

Title: "Crucify the Flesh: Winning the War Within"

Page 1: Understanding the Battle Within

As believers, many of us focus intently on resisting the devil and standing strong against the world's corruption. But there's a third enemy—often ignored, always present—the flesh. This inner traitor fights from within, desiring what is contrary to the will of God. Not every struggle is demonic; sometimes, it's a war against our own sinful nature.

The Two Natures in Every Believer

"And the Lord said to her: 'Two nations are in your womb, Two peoples shall be separated from your body; One people shall be stronger than the other, And the older shall serve the younger.'" — Genesis 25:23, NKJV

This verse prophetically illustrates the believer's daily struggle: the old nature (flesh) versus the new nature (reborn in Christ). God intends for the old man to serve the new one. But that doesn't happen by accident—it takes discipline, submission, and spiritual maturity.

What is the Flesh?

The Bible uses the term "flesh" in different ways:

As the physical body (Leviticus 14:9)

As mankind (Genesis 6:17)

As our sinful nature (Romans 7:5)

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.” — Romans 8:5, NKJV

The flesh is not a demon; it doesn't speak or leave through deliverance. It must be crucified. But left unchecked, it opens doors to demonic influence.

The Works of the Flesh (Galatians 5:19–21)

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like...”

These sins reveal the fruit of an uncrucified flesh. Left undealt with, they become strongholds.

Page 2: Five Steps to Crucify the Flesh

1. Reckon Yourself Dead in Christ

“Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.” — Romans 6:11, NKJV

Victory begins not with our effort but with Christ's finished work. We identify with His death—declaring the flesh positionally dead—and live out that truth practically every day. Like righteousness, which is given but must be walked out, the victory over flesh must be enforced.

2. Make a Conscious Decision

“Therefore do not let sin reign in your mortal body, that you should obey it in its lusts.” — Romans 6:12, NKJV

You must choose not to let sin rule. This involves willfully refusing to let moods, cravings, or urges dictate your actions. Every day, choose who reigns: the Spirit or the flesh.

Practical bullet points:

Don't wait to “feel” like obeying—decide!

Guard what you allow into your heart and mind.

Reject emotional manipulation by your flesh.

3. Present Your Body to God

“And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.” — Romans 6:13, NKJV

This is about discipleship. Surrendering your body to God means choosing to serve Him with your time, energy, and actions.

Ways to present your body:

Attend church faithfully

Wake early to pray

Fast regularly

Use your voice to preach or encourage

Volunteer to serve others

Your body is either your servant or your slave—choose which.

4. Walk in the Spirit

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.” —
Galatians 5:16, NKJV

It doesn't say, “Have the Spirit”—every believer does. It says walk. That means daily relationship, obedience, and reliance on the Holy Spirit.

Walking in the Spirit involves:

Listening to His promptings

Obedying His instructions

Cultivating sensitivity through prayer and Scripture

Yielding moment-by-moment

“For as many as are led by the Spirit of God, these are sons of God.” — Romans 8:14, NKJV

The Spirit won’t override your will—He empowers self-control, not Spirit control.

Page 3: Discipline and Victory Over the Flesh

5. Crucify the Flesh Daily

“And those who are Christ’s have crucified the flesh with its passions and desires.”
— Galatians 5:24, NKJV

Jesus said:

“If your right eye causes you to sin, pluck it out... And if your right hand causes you to sin, cut it off...” — Matthew 5:29–30, NKJV

He wasn’t calling for physical harm but radical removal of triggers. Anything that feeds your flesh—cut it off.

Examples:

If scrolling social media stirs lust—delete the app.

If certain music provokes anger or lust—stop listening.

If late nights cause compromise—go to bed earlier.

The Discipline of Self-Denial

“But I discipline my body and bring it into subjection...” — 1 Corinthians 9:27, NKJV

This is intentional suffering in order to glorify God. Not self-harm, but self-denial. Fasting, guarding your eyes, resisting sinful urges—these crucify the flesh and allow the Spirit to flourish.

“For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” — Galatians 6:8, NKJV

Final Encouragement

You may get delivered from demons, but you will still need to discipline the flesh. Even if the devil is defeated, the flesh must still be resisted. But don't be discouraged—you are not alone. The Holy Spirit helps you, the Word guides you, and Jesus has already secured the victory.

“I can do all things through Christ who strengthens me.” — Philippians 4:13, NKJV

You are more than a conqueror!

Follow-Up Prayer

Heavenly Father,

Thank You for opening my eyes to the battle within. I confess that too often, I've yielded to the cravings of the flesh instead of walking in Your Spirit. I repent, Lord, for indulging in the lusts of my body, emotions, and thoughts. I renounce every agreement I've made with my flesh that has opened doors to sin and darkness.

Lord Jesus, I reckon myself dead to sin and alive to God. I choose to walk in the truth that You have already defeated the power of the flesh. Now help me to crucify its presence. Empower me by Your Spirit to walk in holiness and obedience.

Holy Spirit, take full control of my life. Lead me, guide me, and strengthen me to say no to sin and yes to righteousness. I yield my body to You as an instrument of

righteousness. Let my hands serve, let my mouth speak truth, let my eyes stay fixed on You.

Cut off anything in my life that feeds the flesh—people, places, habits, or thoughts. Give me the boldness and discipline to deny myself and follow Jesus daily.

In every moment of weakness, be my strength. In every moment of temptation, be my escape. Thank You for Your mercy, grace, and power.

In Jesus' mighty name,
Amen.

Pastor Nate Thompson Deliverance Revolution Ministries

DeliveranceRevolution.org Contact us If you need deliverance:

<https://deliverancerevolution.org/contact-us/>

🔥 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.