

Lesson 5 OUR VULNERABILITY

“For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another.” (Galatians 5:17)

What Makes Us Vulnerable?

Every one of us is vulnerable in the area of our flesh, our sinful nature. This is our area of weakness. When we are born again by the Spirit of God, the enemy, our flesh, comes to do battle. Satan once dominated our flesh life and now as a born again believer, it wars against the new life of the Spirit of God. The flesh wars against the spirit, and the spirit against the flesh. These are contrary. They will always battle against each other.

A believer in Christ has both the fleshly and the spiritual natures. This is the battle.

1. Write Matthew 26:41.

2. Write Romans 7:22-23.

As a believer, our spirit finds delight in the law of God. This causes us to want the new nature God imparts to us. However, the law of sin (our sinful nature) seeks to draw us away from following God’s work within us.

Read Romans 8:5-11. The Flesh Versus The Spirit

3. Write verse 5.

4. Write verse 6.

5. Write verse 7.

6. Write verse 8.

7. Write verse 9.

8. Write verse 10.

The solution to the problem of the flesh is the Holy Spirit. When we are spiritually minded, we can put to death our sinful deeds and live for God.

What Does God Say To Do to the Flesh?

Concerning your flesh, your sinful activities and desires, God says to stop it. Put an end to it. Destroy it utterly! Blot it out! Crucify it! Mortify it! Practice zero-tolerance.

9. Write Galatians 5:24.

If you fail to obey God in mortifying the deeds of the flesh, you can be sure that the day will come when your flesh will destroy you. By the power of the Holy Spirit working in your life, God orders you to put to death the deeds of the flesh so that you might live.

10. Write Romans 6:6.

How to Get Victory

In order to be free from the slavery of sin, the old nature **must** be reckoned dead but alive to God in Jesus Christ (Romans 6:11). What does the Bible mean by “reckon”? To count as true. We need to remember that the flesh life destroys and takes advantage. But through the power of the Holy Spirit we can know victory over the flesh and count the old man to be dead, crucified with Christ that we might be alive unto God through Him. We must choose the spirit over the flesh. This is God’s ultimatum, not just a choice.

11. Write Romans 8:13.

The battle is fierce between the flesh and the spirit. It’s important to know the area of our weaknesses so we can ask God for help and for the empowering of His Holy Spirit.

12. Write down the three weaknesses of our flesh. See 1 John 2:16.

These weaknesses point out how believers could be lured away from loving God. When it speaks about the lust of the flesh, this refers to desires for sinful sensual pleasure. The lust of the eyes refers to covetousness or materialism. The pride of life refers to being proud about one’s position and denying the need for God’s instruction.

God shows us our vulnerability and then tells us how to get the victory. We are to hate evil, not tolerate, accept or excuse it. We are to despise our old sin nature.

God wants to help us overcome our vulnerabilities and have victory. He wants us to walk in the power of His Spirit so we can overcome our sinful nature. Ask God for His help. Ask God for His strength. Ask God for His victory.

*This I say then, walk in the Spirit, and you shall not fulfill the lust of the flesh.
(Galatians 5:16)*