**Formation intensive part four**

 **Winning the war against the flesh outline to teach**

**A. Introduction**

1.Quotes to read

Keep your heart with all vigilance, for from it flow the springs of life.

 **Proverbs 4:23**

[KM Hebrew Dictionary]

gk H4213 | s H3820 לֵב lēḇ 854x

n.m. [root of: 4214, 4221, 4222, 4223; 10380]. heart; by extension: the inner person, self, the seat of thought and emotion: conscience, courage, mind, understanding. → heart; mind; think.

[Easton]

Heart: According to the Bible, the heart is the centre not only of spiritual activity, but of all the operations of human life. “Heart” and “soul” are often used interchangeably (Deut. 6:5; 26:16; comp. Matt. 22:37; Mark 12:30, 33), but this is not generally the case.

The heart is the “home of the personal life,” and hence a man is designated, according to his heart, wise (1 Kings 3:12, etc.), pure (Ps. 24:4; Matt. 5:8, etc.), upright and righteous (Gen. 20:5, 6; Ps. 11:2; 78:72), pious and good (Luke 8:15), etc. In these and such passages the word “soul” could not be substituted for “heart.”

The heart is also the seat of the conscience (Rom. 2:15). It is naturally wicked (Gen. 8:21), and hence it contaminates the whole life and character (Matt. 12:34; 15:18; comp. Eccl. 8:11; Ps. 73:7). Hence the heart must be changed, regenerated (Ezek. 36:26; 11:19; Ps. 51:10-14), before a man can willingly obey God.

The process of salvation begins in the heart by the believing reception of the testimony of God, while the rejection of that testimony hardens the heart (Ps. 95:8; Prov. 28:14; 2 Chr. 36:13). “Hardness of heart evidences itself by light views of sin; partial acknowledgment and confession of it; pride and conceit; ingratitude; unconcern about the word and ordinances of God; inattention to divine providences; stifling convictions of conscience; shunning reproof; presumption, and general ignorance of divine things.”

**B. Biblical Assertions** **highlighted in the book. Winning the war**

 **against the flesh**

1. If God does not heal us we will not be healed. Without the progressive healing of the cross, we only learn to manage: most pain, relationships, our personality realties, and even spirituality. Without Jesus, that is all that is left in the handling of the flesh, to try and manage it away from its most destructive potentials. We are forever attempting to manage Genesis 3! **Genesis 1-2**, review with spot light on divine design: In His image and likeness, for unique relationship and representation, joyfully submitted to His righteousness designs as our standard for life, embracing our incompleteness. **Ephesians 4:22-24**, “put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the **likeness** of God in true righteousness and holiness.
2. The Cross has dealt a death blow so that all of the judgement due us because of the rebellion and acts of the flesh are completely paid. We are at peace with God and His righteousness design expectations which rise from His nature. **Romans 5:29-6:7**
3. But, we don’t realize how powerful the flesh continues to be. It’s root cannot be destroyed. It has to be killed. Its judgement cannot be avoided. It will be with us until we die. Pg. 17 text. Maclaren, in commenting on the words of God to Cain, “The Lord said to Cain, “Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it.” “He is mated to it now, and it has a kind of tigerish, murderous desire after him, while he on his part is to subdue and control it.” **Romans 6:11-14; 7:7-8:11**
4. The flesh has been fed all of the years that we were without Jesus, so that many of the images and actions that we have planted will remain strong and reoccurring until we deal with the root, or in some cases until we die. **2 Corinthians 6:14-7:1**
5. God uses the healing power of His word to expose, call us to renounce and begin a healing cycle of exposing, renouncing and building new response. **Deuteronomy** 8:3 but man lives by every word that comes from the mouth of the LORD. **Hebrews 4:11-16.** The genius of the word of God is it’s Divine source and therefore it’s divine powers.

**C. Conclusions**

1. Invite the Spirit to expose these thoughts, reminding us of our death in Christ and asking Him to take away the image or compulsion to act brings immediate relief, but must be repeated. **2 Corinthians. 7:1** Since we have these promises, beloved, let us **cleanse** ourselves from every **defilement** of body and spirit, bringing **holiness** to completion in the **fear** of God.
2. Regular implantation of the word of God, the ministry of the Spirit with the word, and, our invitation of this into our life is the pathway to renewing our minds **Romans** 12:1-2 “I appeal to you therefore, brothers, by the mercies of God, to **present** your bodies as a living sacrifice, holy and acceptable to God, which is your **spiritual worship**. Do **not be conformed** to this world, but **be transformed** by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
3. Other books or environmental control actions help us turn the mind away from ourselves and the world, remember to reject the temptations of Satan and build the new life that God has already given us in Jesus and designed for us from the beginning. (Music, mentors, encouragers, active involvement in a community of faith, etc.). We build a new default
4. Ultimately we have to learn to self: feed, manage, open to Spirit correctness, etc.

**D. Useful quotes from other sources.**

1. **Barnes** notes on 1 Corinthians 6:18, flee from sexual immorality

The direct words of Paul to the Corinthians cuts to the chase: “Flee from sexual immorality.” Barnes says of this passage, “There is force and emphasis in the word “flee” φεύγατε pheugate Man should escape from it; he should not stay to reason about it; to debate the matter; or even to contend with his propensities, and to try the strength of his virtue. There are some sins which a man can resist; some about which he can reason without danger of pollution. But this is a sin where a man is safe only when he flies; free from pollution only when he refuses to entertain a thought of it; secure when he seeks a victory by flight, and a conquest by retreat. Let a man turn away from it without reflection on it and he is safe. Let him think, and reason, and he may be ruined. “**The very passage of an impure thought through the mind leaves pollution behind it.**” An argument on the subject often leaves pollution; a description ruins; and even the presentation of motives against it may often fix the mind with dangerous inclination on the crime. There is no way of avoiding the pollution but in the manner prescribed by Paul; there is no man safe who will not follow his direction. How many a young man would be saved from poverty, want, disease, curses, tears, and hell, could these two words be made to blaze before him like the writing before the astonished eyes of Belshazzar Daniel 5, and could they terrify him from even the momentary contemplation of the crime.”

2. Since we have these promises, beloved, let us cleanse ourselves from every

 defilement of body and spirit, bringing holiness to completion in the fear of

 God. 2 Corinthians 7:1

3. Overcoming Sin and Temptation by **John Owen.**

"He who watches not this thoroughly, who is not exactly skilled in the knowledge of himself, will never be disentangled from one temptation or another all his days"

Sin never gives up, but lies waiting for the opportunity to infiltrate, therefore we must never let our guard down.

The soul consists of the mind, the affections and the will. The mind is drawn away from duty; the affections are enticed unto sin; the will consents to actual sin. Once the will has given consent, there is nothing in the soul itself that remains to hinder the accomplishing of sin (though God may miraculously intervene and abort sin in the womb)

There is great reward and pleasure promised by sin - this is the only reason that the will, guided by the mind and excited by the affections, consents to sin - namely that sin appears to by good

5. **From the Spirit of God through the apostle Paul**

**Ephesians** 4:22-24: to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

**Ephesians** 6:10-ff. Prepare yourself!

**D. One last debrief each person privately, three questions**

1. What are the obstacles facing over the next 3-5 years you as you

 as we complete our journey together? Obstacles don't have to be

 negative, they are simply issues or challenges that need

 addressing.

2. What are three or four things that you can do to resolve these

 obstacles?

3. One big take away from our journey together?