

Battling Desires of the Flesh – Lesson

Lesson summary: Feeding the Spirit and starving the flesh is the most effective way to stop wanting to sin, this is a choice that takes place in between the times of temptation.

One of the big questions that comes up a lot is, “How do I stop wanting to sin?” The problem is not only that we are sinning, but that we want to sin, and we are just trying to cage those desires. We feel pressure that it is going to eventually explode.

GALATIANS 5:16-17 (NKJV)

¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

The Flesh and Spirit are like two dogs fighting

- > The one you feed more wins the fights.
- > You have spent years feeding the bad dog and it is a huge monster.
- > You have starved the good dog most of your life and it is very small and wimpy.

1. You have to cage the bad dog

- a) In the TC program, the bad dog has been caged and starved by the enforced rules.
 - Someone else held the key to the cage.
- b) When you leave, you are the one deciding what is acceptable behavior.
 - Now you hold the key to the bad dog’s cage and determine if it stays there.
- c) At first, restricting the flesh is unpleasant, but something else has to change, or it will break out.

2. You have to starve the bad dog

- a) In the program, the bad dog has been starved, and the desires have diminished some.
 - There haven’t been a whole lot of things that you could do to feed the flesh, even though you wanted to.
- b) Now that you are out of the program, you need to determine if you will start feeding those desires or not.
 - The world will feed the flesh some, even against your will, so it will grow some.
 - You know when the desires of the flesh start to become stronger, you can feel it.
 - Stop and think about what you have been doing in the last 24 hours when you began to feel the flesh rise up and identify what fed it.
 - Remember, if you cage the bad dog, but still feed it, it will break out and harm you and those you care about. You can only white knuckle it for so long.
 - Keep in mind the bad dog is still big because you fed it for a long time.
 - The desires will SLOWLY diminish, not immediately. You have a good head start from TC. But, they will QUICKLY return when you start feeding it.
 - Determine what you need to do or not do to starve the flesh.

3. You have to feed the good dog

- a) In the last year, you have been feeding the Spirit, so the good dog has grown some.
- b) Now you need to find ways to feed the Spirit yourself.
 - Lots of Bible reading – very good – LEARN TO RUN TO GOD IN STRESS.
 - Christian books and listening to sermons and Christian teachings.
 - Godly relationships and conversation and mutual prayer.
 - The more you feed the Spirit, the more you want to feed the Spirit.