

# **SPIRITUAL LIFE**

## **LESSON 3**

### **I AM NOT MY FLESH**

*“For the **flesh** sets its desire against the **Spirit**, and the **Spirit** against the **flesh**; for these are in opposition to one another, so that you may not do the things that you please.” Galatians 5:17 (NASB)*

*“For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. For I know that in me (that is, in my **flesh**) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.”*

**Romans 7:15, 18 (NKJ)**

## UNDERSTAND HOW YOU WERE DESIGNED

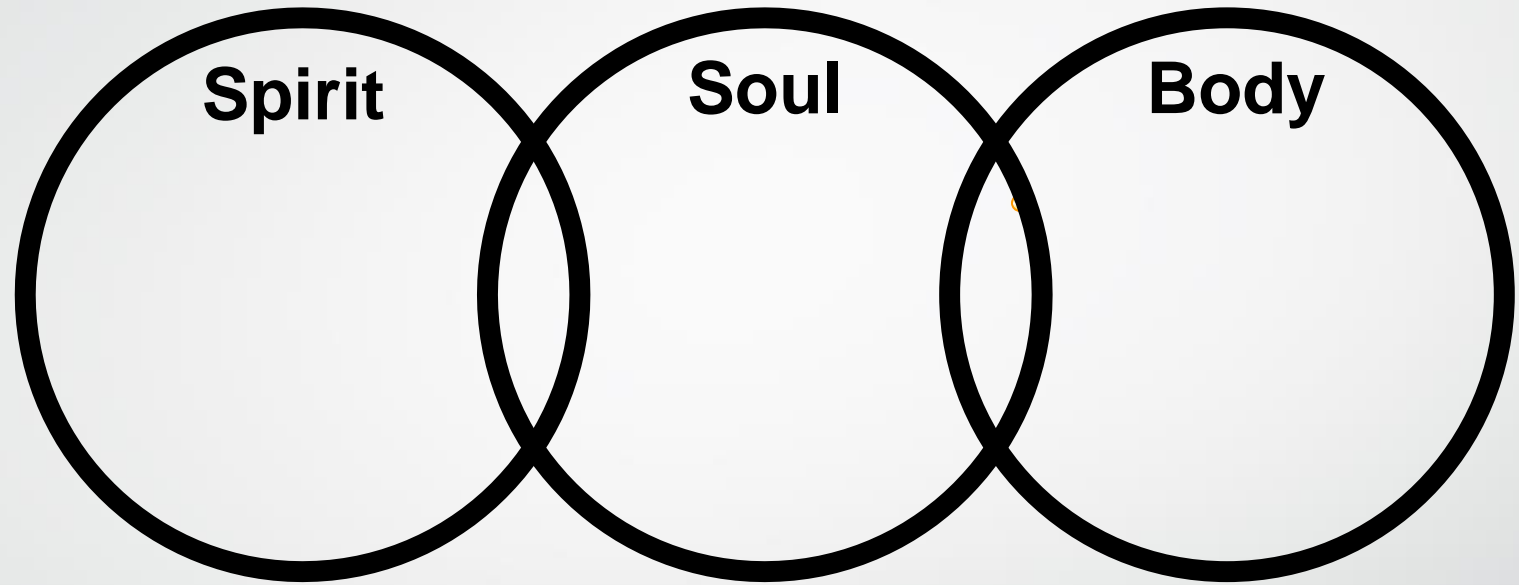


*“Now may the God of peace Himself sanctify you completely; and may your whole **spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ.”*

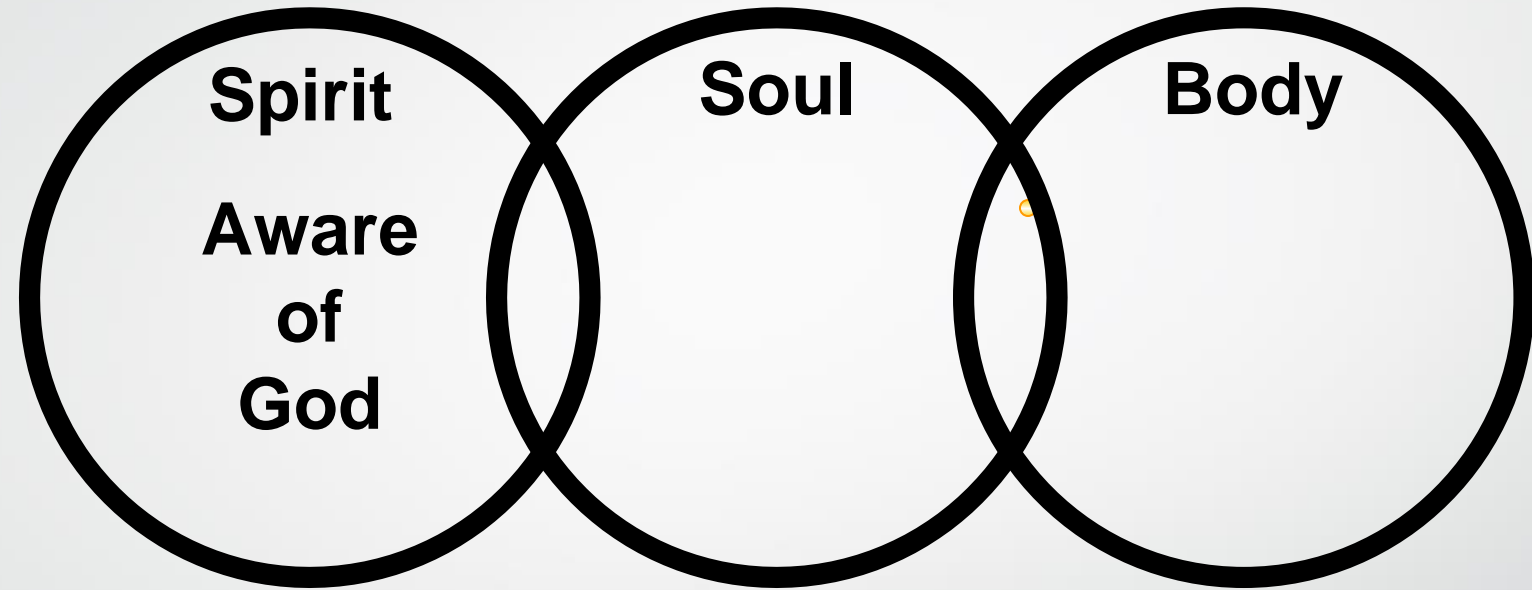
**1 Thessalonians 5:23 (NKJ)**



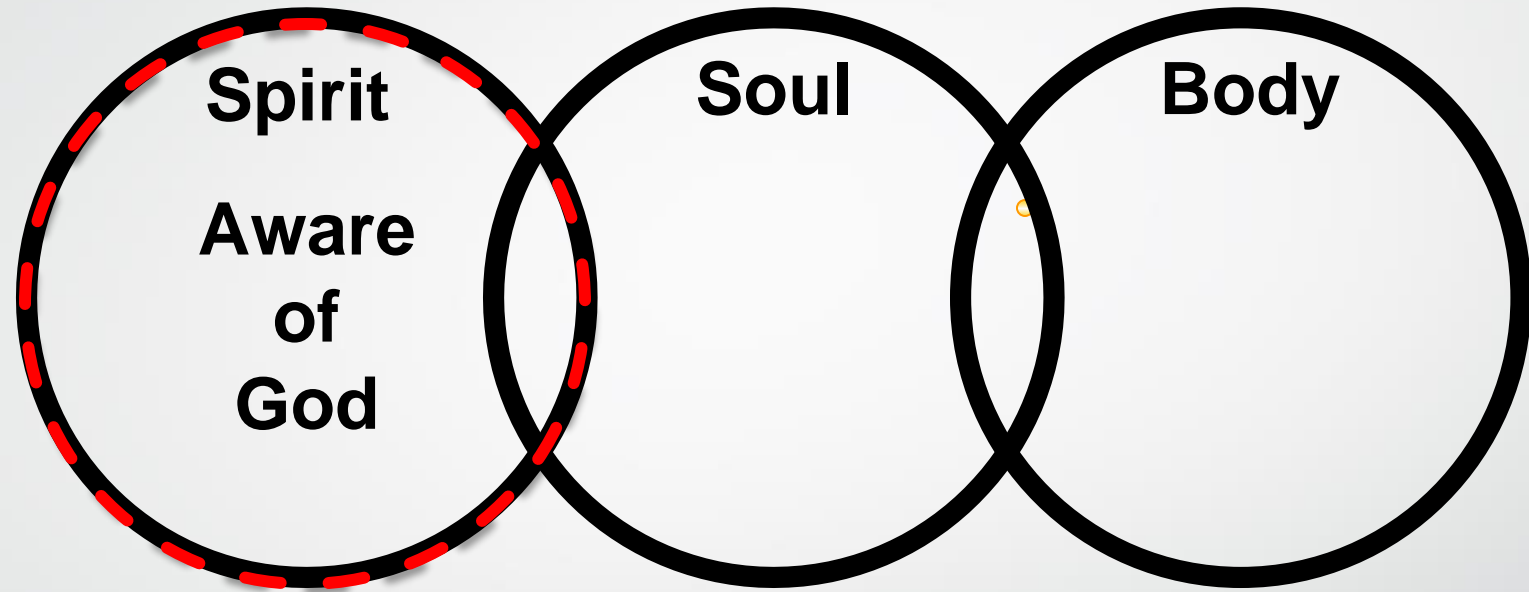
# YOU ARE A 3-PART BEING



# YOUR SPIRIT IS AWARE OF GOD

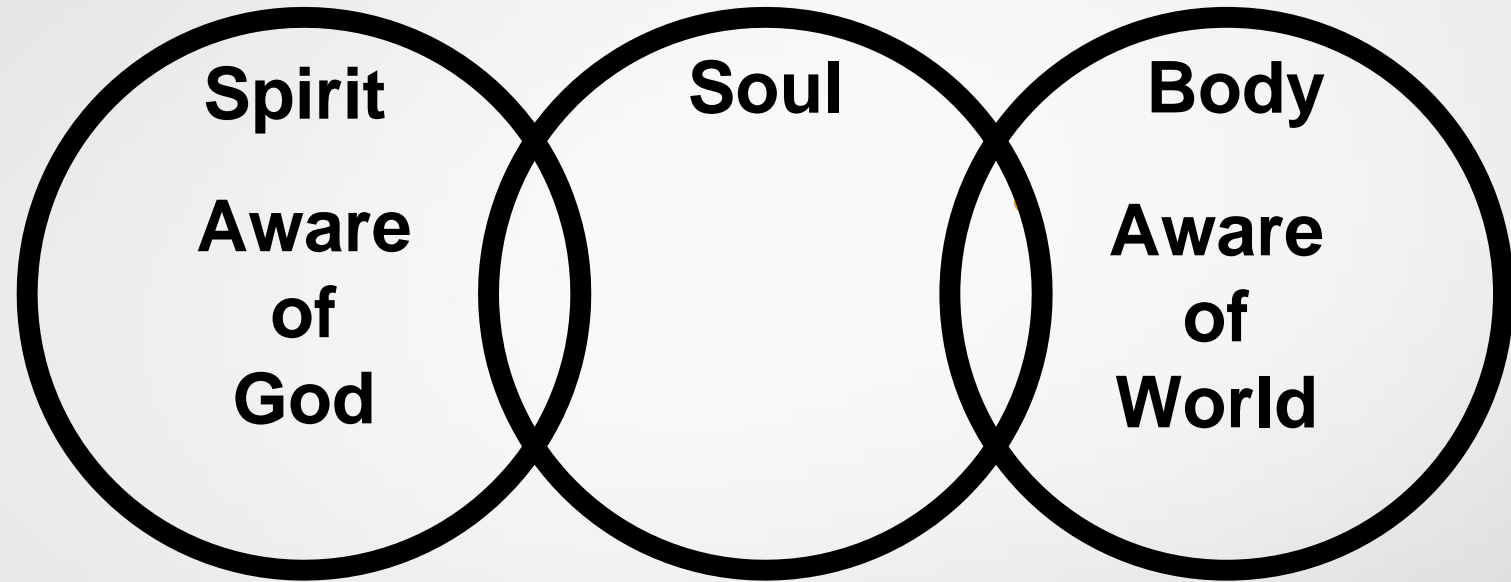


# YOUR SPIRIT IS DEAD IF YOU ARE NOT BORN AGAIN

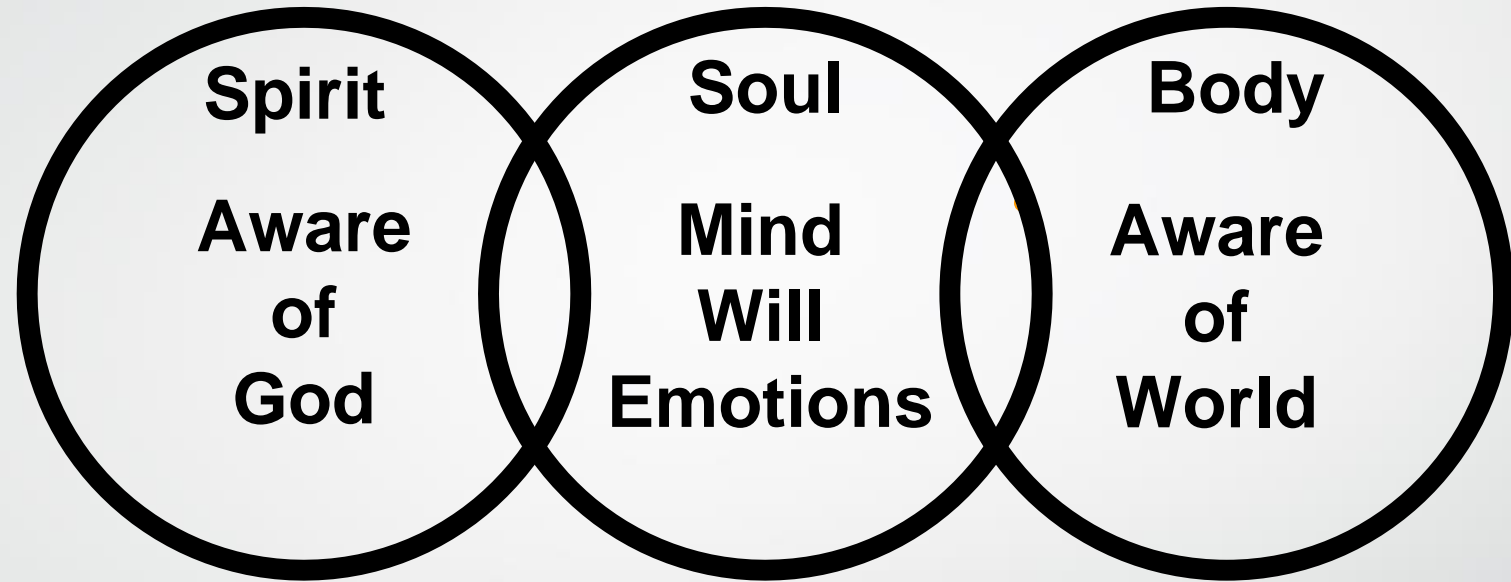


*“When you were stuck in your old sin-dead life, you were incapable of responding to God. God brought you alive - right along with Christ! Think of it! All sins forgiven.”*  
**Colossians 2:13 (MSG)**

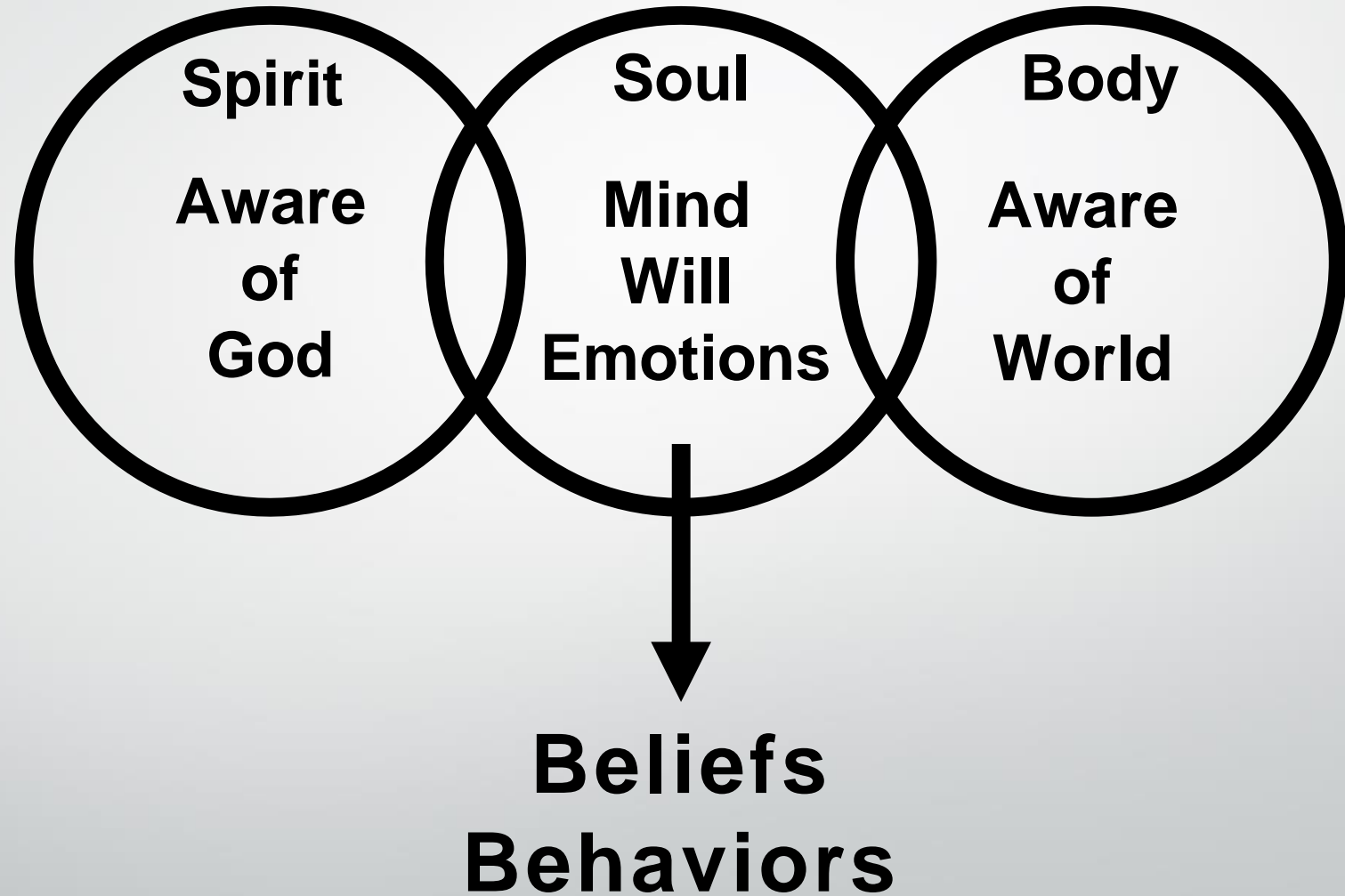
# **YOUR BODY IS AWARE OF THE WORLD THROUGH YOUR 5 SENSES**



# **YOUR SOUL IS MADE UP OF YOUR MIND, WILL AND EMOTIONS**

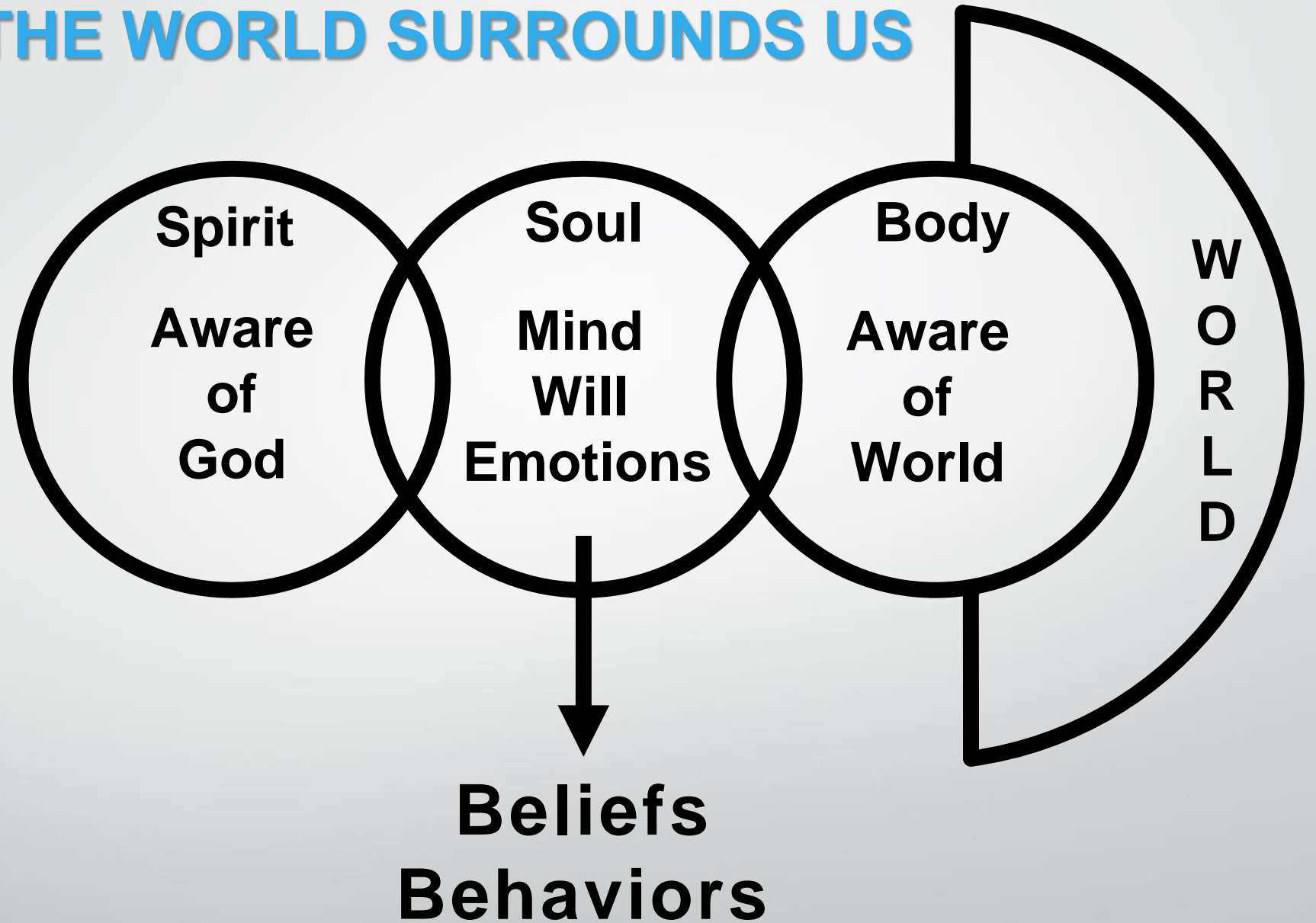


# THE DATA RECEIVED INFLUENCES YOUR BELIEFS AND BEHAVIOR





# THE WORLD SURROUNDS US



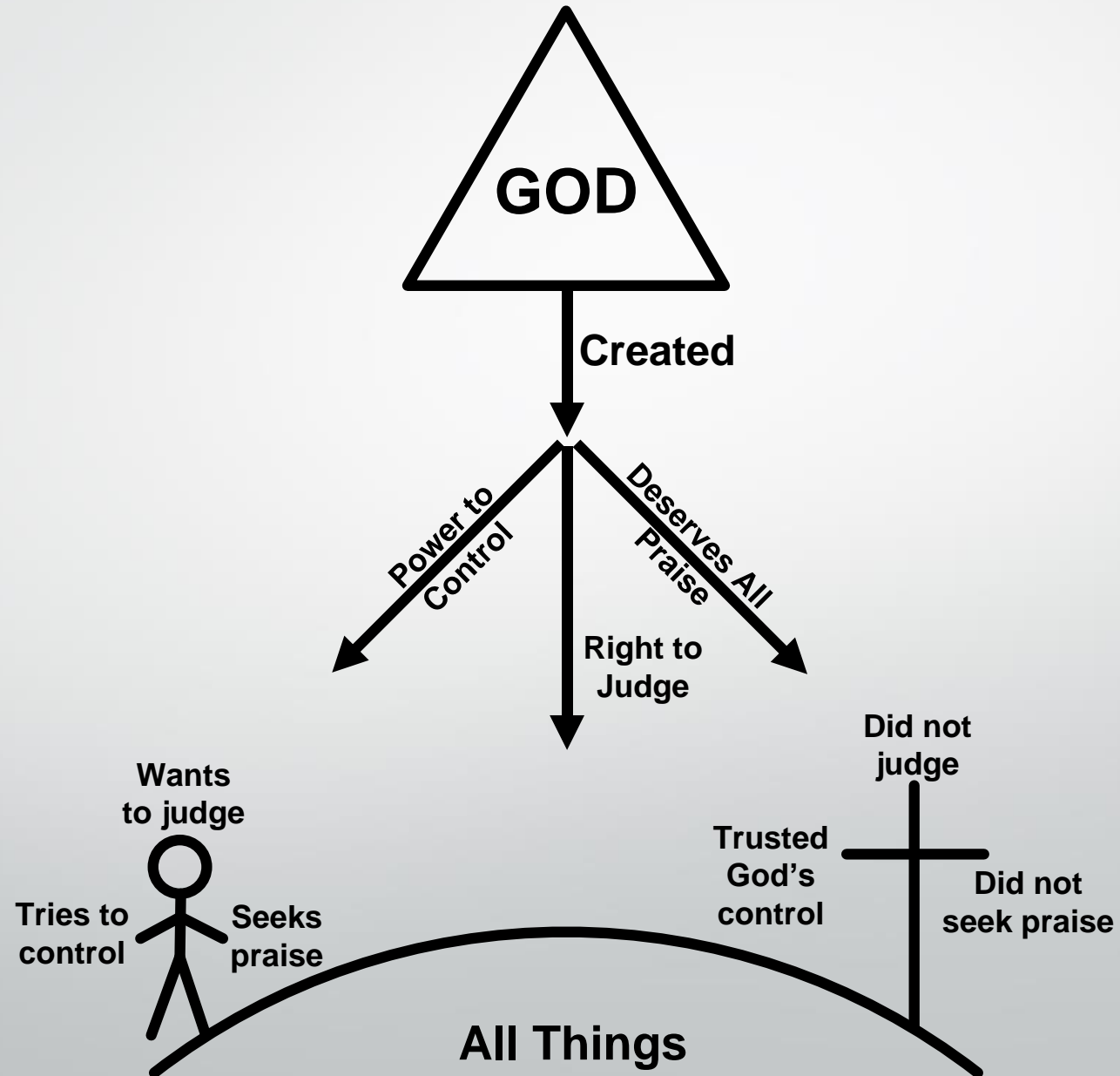
# SATAN IS ACTIVELY INFLUENCING THE WORLD



*“You used to live just like the rest of the world, full of sin, obeying Satan, the mighty prince of the power of the air. He is the spirit at work in the hearts of those who refuse to obey God.”* **Ephesians 2:2 (NLT)**

*“Don’t love the world’s ways. Don’t love the world’s goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—**wanting your own way, wanting everything for yourself, wanting to appear important**—has nothing to do with the Father. 1 John 2:15–16 (MSG)*

# SATAN AND ADAM TRIED TO BE LIKE GOD



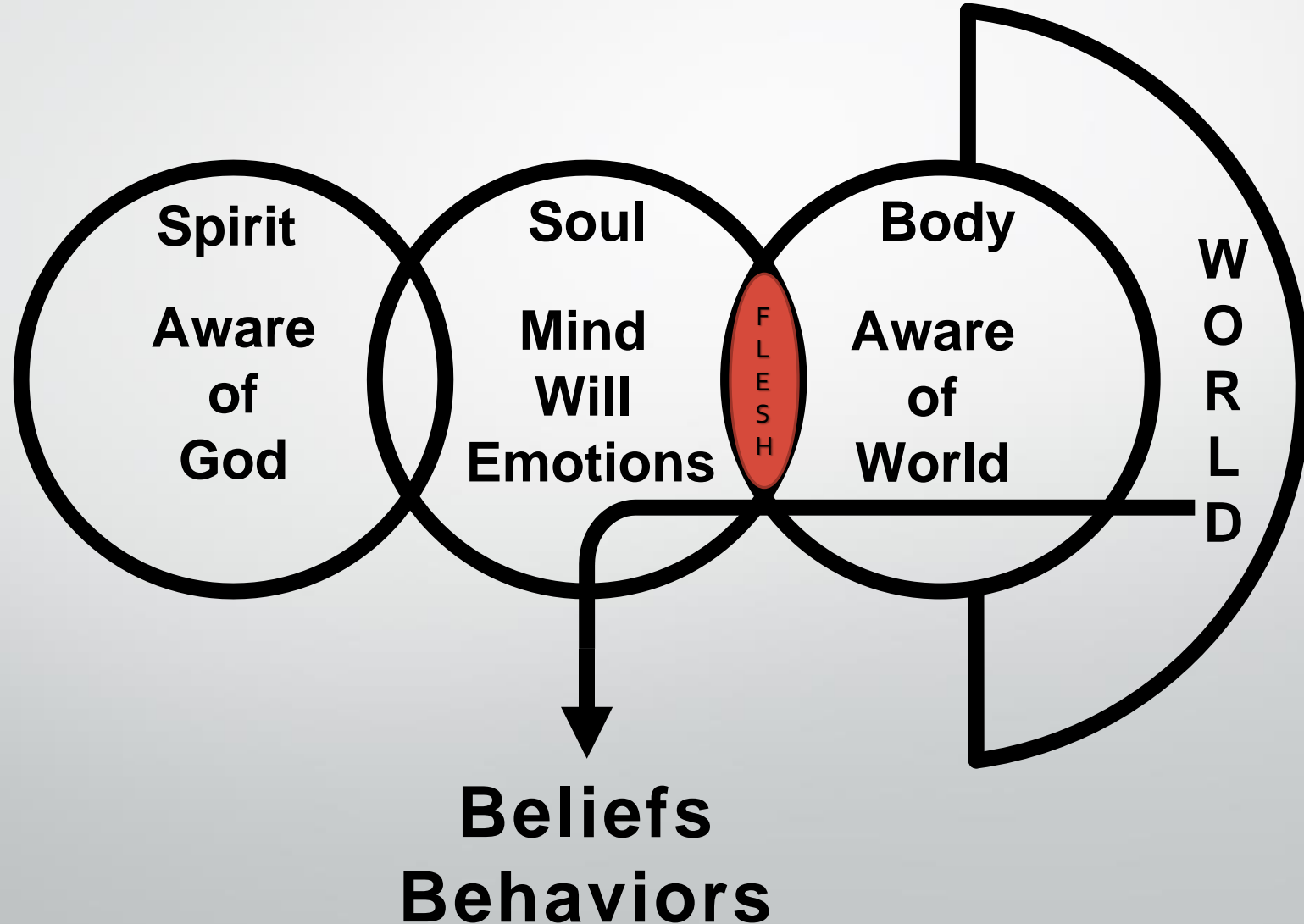
# WHAT IS THE FLESH?



There's something inside of you that wants to be like God. The Bible calls that something **THE FLESH**.

It's the **selfish desire** to get your own way and go your own way.

# IF YOU CHOOSE TO FOLLOW YOUR FLESH - THE WORLD INFLUENCES YOUR BELIEFS AND BEHAVIOR



*“...Your lives will produce these **evil results**: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger...*



*“...selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin.”*  
**Galatians 5:19–21 (NLT)**

# THERE'S NOTHING GOOD ABOUT THE FLESH

The flesh wants its own way. It is always looking for fulfillment but never satisfied. The world catches its attention.

The world catches its attention by saying, "You'd be happy if only...."

# I WOULD BE HAPPY IF ONLY...



- I was married (or I wasn't married).
- I had children (or didn't have children).
- I had a best friend.
- I made \$ \_\_\_\_\_ or could buy whatever I wanted.
- I had a better or different job.
- I lived somewhere else or could take a vacation or get some time for myself.
- I could help enough people, be in ministry or find a good church.
- I could lose weight, had a new wardrobe, or looked different.

# THE TRUTH IS:

Your flesh will **never** be satisfied, no matter how good you look, no matter how much you have or how enjoyable your relationships.

# KING SOLOMON WROTE:

*“...I had everything a man could desire!  
But as I looked at everything I had worked  
so hard to accomplish, **it was all so  
meaningless.** It was like chasing the wind.  
There was nothing really worthwhile  
anywhere. It’s all vanity.”*

**Ecclesiastes 2:8, 11 (NLT)**

# DEALING WITH DISAPPOINTMENT

# WHICH OF THESE DO YOU DO WHEN LIFE DISAPPOINTS YOU?

- Eat food to fill the emptiness.
- Use drugs or alcohol to relieve the anxiety or depression.
- Try to figure it out with your mind.
- Get angry to get results.
- Call a friend for advice.
- Buy something to distract you from the pain.
- Get educated to solve problems.
- Work harder to overcome.
- Get overly busy to forget.
- Get divorced or get a new relationship.
- Escape into sleep or other mindless activities.



# FLESH IS NEVER PLEASING TO GOD

*“...When we proudly display our righteous deeds, we find they are but filthy rags...”*

**Isaiah 64:6 (NLT)**

**GOOD NEWS:  
YOU ARE NOT YOUR  
FLESH**

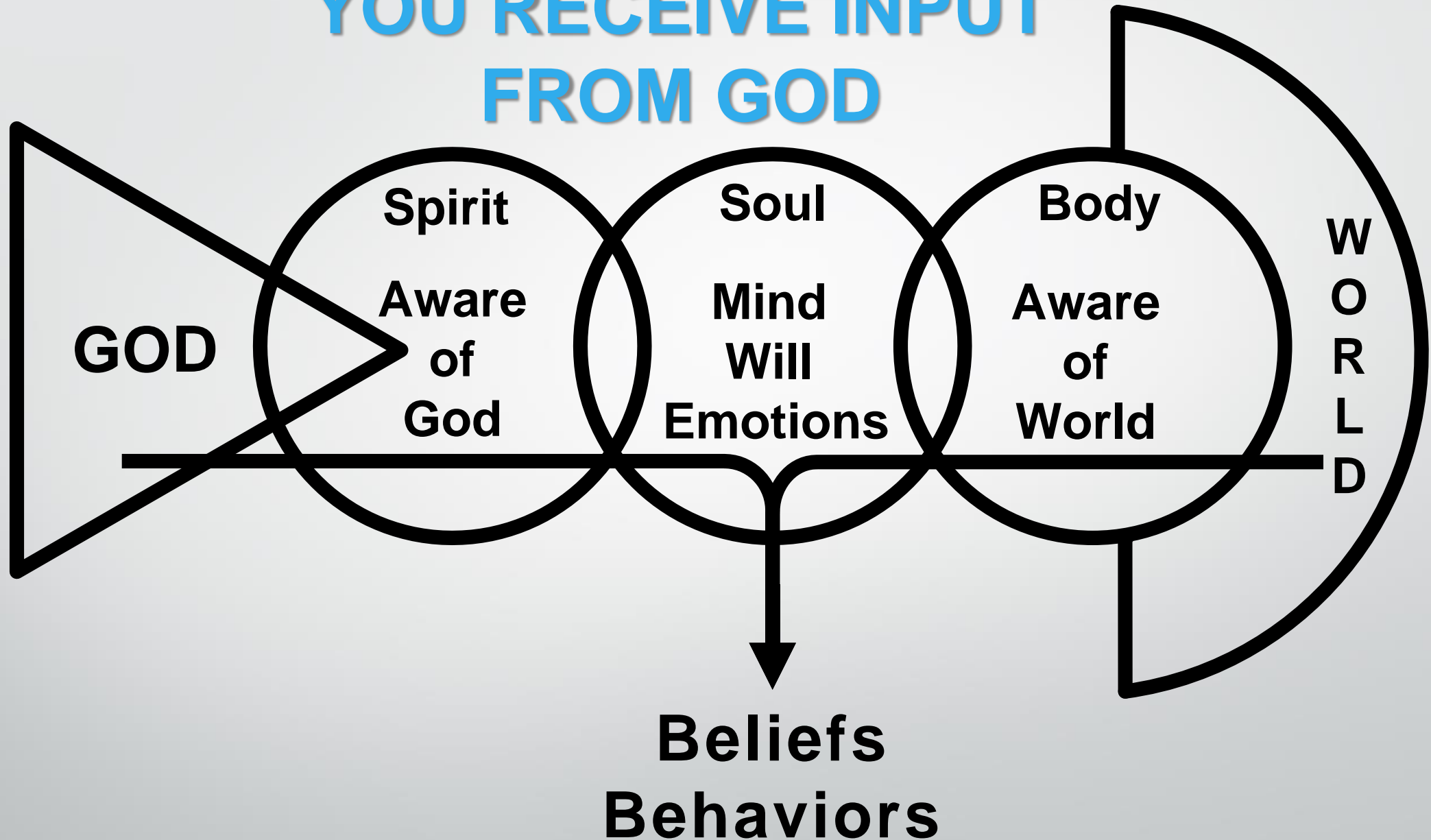


*“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin? Thank God! The answer is in Jesus Christ our Lord. So now there is no condemnation for those who belong to Christ Jesus.”* **Romans 7:24–25, 8:1 (NLT)**

# GOD IS IN YOU!



# YOU RECEIVE INPUT FROM GOD



*“And I will put my Spirit in you so you will obey my laws and do whatever I command.”* **Ezekiel 36:27 (NLT)**

**Have you ever been aware  
of God communicating  
with you?**



# GOD'S MESSAGE VERSES THE WORLD'S

*“And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.”* **Philippians 4:19 (NLT)**

*“For the LORD your God has arrived to live among you. He is a mighty savior. He will rejoice over you with great gladness. With his love, he will calm all your fears. He will exult over you by singing a happy song.”* **Zephaniah 3:17 (NLT)**

# LEARN TO WALK AFTER THE SPIRIT INSTEAD OF THE FLESH

*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.”*

**Romans 12:2 (NLT)**

# Spirit vs. Flesh

**GOD**

**Spirit**  
Aware of God

**Soul**  
Mind  
Will  
Emotions

**Body**  
Aware of World

**WORLD**

**Beliefs  
Behaviors**

# GOD

# Spirit

# Aware of God

# Soul

# Mind Will Emotions

## Body

# Aware of World

# WORLD

# Beliefs Behaviors

*“So I advise you to live according to your new life in the **Holy Spirit**. Then you won't be doing what your **flesh** craves. The **flesh** loves to do evil, which is just opposite from what the **Holy Spirit** wants. And the **Spirit** gives us desires that are opposite from what the **flesh** desires...”*

*“These two forces are constantly fighting each other, and your choices are never free from this conflict.”* **Galatians 5:16–17 (NLT)**

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**WORLD**

**Beliefs  
Behaviors**

# GOD

# Spirit

# Aware of God

# Soul

# Mind Will Emotions

## Body

# Aware of World

# WORLD

# Beliefs Behaviors



*“While we **do not look** at the things which are **seen** [the world], but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”*

**2 Corinthians 4:18 (NKJ)**



My flesh wants to believe the world but the “real me” wants to believe God.

My flesh wants to get praise but the “real me” wants to praise God.

My flesh wants to be in control but the “real me” wants to trust God’s control.

My flesh wants to rebel against God but the “real me” wants to obey God.

I am not your flesh!

Agree with God that you have been wrong for walking after the flesh.

Turn away from trying to play God.

Thank God that you are not your flesh.

Remember your new identity “in Christ.”

Tell God you are going to listen to His voice and obey what He says.



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The main cover image shows a close-up of a hand sifting dark brown soil, which is speckled with small white granules. In the foreground, the word 'SALT' is written in large, white, serif capital letters, partially buried in the soil. In the background, a hand is visible, reaching down towards the soil. The overall tone is warm and earthy.

# SALT

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