

Living Word Fellowship Church
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June 24, 2025 Day-Time Bible Study

Title: Overcoming the Negative Effects of the Flesh and walking in the Spirit.

I. Introduction

Good afternoon, my name is Clarence Bunch. I am teaching Bible Study today. I like interaction with Bible Studies, so if you have any questions or interjections please feel free to interject.

In today's Bible Study lesson, we are going to discuss: **Overcoming the Negative Effects of the Flesh and walking in the Spirit**. Many of us know that "faith *comes* by hearing, and hearing by the word of God" (**Romans 10:17**). However, some days we are faced with challenges, shortcomings, discouragements, lack of faith, and doubtful disbelief; and, as a result, they drive our inner ambiguities that are exacerbated by fear, failure, and conflicts. This topic brings attention to the essence of why christian struggle. It raises questions like: **Are we able to live victorious on earth in the flesh? If our flesh makes us sin, will God hear our prayers or, more importantly, will God answer our prayers? Can we sin and be saved? How can I walk in the Spirit and be empowered to overcome my flesh?** Pastor Cannings, did a series on **Grow and Glow**, at which time, he talked about Steps to Spiritual Maturity. One of the things he said was that no one should allow anything to hinder their spiritual maturation process because it enables believers to walk in step with the Spirit of God. How many of you know today, that it is not your willingness, but rather, your strength! *How many of you remember the old song...Marcus Wiley sang...The race is not given to the swift or to the strong, but to the one that will endure to the end.*

II. Understanding the Negative Effects

I want to use the book of Romans to premise this discussion: The book of Romans outlines God's salvation plan for believers and unbelievers. It shares an in-depth explanation of the gospel, justification through faith in Jesus Christ, and its implications of sin and grace. **In Romans 7:5-6-** the Apostle Paul says, "For when we were in the flesh, the motions of sins, which were by the law, did work in our members to bring forth fruit unto death. But now we are delivered from the law, that being dead wherein we were held; that we should serve in the newness of spirit, and not *in* the oldness of the letter."

Overcoming the Negative Effects of the Flesh is a struggle with our Sin Nature and Walking in the Spirit is a Journey of Transformation.

God's plan of salvation includes **Redemption** (*through death and resurrection of Jesus Christ*), **Reconciliation** (*unification of Jews and Gentiles through gospel, emphasizing love and unity in the church*), and **Sanctification** (*Holy Spirit transforms believers to live a life pleasing to God*). The Apostle Paul points out in this text (Romans 7:5-6) that the motions of sins in our flesh brought about fruit onto death. Earlier in Romans he reminded us that "For the wages of sin is death (Romans 6:23)." When our fleshly desires rule, it makes us selfish and our will takes president over God's will. "As it is written, there is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one." (**Romans 3:10-12**).

Our flesh becomes our life shoufer. a) "For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world" (1 **John 2:16**). b) "When the woman saw that the tree *was* good for food, and that it *was* pleasant to the eyes, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." (**Genesis 3:6**). Jesus was led into the wilderness to be tempted by the devil.. 1) command stone to be turned into bread, 2) he was tempted for power, and 4) he was tempted to worship (**Matt. 4 1-10**). When Paul uses the term flesh he is describing a person unregenerated or unconverted, which is the natural state of man. In other words, you are under the law instead of grace. For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God: Not of works, lest any man should boast (Eph 2:8-9). Any regenerated person is subject to being worldly, materialistic, and carnal.

III. Nature of Sin

If you are regenerated or unregenerate you will be resurrected to eternal life. In **John 5:29**, Jesus said, they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation. The regenerate and unregenerate will be resurrected. However, where you are resurrected depends on your fruit by the flesh or Spirit. **This is a life's struggle with the nature of sin**. Our flesh has the propensity to sin because of our sinful and rebellious nature. "The heart is deceitful above all things, and desperately wicked; who can know it." (**Jeremiah 17:9**). **Ps 51:5**-Behold, "I was shaped in iniquity; and in sin did my mother conceive me." We know that in **Genesis 3:1-7**: marks the entrance of the original sin when Adam and Eve were disobedient. **Romans 5:19**, "For as by one man's disobedience many were made sinners..." In the **Romans 7:5** text, Paul describes flesh as being opposite to having life in the Spirit. He points out our sin nature as the motions of sins. In other words,

the flesh is in a natural state of sin because of our inward carnal desires, inordinate affections, powerful sinful passions that influence our mind and behavior. Everybody in the world is either in the flesh and under the law or in the Spirit and under grace. In the flesh, the motions of sins have control over us and the fruit they bear is unto death. “For the wages of sin is death, but the gift of God *is* eternal life through Jesus Christ our Lord. **(Romans 6:23)**. The sin nature is present in everyone who has been born since Adam’s fall. As a result, we should know that we can commit sins against God or miss the mark of the glory of God. The scripture says, “all have sinned and come short of the glory of God **(Romans 3:23)**. Yet, understand that sin separates us from God. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary one to the other: so that ye cannot do the things that ye would **(Galatians 5:17)**. The scripture says that there are two kinds of sins. To do what we are commanded not to do is Sins of Commission (Intentional) and Sins of Omission (unintentional) our failure to do what God commanded. “For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would” **(Numbers 15:17 & Leviticus 4)**. They are both transgressions. However, Christ died for us and his blood atone for our sins.

IV. Journey of Transformation

Romans 7:14-25- For we know that the law is spiritual: but I am carnal, sold under sin. For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that *it is* good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but *how* to perform that which is good I find not. For the good that I would I do not: but the evil which would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

I mentioned earlier that God’s plan of salvation includes Redemption , Reconciliation, and Sanctification. It is the battle of sanctification that pains, confuses, and stretches us. (Holy Spirit transforms believers to live a life pleasing to God). **When we walk in the Spirit of God, he blesses us; when we Sin he does not, unless it's atoned**. So the Apostle Paul tells the people in the Romans church...to be not conformed to the world, but be transformed by renewing our minds **(Romans 12:2)**. He tells the people at the church Ephesus, Put on the

whole armor of God (**Eph 6:11-18**). He says “if we live in the Spirit, let us also walk in the Spirit (**Gal. 5:26**). And to the people at the church of Phillipi, He said let this mind, (be like minded, have the same love, have one mind and one accord), which was also in Christ Jesus. Walk in the Spirit, and you shall not fulfil the lust of the flesh (**Galatian 5:16**).

V. Conclusion

Many of us are unsure about the salvation plan. Mainly, it is because of our theological understanding about the kingdom of God. Following the Great Schism, in the 11th century, the Reformation took place in the 16th century. In the 16th and 17th century, there were two theologians John Calvin, the French theologian and Jacobus Arminius, the Dutch theologian. They created two systems of theological doctrine to explain God’s sovereignty and man’s responsibility in the matter of salvation. They agreed on some things, but disagreed on others. Calvinism believed in unconditional election, but Arminianism believed in conditional. In other words, they both believed in salvation, **Christ atoning of our sins**, but they differ in who atones. Arminians believed that the cross is the means to ask for forgiveness, but Calvinism says grace of salvation is a gift from God and we have the capacity to decide whether to be saved or not. In some way, we have all been influenced by these two theologies. This eventually affects our fleshly mind and influences how we should spiritually walk.