

Lies We Believe: Fighting Our Flesh

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Questions: What is your “go to” convenience store and why? “The struggle we all face: Our wants can become more important than our needs.” How is this true or not true in your life?

True freedom isn't found through running away from our sin. It's found as we walk daily with the Spirit, towards Jesus.

The word translated "Flesh" comes from the Greek word "sarx". It's used in a few different ways in the New Testament:

- Simply, the body or people/humanity
Read 1 Corinthians 6:16, 1 Peter 1:24
- Ethnicity. **Read** Philippians 3:3
- Sinful or animalistic nature/passions/desires.

Read 2 Peter 1:4; 2:10

Eugene Peterson calls it "the corruption that sin has introduced into our very appetites and instincts."

"In the past, it was the responsibility of all people to restrain the desires of their flesh; today, it's the right of all people to follow the desires of their authentic selves. ... The good life has become about getting what we want, not becoming the kind of people who want truly good things."

John Mark Comer in “Live No Lies”

Question: How are your strongest desires not actually your deepest desires?

What are your deepest desires?

- Are We Enslaved? Or Free?

Read Galatians 5:1, 13

There are two extremes around true freedom: Legalism and Liberalism. Both were happening in the churches of Galatia ... both were forms of slavery because ...

Anything that has control over you instead of Jesus, is your master.

- How Does Freedom Happen?

Read Galatians 6:7-9

It's all about the "Law of Returns":

Whatever we ‘invest’ we tend to get it back with interest.
Cornelius Plantinga

The things we do, do something to us.

They shape the people we become.

Charles Duhigg in “The Power of Habit”

Question: With this in mind, who are you becoming?

- How and Why Do We Need to "Keep in Step with the Spirit"?

Read Galatians 5:16-18, 25

While Jesus died to pay the price for our sin, he rose again to new life, so we would too.

Read: Ephesians 4:22-24

Christ not only died for us, but we die with Christ. This is discipleship 101. For Paul it was the beginning of the fight!

How to Fight the Flesh:

1. We need to crucify the flesh

Take it seriously, daily

2. We need to keep in step with the Spirit

Question: What does “crucifying the flesh” and “keeping in step with the Spirit” look like in your life?

When willpower works, use it, but when it doesn't, don't try harder ... lean into the practices of Jesus: The Spiritual disciplines like fasting and confession.

Questions: How have you put the practises of fasting and confession in your life? What will you do to take further steps forward in these two areas?