

Deny Thy FLESH

A large, weathered wooden cross stands against a bright blue sky filled with white, fluffy clouds. Sunlight rays stream down from the left side of the frame, creating a dramatic, ethereal atmosphere. The cross is the central focus, with a figure of a person on it, though the details are somewhat obscured by the lighting and the angle.

A Lessons For Life Book

Keith Hammond

Look at the word FLESH. If you turn the word around, and remove 'H'im, you're left with SELF.

These are two very dangerous things (flesh and self) for any Christian to battle, but with 'H'is help, they can be conquered, and can help us grow stronger in Galatians 5:16 so we can Walk in the Spirit, and not fulfill the lust of our flesh.

Deny Thy Flesh looks at many areas of life Christians don't realize is related to our flesh and identifies pathways of escape.

The Spirit of God that lives in us only wants to obey God, to please God, to do things that God has ordered, ordained, and orchestrated for us.

But our flesh, wants none of that. It only wants what it wants, who it wants, when it wants, how it wants, where it wants, how much it wants. And it will do any and everything that you let it, allow it, give it freedom to.

THIS IS A DAILY BATTLE

The war between our flesh and God's Spirit that lives in us is a daily battle. And in order to even have a chance at winning this battle, you have to start the war in your mind.

Do you ever wonder why you have certain thoughts, especially when they seem to come out of nowhere, and are about something you would never think of, or do? Someone once said "an idle mind is the devil's playground." To win the battle against thoughts that seem to just come out of nowhere, use the same weapons Jesus used anytime he was faced by the devil. Jesus always said, "I rebuke you, Satan" and "Get thee behind me." These are two weapons that you can use to eliminate any negative, dangerous, and unwanted thoughts from your mind. A third is, "The devil is a liar and there is no truth in him." All three of these help me, every day.



Self control is a strong weapon in helping the spirit win the battle over your flesh. Self control is one of the fruits of the spirit. It comes by using God's strength within you to win the battle over the thoughts, passions, and desires to do something you know you shouldn't do.

Winning the battle in your mind can prevent your flesh from taking action that defeats your self-control. To use the weapons of self-control you already have, first you have to learn that you have them. **Self-control is already in you. You use it more than you know. For example:**

When someone says something to you that you don't like, instead of arguing or saying anything back, you walk away.

When you could make a lot of money the wrong way, but instead you choose not to.

When you have an urge to get high or drunk, you find a way to overcome the temptation.

...all these are forms of self-control that you probably use without even realizing it.

In his letter to the church in Ephesus, Apostle Paul, a murderer that Jesus delivered from the darkness of persecuting Christians to change him into a minister to carry the message of salvation to all people, wrote "*put on the whole armor of God, that you may stand against the schemes of the devil.*"

The devil wants you to lose control because negative actions can lead to negative consequences. If you argue instead of walking away, the argument could become a fight and someone could get hurt, or worse. If you take the money, you most likely would end up in jail, without it. If you get high or drunk, the consequences could be addiction, drunk driving, or worse. **In order to have self-control you must care about the consequences of not having self-control.**



People care more about the taste of a candy bar than about the consequences of eating it. Just knowing you should have self-control usually isn't a good enough deterrent.

Kids ask "Why not?" As a parent, responding "Because I said so!" may be good enough when kids are 4, but isn't helpful if they're 16.

Now that you know that Self-Control is already in you, **Name three other ways you can start using your self-control?**

1. _____
2. _____
3. _____

How can you help others learn how to use their own self-control?

1. _____
2. _____
3. _____



How Do I Just Say No?

7

Will Turning Off The TV Actually Help?

X

Will Listening To Sermons And Gospel Music Help?

X

Will Writing Poison On Things I Shouldn't Eat Help?

X

Will Getting Rid Of Things I Don't Need Help?

X

Will Staying Away From Worldly People Help?

X

Will Staying Away From Places I Shouldn't Go Help?

X

And Much More

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ABOUT THE AUTHOR:

Brother Keith is a born again Christian. He is a Spirit-led man of God, teacher and author. His life has been transformed from things such as pride and prison to passion and purpose.

God is the author of the Bible. It is meant to be our instruction manual, our roadmap home. Without it, we are lost. Use the information in these books to help you and others.

God destroys the darkness behind us, to direct us toward our destiny ahead. So whatever you do on your journey, never turn back. God bless you in your walk with Christ. Amen.

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