

Mortifying Your Flesh

Taking Time to Change by Jim Berg – pages 60-61

READ ROMANS 6:1-14

Knowledge Objectives:

- Explain the meaning of the three steps of mortification in Romans 6—know, reckon, and yield—and how our identification with Christ at salvation makes these steps all possible.
- Recognize the importance of refusing to obey or to feed the flesh.
- Understand why God-dependent self-denial is crucial to flesh-free living.

Application Objectives:

- Respond by using the teachings of Romans 6 in your daily fight against the power of your fleshly nature.
- Respond by examining your life for areas where you are feeding the flesh.
- Respond by appreciating the importance of self-denial instead of despising or resisting it.

READ ROMANS 6:1-14 – BREAK INTO SMALL GROUPS FOR DISCUSSION

I. We Have to KNOW Some Things

- A. Romans 6 teaches us that because of Christ's death and Resurrection, we have been "set FREE from sin" (6:22). We no longer *have* to obey its pull to go our *own way*.
- B. Paul says in Romans 6:3 that "all of us who have been baptized into Jesus Christ were baptized into *his* DEATH."
- C. Before our identification with Christ in this way, we, in these earthly bodies, were REQUIRED to serve the flesh. Paul tells us, however, that the control of that indwelling sin over us has been destroyed or "nullified." We now have a choice! We do not need to obey the flesh.
- D. Paul says, "This is something you need to KNOW!"

II. We Have to **RECKON** Some Things

- A. We “reckon” [consider] things every day. When we drive along the highway, we see a **SPEED LIMIT** sign that says “55 miles per hour.” We are expected to “reckon” or consider that sign to be binding for us.
- B. We may **FEEL** as though we **HAVE** to give in, but we need to **KNOW** better because God said to “reckon [consider] yourselves dead to sin” (6:11).

III. We Have to **YEILD** Some Things

- A. Don’t **OBEY** the flesh! We would like to think that in this or that sin we have been **DEFEATED**. The humbling reality is that we have been **DISAPPOINTED**.
- B. Though the Christian life isn’t easy, it isn’t **COMPLICATED**.
- C. Paul is clear – the flesh **CAN** be denied, and it **MUST** be denied.
- D. Illustration: A Lesson from Kirk
- E. The picture is clear for us. If we wish to restrain the flesh as God commands, we are foolish to **FEED** it.
- F. Since the flesh is always with us, **SELF-DENIAL** is always needed because the **DANGER** is always present.

Conclusion – Stop the motorcycle!

Back to Mortifying

- Cut the fuel to the “flesh” engine. Don’t feed it!
- Disengage the clutch—the “flesh” engine doesn’t have to drive the wheel.
- Apply the brakes. Say no to the flesh.
- Stop the motorcycle!

Take Time to Reflect

- Is your entertainment flesh-free?
- Is your pursuit of possessions flesh-free?
- Are your friendships flesh-free?