying, then use these Scriptures to break free from that sinful pattern:

Proverbs 12:19

The truthful lip shall be established forever, But a lying tongue is but for a moment.



Proverbs 8:7

For my mouth will speak truth; Wickedness is an abomination to my lips.

Ephesians 4:25

Therefore, putting away lying, "let each one of you speak truth with his neighbor," for we are members of one another.

(Quoted from Zechariah 8:16)

Could also use other Scriptures like:

Psalms 19:14

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.

Psalms 141:3

Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.

Speak the Scriptures over yourself.

Speak the Word every time you feel like lying your way out of something.

Like this, whatever area you are fighting evil desires in, whether pornography, adultery, or something else, take the Scriptures related to that area and speak it over your mind and body.

3, WALK IN THE SPIRIT AND CRUCIFY THE FLESH

We learned that we must walk in the Spirit to overcome the flesh.

To walk in the Spirit is to walk yielded to, under the influence of, in submission to, under the direction of and by the empowering of the Holy Spirit.

Galatians 5:16

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

As we walk in the Spirit we must 'crucify' the flesh. To crucify means to put to death. The Holy Spirit empowers us to do this.

Romans 8:13



For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

“By the Spirit” or with the help, aid, assistance and empowering of the Spirit you can “put to death” the sinful deeds of the body.

Jesus taught us: *“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”* (Matthew 26:41).

Prayer is important to overcoming the weakness of the flesh. Praying in the Spirit is an important way we draw strength from the Holy Spirit to overcome our weaknesses.

Romans 8:26

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

Often in our personal struggles, we may not even know what to pray for, or how to pray for the victory we need. The Holy Spirit helps us – takes a hold of together with us – against our weaknesses, as we pray in the Spirit.

Galatians 5:24

And those who are Christ's have crucified the flesh with its passions and desires.

We cannot ‘pamper’ our flesh. Jesus taught us that we must deal with severity things that cause us to sin. The process can be painful, like amputation.

Matthew 5:29-30

29 If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

30 And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

Crucifying the flesh with the help of the Holy Spirit is doing exactly this. We are plucking out and casting away the evil desires that cause sin in our lives.

Illustration: arm wrestling



4, PUT ON JESUS AND MAKE NO ROOM FOR THE FLESH

In addition to using the Word and walking in the Spirit to crucify the flesh, the Scriptures also teach us to 'put on the Lord Jesus Christ' – determine that you are going to be like Jesus and do not have any forethought (do not pre-plan, have no intent) to fulfill the evil desires of the flesh.

Romans 13:13-14

13 Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.

14 But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Put on the Lord Jesus Christ. Decide that you are going to be like Him. Put Him on – be like Him in every way, thought, word and deed.

Make no provision for the flesh – Make no room for the flesh. Do not give the flesh any allowance. Do not have any forethought (do not pre-plan, have no intent) to fulfill the evil desires of the flesh.

Remember what you feed grows, what you starve dies.

Strengthen your inner man. Feed your spirit. Walk in the presence of God.

Don't pay attention to the flesh. Don't pamper your flesh. Don't put yourself in a place where your flesh gets the upper hand.

Let's take friendships for example. We do have to meet, interact, and engage with all kinds of people. However, we do have a choice about the company we keep, the friends we spend time with and who we permit to influence our lives.

1 Corinthians 15:33

Do not be deceived: "Evil company corrupts good habits."

So for the sake of illustration, let's say that whenever you are in the company of certain friends, you get influenced to do things that you know are not right before God, then until you are personally able to stand up against wrong influences, you need to stay away from wrong company. You are making 'no provision for the flesh'. You are not giving your flesh any opportunity to get the upper-hand in your life.



SUMMARY

How do we overcome the flesh?

- 1, Know you are free from the power of sin
- 2, Use the Word in relation to your area of weakness
- 3, Walk in the Spirit and crucify the flesh
- 4, Put on Jesus and make no room for the flesh

SALVATION CALL

The GOSPEL (Good News) in brief.

Here is how we RECEIVE the Good News for our personal lives.

We make it a simple A,B,C,D. We must:

ACKNOWLEDGE: our sin, the consequences of our sin, and our need for a Savior

BELIEVE: in Jesus Christ, in who He is and what He has done on the Cross, personally

CONFESS: Jesus Christ as the Lord and Savior of our lives

DECIDE: to follow Jesus Christ as His disciple for the rest of our lives

MINISTRY TIME

Call ministry team up.



LIFE GROUP STUDY GUIDE

Sunday February 14, 2021
Overcoming Part-5: Overcoming The Flesh

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at apcwo.org/sermons . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

LISTEN to God's Word

Read the following Scripture passages: *James 1:13-16; Romans 8:1-13*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

Discuss how you would apply each of the 4 insights presented to help us overcome the flesh.

- 1, Know you are free from the power of sin (Romans 6:6,14)*
- 2, Use the Word in relation to your area of weakness (Psalm 119:9)*
- 3, Walk in the Spirit and crucify the flesh (Romans 8:13)*
- 4, Put on Jesus and make no room for the flesh (Romans 13:14)*



If time permits, each one takes a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>