

Lesson 5

MY 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 ME VULNERABLE?

Every one of us is vulnerable in the area of our flesh, our sinful nature. Vulnerability is my area of weakness. When I am born again by the Spirit of God, the enemy and my flesh come to do battle. Satan once dominated my flesh life, and now, as a born again believer, it wars against the new life of the Spirit of God.

1. Write Romans 7:22-23.

THE FLESH VERSUS THE SPIRIT

As a believer, my spirit finds delight in the law of God. Being excited about reading God's Word causes me to want the new nature God imparts to me. However, the law of sin (my sinful nature) seeks to draw me away from following God's work within me.

2. Write Romans 8:5.

3. Write Romans 8:6.

Peace will result when I yield my flesh to God.

4. Write Romans 8:7.

To be carnally-minded is to be selfish or self-centered.

5. Write Romans 8:8.

6. Write Romans 8:9.

7. Write Romans 8:10.

When it says, "The body is dead," this does not mean physical death but death to sin. If I am born again, I don't want to practice sin or continue to live in sin. The solution to the problem of the flesh is the Holy Spirit. When I am spiritually minded, I can put to death my sinful deeds and live for God.

WHAT DOES GOD SAY TO DO TO THE FLESH?

Concerning my flesh, my 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.

8. Write Galatians 5:24.

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

9. Write Romans 6:6.

HOW TO GET VICTORY

I must choose the spirit over the flesh. This is God's ultimatum, not just a choice.

10 Write Romans 6:11.

To be free from the slavery of sin, the old nature must be reckoned dead but alive to God in Jesus Christ. The word *reckon* means "to count as true." I need to reckon the old man to be dead, crucified with Christ, that I might be alive unto God through the Holy Spirit.

11. Write Romans 8:13.

WHAT ARE MY WEAKNESSES

My three weaknesses are (1) the lust of the flesh, (2) the lust of the eyes, (3) and the pride of life. These weaknesses are not of God but the world. They lure me away from loving God.

12. Write 1 John 2:16.

When God's Word 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 of one's position and denying the need for God's instruction.

13. Write Psalm 97:10.

14. Write Galatians 5:16.

God shows me my vulnerability and then tells me how to get the victory. I am to hate evil, not tolerate, accept or excuse it. I am to despise my old sin nature. I am to walk in the Spirit, and I will not fulfill the lust of the flesh. (See Chapter 6, *The Fruit of the Spirit*, to learn how to walk in the power of the Holy Spirit.)

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