

Navigating In a Sinful Life

(LWFC) Bible Study _ 6.9.2026

Living in a world shaped by sin is a reality for all Christians, but Scripture offers both a sober truth and a hopeful path forward.

The Reality of a Sinful World

The Bible describes the world as under the influence of sin and darkness (1 John 5:19). Cultural pressures—materialism, moral relativism, and self-centeredness—can challenge Christian values (1 John 5:19; Romans 12:2). Believers are called to be *salt and light* (Matthew 5:13–16), influencing others positively while remaining distinct from the world's values

The Internal Struggle

A key part of this journey is the tension between the sinful nature and the Spirit-led life. The sinful nature pulls toward selfish desires, while the Spirit produces love, joy, peace, patience, kindness, and self-control (Galatians 5:22–23). This battle is normal and even evidence of God's work (Romans 7; 2 Corinthians 7:9–10) Perfectionism is dangerous; none of us will be free of sin until Christ returns (1 John 1:8; Romans 7:20)

Zone 1

-----() Spirit-Rheims : () Flesh vs. () Spirit [Mankind Spirit]-----

In Christian theology, the contrast between “**flesh**” (Greek: *sarx*) and “**spirit**” (Greek: *pneuma*) is a central theme in Scripture, often described as a **battle between human nature shaped by sin and the transformed life led by God's Holy Spirit**. It is crucial with having a better defining of what they are and understanding how distinct they in the perimeters of their biblical natural forms are.

But just as important observing what are the territorial perimeters are these engagements taking place as *battlegrounds*. And it is the hope that we embrace “*What is at Estate (Identity)*” as to senior achieving goals to be conquered in this “**Spiritual Warfare**”. However, the outcome of any warfare battles are determined in what **Arsenals /Weapons** are utilized and *Who or What are the influencers* that empowering the application of their effectiveness.

1. **What is at Estate (Identity)**

- a. To understand the battle of spiritual warfare, we need to begin with acknowledging that we are in a war. Battles make up smaller components of the bigger picture. By definition, battles involve combat between two persons, between factions, between armies and they consist of any type of "extended contest, struggle, or controversy" (Webster-Merriam). As Christians, we are in a spiritual battle of some sort on a daily basis. In warfare, battles are fought on different fronts, for different reasons, and with varying degrees of intensity. The same is true in spiritual warfare. Our spiritual battles and warfare are real, even though we cannot physically see the attacker. But we can educate ourselves on how the battles are fought and how they impact on our lives on a daily basis.

Galatians 5 :¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever [□] you want. ¹⁸ But if you are led by the Spirit, you are not under the law

2. “**Spiritual Warfare**” / (From which influences derives)

- a. In the biblical understanding of spiritual warfare, the *spirit* refers to the **unseen realm and the spiritual beings** that operate within it — both the *spirit of God* and the *spiritual forces of evil*. This warfare is not fought against flesh and blood, but against the rulers, authorities, powers of darkness, and the spiritual forces of evil in the heavenly realms (Ephesians 6:12)
- b. Added Content(Realms referred to distinct spheres of existence and authority (both physical and spiritual-through which God governs creation)
 - i. Earthly Realms is the physical world and human society, where God has given humanity dominion over creation (Genesis 1:26). Where believers are called to live under these authorities while also resisting evil in the world
 - ii. Spiritual Realms is the invisible dimension where God, angels, demons and other spiritual beings dwell (Genesis 1:1 and Isaiah 66:1). It is the battleground between good and evil, as explained in Ephesians teachings of chapter six.
 - iii. Heavenly Realms (Greek *epouranios*) are the spheres of spiritual activity where God's presence and authority are fully realized (Ephesians 1:20 and 6:12)
 - God's heavenly throne (Isaiah 66:1 ; Matthew 23:22)
 - The dwelling place of angels (Hebrews 1:14 ; Revelation 7:11)
 - The domain of Satan and evil spirits (Ephesians 6:12 ; Daniel 10:13)

(From which the (spirit and realms) derives influences that penetrates or empower the soul of mankind)

- ❖ **Spirit of God** : (Holy Spirit) -The Light
- ❖ **Spirit of Satan** : (Darkness –(Evil) Rebellions

Ephesians 6: ¹⁹ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the **heavenly realms**.

3. Battle Grounds and Arsenals.

- a. **Understanding the Battle of Spiritual Warfare** will give us a foundation on where, how and what the battles look like in our lives. We are going to examine three main areas of where the battles are fought: **the Spiritual Battle, the Worldly Battle, and the Battle Within Us**. We will review and discuss what the Bible says regarding these areas and will learn how to apply the scriptures to our personal lives to bring victory over these battles. It begins with learning the truth of God's Word and dispelling the lies of the enemy.
- b. Jesus told us in [Matthew 28:18](#) that, "All authority has been given to Me in heaven and on earth." We now have the privilege of having an eternal relationship with God. Many of us enter into that covenant of salvation by grace. But the [Matthew 28:18](#) verse is not only about our salvation; it is also about our every day victory, which adds up to victorious living in Christ. Every day victory is achieved by knowing, believing and understanding the battles that we are enduring daily, regardless of if we are passive or active in the battles

The Arsenals

- c. Ephesians 6:12 The phrase "we do not wrestle against flesh and blood" emphasizes that the **real battle for Christians is not physical or against other people**, but spiritual in nature. According to Ephesians 6:12, believers face opposition from **rulers, authorities, cosmic powers of darkness, and spiritual forces of evil in the heavenly realms** (NKJV) rather than human adversaries. This highlights that the challenges and conflicts in life often have a **spiritual dimension** beyond what is visible.

Romans 8: 9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life^[a] because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of^[a] his Spirit who lives in you.

Zone 2

Difference Between the Soul and Spirit of Mankind and Flesh (Integrated or Interrelationship Activities)

In Christian theology, the **soul** and the **spirit** are both immaterial parts of human nature, but they have distinct roles and functions.

The Soul

The soul is the seat of a person's **mind, will, and emotions**. It is the part of us that gives self-identity, desire, intellect, and moral awareness. Scripture calls it the "living soul" (Genesis 2:7), indicating it is the animating principle that gives life to the body . The soul is responsible for thinking, feeling, and making moral choices. It is mutable (capable of change) and is the center of our personality and conscience. Verses like "*What will it profit a man if he gains the whole world, and loses his own soul?*" (Mark 8:36) highlights its value.

- **Function:** The soul governs our thoughts, emotions, and moral decisions; the spirit governs our relationship with God.
- **Nature:** The soul is the essence of our self-consciousness; the spirit is the divine connection to God.
- **Scriptural distinction:** 1 Thessalonians 5:23 lists "spirit, soul, and body" as separate parts of humanity, showing they are distinct
- **Life connection:** The soul animates the body; the spirit connects us to God's life.

The Spirit (the spirit of mankind)

The spirit is the part of humanity that **connects with God**. It is the "breath of life" from God (Genesis 2:7) and enables us to commune with Him, worship in spirit and truth, and experience His presence. The spirit is the conduit for spiritual life, revelation, and fellowship with God. For believers, it is regenerated by the (**Influencer or Empowering Authority**) Holy Spirit, making them spiritually alive (Ephesians 2:1) [Taylor Bible Study](#). Verses like "*The Spirit himself testifies with our spirit that we are God's children*" (Romans 8:16) show its role in affirming our relationship with God.

Interrelationship

The body, soul, and spirit work together as a whole person. The soul mediates between the spirit and the body, allowing God's Spirit to influence our thoughts and emotions, which in turn affect our actions. In summary, the **soul** is who we are as conscious, self-aware beings, while the **spirit** is how we connect with God. Both are essential to understanding human nature and our relationship with the Creator.

Flesh (Body)"

- a. In the Bible, "**flesh**" (**Hebrew basar, Greek sarx**) is a term that carries both **physical and spiritual meanings**, often used to describe the human condition in its created, embodied, and fallen state.
- b. **Physical Body and Created Humanity.**
In the Old Testament, "flesh" can simply mean the material substance of the body (Genesis 2:21) or all living beings (Genesis 6:12). God formed man from the dust of the ground, giving him a physical body as part of His good creation (Genesis 2:7; Psalm 139:13-14). This physicality is not inherently evil but is part of God's design and our connection to His created world
- c. **Spiritual Struggles: Flesh vs. Spirit.**
Scripture contrasts "living by the flesh" with "living by the Spirit" (Galatians 5:16-17; Romans 8:5-6). The flesh craves what is contrary to the Spirit, while the Spirit desires what is contrary to the flesh. This tension reflects the ongoing battle between self-centered desires and God's will.

Zone 3

Scriptures Reference for Navigating Applications:

James 1: 1-5

John 5: 5-9

Psalms 23 :4-5

Matthew 14:22-33