

SPIRITUAL WARFARE



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Spiritual Warfare

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WE ARE INVOLVED IN SPIRITUAL WARFARE

Ephesians 6: 11 to 12: "Put on the full armour of God so that you can take your stand against the devil's schemes. 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. "

The Greek word translated as "schemes" (Metodeia) means "methods of the devil"

Thank God we are not ignorant of the plans and methods of the devil. In 2 Corinthians 2: 11 Paul says "in order that Satan might not outwit us. For we are not unaware of his schemes."

EPHESIANS IS A WONDERFUL BOOK:

Chapters 1 to 3 tell us what our POSITION is in Christ.

God has blessed us with every spiritual blessing (Eph.1:3)

He gave us forgiveness of our sin (Eph.1:7)

In Him we have obtained an inheritance (Eph.1:11)

In Him we were sealed with the Holy Spirit (Ep.1:13)

Everything that has a name is put under our feet (Eph.1:20-23)

Jesus made us alive who were dead in sin (Eph.2:1)

For us He can do exceedingly abundantly above all that we ask or think (Eph.3:20)

Chapters 4 and 5 and chapters 6: 1 to 9 tells us how we should WALK in Christ.

Ephesians 4:1,17 Walk worthy of the calling with which you were called, you should no longer **walk** as the rest of the gentiles **walk**, in the futility of their mind. Building on the foundation of the truths above I must take my stance against the devil with the full armour of God! Because I am involved in a spiritual warfare
 Ephesians 6: 10 to 20 **“Put on the whole armour of God, that you may be able to stand against the wiles of the devil” (verse 11)**

Remember one thing: Our fight is not against flesh and blood. The problem is not your husband, wife, employer, neighbour, church, or minister, but the devil. While we're fighting against our fellow believers the devil watches and laughs. When people disappoint you, or hurt you, you must firstly realise that the battle is "in the air" and not in the flesh. The battle must first be won in prayer before you confront the person

IDENTIFY YOUR ENEMY

The devil is the father of lies. **John 8:44**

The devil is a thief. **John 10: 10.** —The thief (the devil) does not come except to steal, and to kill, and to destroy — He steals our health; character and joy in the Lord.

The devil comes as an angel of light. **2 Corinthians 11: 14** —For satan himself transforms himself into an angel of light

The devil is an opponent. **1 Peter 5: 8;** —Be sober, be vigilant; because your adversary (someone you are fighting with) the devil walks about like a roaring lion, seeking whom he may devour.

Also read: **1 Thessalonians 2: 18; 2 Cor. 4:3,4 3**

The devil is a tempter. **1 Thessalonians 3: 5** (Paul writes to the church) —For this reason, when I could no longer endure it, I sent to know your faith, lest by some means **the tempter** had tempted you, and our labour might be in vain.

The devil is a deceiver. **2 Corinthians 11: 3** —But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ.

The devil is called the god of this world. **2 Corinthians 4:4** (No wonder that godless people possess such amounts of earthly riches) the devil is an accuser.

He accuses God -- **Genesis 3: 1**

He accuses us before God -- **Job 1: 6 to 12. Job 2: 1 to 5; Revelations 12: 9 to 10 (verse 10: —the accuser of our brethren, who accused them before our God day and night.)**

QUESTION: WHERE DID THE DEVIL COME FROM?

He was a beautiful angel by the name of Lucifer that wanted to exalt himself above God, and was expelled from heaven by God **Isaiah 14: 11 to 15; Ezekiel 28: 12 to 19; Revelations 12: 3 to 9**

THANK GOD FOR THE FOLLOWING

1. Demons are hateful and jealous of one another -- this is to our advantage.

2. The devil is not present everywhere all at once

The devil cannot kill as he pleases. When Jesus rose from the grave, he took Satan's power away from him.

(Ephesians 4: 8 to 10; Colossians 2: 13 to 15; Matthew 28: 18)

Therefore, Jesus could call out in Revelations 1: 17, 18: "Do not be afraid. I am the First and the Last. I am the Living One; I was dead, and behold I am alive for ever and ever!

And I hold the keys of death and Hades. **Jesus will never give his keys to the devil**

THE WORLD DOES NOT CONSIST ONLY OF THOSE THINGS THAT YOU CAN SEE WITH YOUR EYES AND TOUCH WITH YOUR HANDS.

WE ARE SURROUNDED BY AN INVISIBLE WORLD

The air is full of TV and radio programmes --

With the right type of equipment, you can see them and hear them.

Have you ever looked through a microscope at the water that you drink – What do you see?

Angels are around us! There are a tremendous number of them.

Daniel 7: 10; Matthew 26:53; Luke 2: 13; Hebrews 12: 22. 4

From your birth until now an angel has been next to you.

Matthew 18: 10 "See that you do not look down on one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven."

God's angels are used to help us in Spiritual Warfare

2 Kings 6: 17 "And Elisha prayed, "O LORD, open his eyes so that he may see." Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all round Elisha."

Michael is the head of the angelic armies.

Daniel 10: 12, 13; Daniel 12: 11; Jude v. 9

DID YOU KNOW THAT DEMONIC POWERS ARE SET OVER TOWNS AND CITIES?

Daniel 10: 10 to 21 In verse 12 and 13 the angel Gabriel tells Daniel that his prayer was heard 21 days previously, but the demonic power appointed by satan over the kingdom of Persia had opposed him! Michael, the chief angel, helped Gabriel to get the message through to Daniel.

Gabriel said that he would have to fight against the Prince of Persia again. After that he would have to fight against the Prince of Greece. **verse 20**

It appears satan ruled over Tyre as well

Ezekiel 28: 1 to 19; This Scripture portion and **Isaiah 14:11-15** are clear descriptions of satan who wanted to exalt himself above God and who was expelled from heaven.

Revelations 12: 7 to 9 —And war broke out in heaven: Michael and his angels fought with the dragon, and the dragon (the devil) and his angels fought, but they did not prevail, nor was a place found for them in heaven any longer. The great dragon was cast out, that serpent of old, called the devil and satan, who deceives Gods people.

WHY DO WE NOT WIN ALL OUR SPIRITUAL BATTLES?

Because there is sin in our lives. The devil laughs at us when we want to fight against him with sin in our lives! If we want to be victorious, we must strive for sanctification

OUR BATTLE IS AGAINST "EVIL SPIRITS" AND NOT PEOPLE

SOME SICKNESS IS CAUSED BY "EVIL SPIRITS"

Not every sickness is caused by —evil spirits.

We read in **Luke 13: 10 to 17** “Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had **a spirit of infirmity** (sickness) eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her: ‘Woman, you are loosed from your infirmity’. And He laid His hands on her, and immediately she was made straight, and glorified God. The ruler of the synagogue was upset because this took place on the Sabbath.”

But in verses 15 and 16 we read: “The Lord then answered him and said, Hypocrite! Does not each one of you on the Sabbath lose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom satan has bound — think of it — for eighteen years, be loosed from this bond on the Sabbath?”

How often we treat our bodies when it is our spirit that needs healing?

Other translations of this story:

The Living Bible Translation:

“He saw a woman who had been crippled by an evil spirit. She had been bent double for 18 years and was unable to stand up straight.”

The Amplified Bible: "And there was a woman there who for 18 years had had an infirmity caused by a spirit (a demon of sickness). She was bent completely forward and utterly unable to straighten herself or to look upward".

It is striking to see that this woman was in the church for all those years and still bound. Today we also have people in our churches bound by satan. Let us set them free in Jesus name!

Notice that Paul did not address the woman but rather the spirit. Our battle is not against people, but against the evil spirits.

FEAR CAN BE A SPIRIT

2 Timothy 1: 7 " For God did not give us a spirit of fear, but a spirit of power, of love and of self-discipline."

How do we overcome fear?

Thank God for **1 John 4: 18**: "There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love."

LYING IS A SPIRIT.

1 Kings 22: 19 to 23 -- A lying spirit is mentioned six times in the Bible. Are you surprised that people believe in lies nowadays?

Read 2 Thessalonians 2: 9 to 12

John 8:44 "You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."

FORTUNE-TELLING IS A SPIRIT.
Leviticus 20: 27; Acts 16:16 to 18.

WE READ IN THE BIBLE OF A DUMB SPIRIT.

Mark 9: 17, 18 " A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of **speech**. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth, and becomes rigid. I asked your disciples to drive out the spirit, but they could not."

Matthew 9: 32, 33 "While they were going out, a man who was demon-possessed **and could not talk** was brought to Jesus. And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel."

Please remember: Not everyone that cannot speak has a demon spirit!

PRIDE IS A SPIRIT

If we do not get rid of pride in our lives, we will never be able to live in total victory over the enemy. This is what brought Lucifer down.

Isaiah 14: 12 to 15 "How you are fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, you who weakened the nations! For you have said in your heart: I will ascend into heaven, I will exalt my throne above the stars of God: I will also sit on the mount of the congregation on the farthest sides of the north: I will ascend above the heights of the clouds,

I will be like the „Most High“ Yet you shall be brought down to Sheol, To the lowest depths of the Pit.” (meaning Hell)

REBELLION IS A SPIRIT.

Hear what the Bible says about rebellion:

1 Samuel 15: 23 "for rebellion is as the sin of witchcraft".

WHAT ARE OUR WEAPONS?

Because we are in a spiritual warfare, we must use spiritual weapons. Read what the Bible says about our weapons:

2 Corinthians 10: 3 to 5 “For though we walk in the flesh, we do not war according to the flesh. **For our weapons of our warfare** are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

WITH THESE WEAPONS WE CAN DO THE FOLLOWING:

“casting down (to get rid of) arguments” or plans. A plan is something that has not taken place yet.

We must not wait until the devil causes things to happen but if we know of his plan, we must destroy it immediately.

2 Corinthians 2:10,11 “bringing every thought into captivity to the obedience of Christ”

This doesn't mean that we control peoples minds but those thoughts that are not to the glory of God, we take into captivity and make it obedient to Christ.

People do not come to repentance because the truth of salvation does not reach them. This is also true concerning any other truth. We must break down all wrong pretensions.

The Living Bible Translation says in 2 Corinthians 10 v. 5

“With these arguments we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ.”

Ephesians 6: 10 to 18 tells us more about our spiritual

weapons: In verses 11,12 it says: “Put on the whole armour of God that you may be able to stand against the wiles (clever tricks) of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

THEN PAUL GIVES A LIST OF OUR WEAPONS – SUCH AS:

A “**Girdle**” and calls it **Truth**.

Truth is a powerful weapon. It will set you as well as others free. (John 8:32)

A “**Breastplate**” and calls it **Righteousness**.

Righteousness is to stand in the right relationship with God.

Shoes for our feet and says this is **to preach the Gospel**

The more we preach the Gospel the more we defeat the enemy.

A “**Shield**” and calls it our **Faith**. A shield is used to protect you so that the enemies weapon does not harm you. This is what our

faith in God does in our lives. You see without faith we cannot please God. **Hebrews 11: 6**

A “**Helmet**” he calls our **Salvation**. The battlefield is the mind. If your mind is really protected, you will overcome.

A “**Sword**” – This is **The Word of God**.

The Word is like a sword! **Hebrews 4: 12; Ephesians 6: 17**

When Jesus was tempted by the devil, He used the Word as a weapon to overcome. **Read what happened in Matthew 4**

And thank God for **Prayer**.

WE ALSO HAVE OTHER WEAPONS

PRAISE

King Jehoshaphat had to fight a few nations that joined together against Judah. **We read this story in 2 Chronicles 20:21 to 26.** In verse 21 and 22 we read: “And when he had consulted with the people, he appointed ***those who should sing to the Lord, and who should praise the beauty of holiness,*** as they went out before the army and were saying: ‘Praise the Lord, for His mercy endures forever. Now when they began to sing and praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; **and they were defeated.**”

Remember that these worshippers went out **before the army** and kept praising their God. The result was that the enemy destroyed one another. We read this from verse 23 and further.

King Jehoshaphat won the battle against his enemies long before he came to the valley of Beracah. (Praise Valley).

His spiritual warfare consisted of the following:

He destroyed the idols.

He taught the people God's ways. (**2 Chronicles 17**)

He put those praising God in the front as they went into war.

Fasting -- Matthew 17: 15 to 21

A man came to Jesus and said: "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So, I brought him to Your disciples, but they could not cure him." (verse 15,16)

Jesus explained why His disciples could not cure this son.

He said in verse 21:" However, **this kind** does not go out except by prayer and fasting."

Speaking in tongues -- 1 Corinthians 14: 2

Speaking in tongues is a powerful weapon, for this scripture says: "For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries."

God understands us when we speak to him in tongues, but no one else, including the devil. Therefore, tongues must be a powerful weapon to use.

Jesus' Name -- John 14: 13, 14.

"And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it."

Also read the following scriptures and you will find that the Name of Jesus is a great weapon to give us a breakthrough in our lives.

Acts 3: 5 to 8,16; 4: 10. Philippians 2: 4 to 11

David overcame Goliath in the Name of God. (1 Sam.17:45)

We will overcome our enemies in the NAME OF OUR GOD!

Our witness and Jesus' Blood. Revelations 12: 9 and 11

“So the great dragon was cast out, that serpent of old, called the devil and satan, who deceives the whole world: he was cast to the earth, and his angels were cast out with him...And they (God's people) overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.”

Keep on being a witness for the Lord. Never stop telling others what God has done for you. The people out there are in great need and under a lot of pressure. We as God's children can give them hope for the future by our testimony and by sharing the word of the Lord with them. The Gospel is like a lifeline and it will save the lost.

WHAT HAPPENS WHEN I AM TEMPTED?

How many well-meaning Christians have asked this question? Many of them are under the impression that the devil loses your address when you become a Christian. Oh no, the closer you live to the Lord the more the devil shoots his arrows at you. Thankfully, we have received the full armour of God to defeat the devil. (Ephesians 6: 10 to 18)

OUR STUDY OF TEMPTATION TAKES US TO LUKE 4: 1 to 13 WHERE JESUS WAS TEMPTED

If the devil could tempt Jesus, he will also tempt you. "So, if you think you are standing firm, be careful that you don't fall!" (1 Corinthians 10: 12)

But praise God, we can resist the devil

1 Peter 5: 6-8 "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your **care** (the word denotes anxieties, burdens and worries) Be sober, be vigilant, because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith. "

LOOK HOW JESUS WAS TEMPTED:

It was just after Jesus was baptised and the Holy Spirit had come on him in the Jordan River! Isn't that also your experience? The moment that we obey God and are baptised, the devil comes with his attacks. The devil is our enemy, but as a child of God we should not be ignorant of his plans. According **2 Cor. 2: 11**, we are not ignorant of his (the devil's) devices. (plans)

IN THE BIBLE THERE ARE THREE TYPES OF TEMPTATIONS

To confirm this, we read in **1 John 2: 16**: " For everything in the world--the **cravings** of sinful man, the **lust of his eyes** and the **boasting** of what he has and does-- comes not from the Father but from the world."

According to Luke 4: 13, the devil tried all three of these types of temptations on Jesus and then left Him for a while. These words "a while " suggest that the devil did not leave Him totally alone and never tempted Him again.

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The lust of the flesh - Jesus was also tempted in His flesh

Luke 4: 1 to 4 "Then Jesus, being filled with the Holy Spirit, returned from the Jordan, and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days ate nothing, and afterward when they had ended, He was hungry. And the devil said to Him: If You are the Son of God, command this stone to become bread. But Jesus answered him,

saying, 'It is written: Man shall not live by bread alone, but by every word of God.'

The devil usually attacks the weakest place in your life. Jesus was hungry after 40 days and the devil tempted Him to change the stones into bread. Normally we would consider this to be a great miracle, that is if Jesus made bread from the stones. But if Jesus had done this at the devil's command, He would be submitting to the devil.

The devil's attacks often our flesh. It is not a sin to be hungry, but the issue is how we satisfy our hunger. To have any fleshy desires is not a sin but if these desires are satisfied in the wrong way it can be a sin.

We are reminded of Esau. It was not wrong that he wanted the lentil soup but to sell his birth right to get the soup was totally wrong. (Gen.25:29-34)

The lust of the eyes. We are tempted through what we see.

Luke 4: 5 to 8 "Then the devil, taking Him up on a high mountain, showed Him all the Kingdoms of the world in a moment of time. And the devil said to Him: All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours. And Jesus answered and said to him, *Get behind me, satan! For it is written: You shall worship the Lord your God, and Him only you shall serve.*"

Jesus was tempted through His eyes. It is not a sin to see, but it is sin to desire what you see if it is not God's will for you. This is what happened in **Genesis 3: 6** "So when the woman saw that

the tree was good for food, **that it was pleasant to the eyes**, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.”

The Pride of Life

Luke 4:9-12 “Then he (the devil) brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him: If You are the Son of God, throw Yourself down from here. For it is written: He shall give His angels charge over you, to keep you, and, in their hands, they shall bear you up, lest you dash your foot against a stone. And Jesus answered and said to him: *It has been said, You shall not tempt the Lord your God*”

The devil used an Old Testament scripture in Psalm 91:11,12 to tempt Jesus. Do not think the devil does not know the Bible! Learn rather to follow the example of Jesus and defeat the devil by saying "it is also written". Know God's word so that you can overcome the devil. (Jesus quotes Deuteronomy 6: 16)

HOW CAN I OVERCOME TEMPTATION?

Be full of the Holy Spirit

In Luke chapter 4: 1 and 14 we read these words: “Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness...Then Jesus returned in the power of the Spirit.”

The power of Jesus to overcome was in in the Holy Spirit. You can experience the same.

Make sure that you find yourself in the place where God’s Spirit has led you. (Remember that Jesus was led by the Holy

Spirit into the wilderness.) I would rather be led by God's Spirit into the wilderness than being in the most beautiful place, without the Spirit of God.

Often, we move out of God's will and lose our protection. Know God's Word so that you can use it against the devil. Do not look at what is directly in front of you but keep your eyes on the goal far ahead of you.

See what happened to Moses

Hebrews 11: 24 to 26 "By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he **looked** to the reward."

The word "look" (Greek: "apoblepo") that is used here literally means "to look away from everything else in order to look intently on one object."

Joseph is another example

When he was tempted by the wife of Potiphar to have sex with her, he ran away from this temptation, because his eyes were fixed on God's calling in his life. Although he was falsely accused and was put in jail, he kept his faith in God. (Gen.39 and 40)

Always have a long-range vision of the glory waiting for you.

THERE IS ONE THING WE MUST CLEARLY UNDERSTAND AND THAT IS THAT JESUS WAS TEMPTED JUST LIKE US, BUT THAT HE DID NOT SIN

In Hebrews 4: 15 we read: "For we do not have a High Priest who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin."

If temptation was sin, then Jesus sinned. Jesus was tempted just like any of us but did not allow the temptation to overwhelm Him. Therefore, Jesus did not sin.

There is an old saying: "you cannot stop crows flying over your head, but you can stop them from building a nest in your hair"

GOD TEMPTS NO ONE AND HE WILL NOT ALLOW US TO BE TEMPTED ABOVE OUR ABILITY TO ENDURE!

1 Corinthians 10:13 —No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

THE QUESTION: "IF I AM TEMPTED, WHAT THEN?"

James 1: 2,3,4,13,14 "My brethren, count it all joy when you fall into various trials (temptations) knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. Let no one say when he is tempted, 'I am tempted by God' for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires..."

James teaches not to be discouraged when tempted!

LET US STUDY JAMES CHAPTER 1

There is a crown for everyone who succeeds over temptation.

Verse 12: *“Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.”*

God does not tempt anyone.

Verse 13: *“Let no one say when he is tempted, „I am tempted by God“ for God cannot be tempted by evil, nor does He Himself tempt anyone.”*

This is how temptation works:

Verses 14,15: *“But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full -grown, brings forth death.”*

Temptation tries to drag you away or capture you. If you are not prepared to be drawn away or captured, you have not sinned yet. Achan only sinned when he desired and took... (**Joshua 7: 21**)

I pray that you now understand James 1:15 better?

OTHER TEXTS ABOUT TEMPTATION:

Galatians 6: 1; 2 “Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.”

2 Peter 2: 9 “the Lord knows how to deliver the godly out of temptations.”

SPIRIT, SOUL, AND BODY

It will be good if we know how God made us, so that we can understand the devil's tactics he uses when he attacks us.

You are a Spirit, with a Soul, and live in a Body

Your “Body” is your bones, flesh, and blood.

Your “Soul” is your mind, will and emotions

Your “Spirit” is your inner part of you as a person.

This is where your conscience is (the alarm system)

We consist of a spiritual component (soul and spirit) and a body part

When you die your spiritual component leaves your body.

When Rachel died with the birth of her son we read these words in **Genesis 35: 18** “And so it was, as her soul was departing (for she died) that she called his name (her son) Ben-Oni; but his father called him Benjamin.”

If the spiritual and physical components can be reunited, then that person can live again on earth. You will read this in 1 Kings 17: 17 to 23. We find that there is constant conflict between the flesh and the spirit.

Even Paul was honest enough to admit it in **Romans 7: 18 to 25** He said that he found that two laws were working in him. The one was to do good and the other law was working against this.

It is as if there are two people in us: One is "the fleshly person" and the other is "the spiritual person". **The one that you feed the most and give "exercise" to, is the one that will rule!**

THE FLESHLY MAN'S SINS ARE DIVIDED UP AS FOLLOWS:

Gal. 5:19-21 “Now the works of the flesh are evident, which are adultery, fornication, uncleanness, lewdness, idolatry, sorcery, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God”

The Living Bible expresses it as follows: “When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasures...”

To the extent that these characteristics are present in someone's life, the "fleshly man" is in control.

In contrast to this: If someone walks in the Spirit the desires of the flesh will not dominate him. Walking in the Spirit means that the Holy Spirit controls our lives totally.

**If the "spiritual man" rules in us the characteristics of the fruit of the Spirit will be clearly visible in our lives: "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control."
(Gal.5:22)**

THE FRUIT OF THE SPIRIT IS LIKE A BUNCH OF GRAPES

Love is the stem that keeps everything together; Joy is love that rejoices; Peace is love that rests; Patience is love that tolerates; Kindness is love that serves; Meekness is love that is victorious; Goodness is love's character; Self-control is love that rules; Faithfulness is love that perseveres

HOW CAN I BE DELIVERED FROM THE WORKS OF THE FLESH?

By means of an act of your will.

Anyone that is passive in relation to his or her situation cannot be delivered very easily. We have a part to play in ensuring that we are cleansed.

2 Corinthians 7: 1 "Since we have these promises, dear friends, **let us purify ourselves** from everything that contaminates body and spirit, perfecting holiness out of reverence for God"

James 4: 7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you." If we want the devil to flee from us we must make a decision to submit to God and resist the devil.

In Colossians 3: 8 Paul says: " But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips "

You will be delivered from sin if you confess it with your whole heart and forsake it.

Proverbs 28:13 "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy."

One conceals his/her sins by hiding them from others or trying to excuse them.

1 John 1: 9 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." Tell God that you are sorry that you have sinned, and He will forgive you of everything!

If you can walk in the Spirit.

Galatians 5: 16 “Walk in the Spirit, and you shall not fulfil the lust of the flesh.” To walk in the Spirit means to listen to God’s Spirit that will guide you to stay away from sin.

The Living Bible translates this scripture as follows: "So I advise you to live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves"

Jesus walked in the Spirit; therefore, He could overcome the devil when He was tempted. (Read it in Luk.4:1)

Fix your eyes on things above.

Colossians 3: 1,2 “If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.”

Romans 12: 2 "And be not conformed to this world: but be ye transformed by the renewing of your mind that ye may prove what is that good, and acceptable, and perfect, will of God”.

May the Lord help you to win your battles against your spiritual enemies and be more than a conqueror so that you will grow as a spiritual man and woman!