

How to Overcome the Flesh: A Biblical Roadmap to Victory

Introduction: The Three-Fold Battlefield

In the Christian journey, spiritual warfare is more than just a battle against demonic forces or worldly temptations. One of the most persistent adversaries we face comes from within—what the Bible calls the flesh. This internal conflict, the struggle between our renewed spirit and our old sinful nature, is a constant war every believer must fight. As followers of Christ, we must not only discern between demonic oppression and worldly distractions but also learn to crucify the carnal cravings of our old self.

In Genesis 25:23, God tells Rebekah that two nations are within her womb—one will be stronger than the other, and the older will serve the younger. This prophetic image illustrates the internal struggle within every believer: our old nature (the “older”) must submit to the new nature birthed in Christ (the “younger”). God’s will is for our new identity in Christ to reign over the corrupt desires of the flesh. But how do we get there?

What Is the Flesh?

Scripture uses the term “flesh” in multiple ways. Sometimes it refers to the physical body (Leviticus 14:9), or to humanity in general (Genesis 6:17, Acts 2:17). But in the context of spiritual warfare, the flesh represents our sinful nature—an internal enemy that resists God’s will (Romans 7:5, Galatians 5:17). Unlike demons, the flesh cannot be cast out. It must be denied, subdued, and crucified daily (Luke 9:23).

Galatians 5 outlines the works of the flesh—manifestations like sexual immorality, idolatry, anger, and drunkenness. The flesh has desires, lusts, and passions that war against the Spirit. And when we yield to these desires, we leave open doors for demonic influence. While the devil is a defeated foe, the flesh becomes a

traitor from within when we indulge it. That's why the Bible emphasizes that the Spirit and the flesh are in direct opposition (Galatians 5:16–17).

Four Biblical Steps to Overcoming the Flesh

1. Count Yourself Dead to Sin (Romans 6:11)

Victory over the flesh begins not with effort, but with identity. Romans 6:11 urges us to “reckon” ourselves dead to sin but alive to God in Christ. This means we must believe, embrace, and live from the truth that our old self was crucified with Jesus. Positionally, our flesh was put to death on the cross. We don't fight for victory—we fight from it.

We live out this reality daily by refusing to view the flesh as something we must conquer by willpower alone. Instead, we walk in the finished work of Christ. Just as righteousness is a gift we receive and then practice, the death of our sinful nature is a truth we embrace and apply.

Key Truth: You don't fight the flesh by trying harder—you conquer it by living in the revelation of Christ's finished work.

2. Make a Firm Decision (Romans 6:12)

After we align ourselves with the truth of being dead to sin, we must make a practical decision: Do not let sin reign in your mortal body. This is a conscious act of the will. We choose not to obey the impulses and cravings of the flesh. We refuse to let our moods, appetites, or feelings dictate our behavior.

This is not about suppressing emotions but about ruling over them. Your body can either be a tool for righteousness or a slave to sin. That choice is ours. Christ has set us free, but we must walk in that freedom by saying “no” to ungodly desires.

Key Action: Declare, “I will not allow the flesh to govern my decisions.” Make holiness a daily decision, not just a spiritual intention.

3. Present Your Body to God (Romans 6:13)

True discipleship includes offering your body—your hands, feet, eyes, ears, and mouth—to God as instruments of righteousness. Romans 12:1 calls us to present ourselves as living sacrifices. That means we intentionally place our physical being in environments and activities that glorify God.

This could look like:

Attending and serving in your local church,

Getting up early for prayer and Bible reading,

Choosing to fast and seek God rather than indulge the flesh.

Your body is not evil, but it will follow whatever master you serve—either sin or righteousness. Presenting your body is an act of surrender that repositions your flesh under the lordship of Christ.

Key Discipline: Choose to engage your body in spiritual disciplines. What you do with your body trains your soul.

4. Walk in Step with the Holy Spirit (Galatians 5:16)

Galatians 5:16 gives us one of the most powerful truths about overcoming the flesh: “Walk in the Spirit, and you shall not fulfill the lust of the flesh.” The answer is not in trying to stop sinning—it’s in actively pursuing the Spirit.

Notice that the verse doesn’t say, “If you have the Spirit, you will not sin.” Every believer has the Holy Spirit, but not every believer walks with the Holy Spirit. Walking in the Spirit means moment-by-moment submission to His voice, promptings, and convictions.

It means maintaining intimacy with God through prayer, worship, Scripture, and obedience. This is where transformation happens. The more you yield to the Spirit, the more strength you receive to say “no” to the cravings of the flesh. The power to overcome doesn’t come from within you—it flows from the Spirit within you.

Key Relationship: Cultivate daily communion with the Holy Spirit. Let Him empower you to live a holy life.

Conclusion: The Victory Is Yours—Walk It Out

Overcoming the flesh is not a one-time decision, but a daily commitment. It’s a lifestyle of living in the truth of Christ’s victory, making conscious choices that reject sin, surrendering your body to God, and walking in the power of the Holy Spirit.

The flesh may still scream, tempt, and stir up cravings—but it has lost its right to rule. The Spirit within you is stronger. Don’t live defeated. Don’t live carnal. You’ve been called to walk in holiness, filled and led by the Spirit of the living God.

Daily Declaration:

“I am crucified with Christ. The flesh has no power over me. I walk in the Spirit. I yield to God. My body is an instrument of righteousness. Victory is mine, in Jesus’ name!”

🔥 *Closing Prayer: Victory Over the Flesh* 🔥

Father, in the name of Jesus, I pray for every listener of this teaching. Let the power of the flesh be broken off their lives. Let every chain of sin, addiction, lust, and pride be destroyed by the blood of Jesus!

Holy Spirit, fill them with fire, discipline, and power. Teach them to crucify the flesh daily and walk in victory. Let the fruit of the Spirit overflow in their lives—love, peace, joy, and self-control.

I declare they are not victims, but overcomers! They will not go back. They will not bow to temptation. They will walk in holiness, led by the Spirit, and filled with purpose.

In Jesus’ mighty name,

Amen! 🔥

Pastor Nate Thompson Deliverance Revolution Ministries

DeliveranceRevolution.org Contact us If you need deliverance:

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🔥 Are You Ready to Be Set Free and Step Into Your Calling? 🔥

Here at Deliverance Revolution Ministry, we're not just another ministry—we are a frontline movement raising up Full-On Jesus warriors for the Kingdom of God! ✨

Join us every day at 11 AM and 7 PM Eastern (except Sunday mornings) for our powerful Zoom sessions. These aren't just meetings—they're encounters with the living God! We minister deliverance, provide discipleship training, and empower you to walk in freedom, boldness, and purpose.

🔗 Whether you're battling oppression, possession, depression, or suicidal thoughts, we've seen Jesus transform lives. Our YouTube channel is filled with real testimonies—people who walked in broken but came out victorious.

Our website, DeliveranceRevolution.org, is loaded with life-changing prayers, training, and tools to help you grow into everything God has called you to be.

☐ But hear this: Your freedom starts with your will. You must want it. Pursue Jesus with all your heart, and He will meet you. He will break every chain. This isn't about religion—it's about relationship and relentless pursuit of the King of Kings.

🙏 So, in the mighty name of Jesus, I pray right now: Father, surround them with Your protection, stir their hunger, and draw them into deeper freedom, in Jesus' name. Amen.

➡☐ Don't wait. Get connected. Get trained. Get free. Full-On Jesus is the only way.