

The word “flesh” in the Bible could mean the physical or material body whether human or animal (Exo. 29:14; Lk. 24:39; 1 Cor. 5:5), relatives (Rom. 9:3), it also stands for the aspect of our nature that is dominated by sin (Eph. 2:3; Gal. 5:16; 6:8) – and this third definition is what we will focus on for this study.

Key verse: 1 John 2:16 “For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.”

Salvation delivers us from the sin.

- A. Justification – we are free from sin’s penalty.
- B. Sanctification – we are being made free from sin’s power.
- C. Glorification – we will be free from sin’s presence.

Our concern as believers in the present is to be made free from the power of sin.

1. Sin still resides in the believer. (Rom. 7:18)
2. Everyday there is a war in the believer of sin vs. righteousness. (Rom. 7:25; 1 Pet. 2:11)
3. Everyone who gives into the flesh cannot please God. (Rom. 8:8)
4. Surrendering to the Holy Spirit is the key to defeating the power lust of the flesh. (Rom. 8:13)
5. The Spirit and the Flesh is at odds (there is no middle ground). (Gal. 5:17)
6. You can sow to the flesh and reap corruption, or you can sow to the Spirit and reap life everlasting. (Gal. 6:8)

Biblical Solutions to fight The Flesh:

- A. Putting away or casting off of inward lusts and unlawful desires. (Matt. 5:29; 18:8) – We must be radical in our refusal to sin. (this passage is a hyperbole for emphasis not to be taken literally). (cf. Col. 3:5)
- B. Realize that our “old man” our “body of sin” is crucified and therefore weakened – we do not need to be dominated by sin. We should not serve sin as we did before we got saved (Titus 3:3). We have a choice: Jn. 8:34; Rom. 6:16. (cf. Gal. 5:24)
- C. Put on Christ – by faith. Believing Him and relying on Him for victory. (Rom. 13:14)
- D. Make not provision for the flesh – We must not gratify, or allow, or cater to it, or to make projects for or encourage the flesh. (Rom. 13:14; 1 Pet. 4:2)
- E. Walk in the Spirit – obey the Lord. (Gal. 5:16)