

# Overcoming the Negative Effect of the Flesh by Learning How to Walk in the Spirit

Luke 19: 1-10 [Galatians 5:16-18](#) , [John 3: 1-15](#) 2 Corinthians 5:1-2, 4-7

## Objective Focuses:

- A. God promise made to us.
- B. Here is the problem when looking into the mirror.
- C. Flesh Symptoms to help remain in the Spirit.
- D. 10 Keys on How to Walk in the Spirit.

**Galatians 5:16-18** *But I say, walk by the Spirit, and you will not carry out the desire of the 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. But if you are led by the Spirit, you are not under the Law.* God promise made to us.

God made us a promise in [John 3:16](#) and you are saved the moment you place your faith in Christ. But it is your choice to walk in the flesh, or the Spirit and you can let your symptoms help you, as a guide. If you are caught up in anger, worry or fear, for example, admit that you are walking in the flesh and there is no victory in the flesh. The flesh is where the enemy wants you to walk. This is where he can attack you. God desires that we walk in the Spirit so that we will walk in His victory in this life, doing living works. This is God's answer to naturally overcome the flaws and failures of the flesh we see in our lives. It is the only way that works. If we are to learn anything in this life for eternity, it is how to walk in the Spirit as opposed to the flesh. One day our flesh will actually die and in an instant, we will be fully in the Spirit, no faith required. But, by faith, seeing through the eyes of God, we can walk in the Spirit today, in this world. [[\\*Gal 5:16-18](#) NAS / [Ephesians 5:15-16](#) / [\\*John 15:4](#)]

1. If we see ourselves more in the flesh, humanities natural way is to try and force ourselves to walk in peace, patience and self-control through law keeping and behavior modification. This will not lead you to walk in the Spirit. But it will lead to the flesh walk of frustration, guilt, burden, pride, self-righteousness, burnout and possibly rejection of the faith. It will also lead to condemnation when a person sees themselves failing to manufacture these attributes. Another attempt humanity makes is to change circumstances to walk in peace. This method is also temporary because it is based on the temporary improvement of circumstances. Therefore, when difficult circumstances appear, circumstantial peace, patience and self-control are nowhere to be found, and the flesh rises to the surface in frustration and unrest. [Psalm 73:26 / Psalm 55:22 / Isaiah 26: 3-4 ]
2. The answer is to walk by the Spirit, to walk in the Spirit, "walk by the Spirit, and you will not carry out the desire of the flesh." If by faith, we focus on who we are in the Spirit, we will see the fruits of the Spirit rule our lives as the Spirit of God rules in our life and the flesh and its old ways fall off into obscurity. The Bible says you are a right now a new creation in Christ. This new creation is not who you are in your crucified and dead flesh; it is talking about your born-again Spirit. Walking in the Spirit happens when we focus by faith on what is unseen in the flesh, but God says is true. We walk by faith and not by sight. [ Gal. 5:16-18 / John 3: 1-15 born again / Isaiah 41:10 "So do not fear...."]

## B. Here is the Problem

We see our unredeemed flesh in the mirror and not our perfect Spirit. We are called to see our flesh as crucified and dead and ourselves alive in the Spirit.

1. In other words, when we look at our flesh in the mirror or at other believers in the flesh, we are looking in the wrong place. This visible lack of change in the flesh has caused numerous believers to abandon the faith. We are so attuned to the flesh with ourselves and others. The problem, the mirror is all about sight and has nothing to do with faith. We are called to walk by faith and not by sight. [[Hebrew 12: 1-2](#)]
2. The enemy will do all he can, through circumstances and thinking to try and resurrect our crucified and dead flesh, to lead us to walk in the flesh where he can easily get to us. He does not want us walking in the Spirit where he cannot reach us. **Flesh** is a painful place to exist. But in the **Spirit**, we walk in God's peace and power in

all circumstances. This is why God calls us to see our flesh as crucified and dead as He already sees it. The death of our flesh happens only one time before we are born again in the Spirit, in Christ. It dies before we are born again one time, not over and over again as many think. In error, man often makes the death of the flesh into a continuing work, trying to stop the flesh by force to overcome the flesh, which is not faith. When they deny things by the flesh to the flesh, they believe they are crucifying the flesh daily. This attempt only keeps eyes on flesh where Satan wants us and off Spirit where God wants us. It keeps the person tangled up in the vicious cycle of the flesh battling the flesh for victory in the wilderness, which will never work. The flesh will never defeat itself. It is a deception from Satan to think it will.

[ Col. 2:20-23 / 2 Cor 3: 18 ]

### C. Using Circumstances and Fleishy Symptoms to Remain in the Spirit

1. Approaching the traffic light at the crossing intersection. As soon as you see your *fleishy symptoms appear, you know you are walking in the flesh. If you take notice of this*, you can catch it quickly, using the circumstance for your benefit and learn to remain in the Spirit. Think of fleishy symptoms as a warning sign. Straying into the flesh always comes from wrong thinking fostered by unbelief in God's word, reliance on the flesh and Satan's deceptions. The problem is not your circumstances or your reaction; the problem is your faith walk. We make a firm decision to reject the ways of the flesh, to walk in the Spirit, to see ourselves and others in the Spirit by faith. We look at our circumstances and our reaction as more of a reflection of where we are at, in the Spirit or the flesh. We accept our circumstances – people, places, things and situations as they are at the moment and use them to help teach us to walk by faith in the Spirit at all times. It is a much better way to look at our difficult circumstances in this life. [ Psalm 28:7]

Romans 7: 17-20, <sup>17</sup>As it is, it is no longer I myself who do it, but it is sin living in me. <sup>18</sup>For I know that good itself does not dwell in me, that is, in my sinful nature.<sup>[a]</sup> For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup>For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. <sup>20</sup>Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

2. To see ourselves in Christ as described in the Bible takes faith. This means we agree with what God, who lives outside of time, sees already, and tells us is true. What God tells us is true is as good as done, we are simply called to believe. When we do, bondages fall away, and we walk in the power of God. [ Isaiah 40:31]
3. We are not transformed by looking at our flesh in the mirror, we are transformed into His image by beholding the glory of the Lord as in a mirror, as if we are looking at ourselves in His reflection. We are now the reflection of Christ, not our unredeemed flesh. When we believe and keep our eyes fixed on Jesus, we become more like Him. [2 Cor. 3:18]
4. Instead, we will build them up in the faith, just as Jesus did with the Apostles and Paul did with the church. We will do so, even more, when they have fallen deep into sin like the Corinthians. We encourage ourselves and other believers to walk by faith and not by sight, exactly as we are supposed to do. God has made us a promise in [John 3:16](#). Either you believe it is true and God is capable of fulfilling His promise, or you do not. If you are smart, you believe Him and leave the entire burden of this promise on God's shoulders. The burden of a promise is always on the promise maker. [2 Corinthians 4:16 & "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." ] [Hosea 14:9 "Who is wise? Let them realize these things. Who is discerning? Let them understand. The ways of the Lord are right; the righteous walk in them, but the rebellious stumble in them." ]
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is always on the promise maker. [– **Isaiah 43:2** “When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.” ] [ **Philippians 4:6-7** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”]