

Self-control

Overcoming the Flesh

To display the fruits of the spirits in our lives, we must be living and aiming to live through God's spirit, and not through our own fleshly desires.

Romans 8:9-12

The same power that raised Jesus from the dead, is the same spirit that gives life to our sinful and human bodies.

The bible is very clear. If you live by the flesh, you will die (spiritually), if you live by the spirit, you will live.

Because we have committed our lives to him, it's our responsibility to live in the spirit.

Romans 8:37, 1 Corinthians 10:13

No situation is too difficult or too much for us to handle. God is a faithful and fair God, we will not be tempted or tested beyond what we can handle.

If you feel like you are in a storm, know that God has given you the ability to persevere and get through to the other side and have a breakthrough in that situation. But we need to rely on God, not ourselves or worldly influences

Galatians 5:13-26, Galatians 5:24-25 NLT & MSG

Our sinful desires and passions were nailed onto the cross and left there when we accepted Christ into our hearts. But we need to constantly make the decision to accept this truth and live in this truth.

With Christ, we have power over every authority. We can live in the spirit and live in the truth of our authority in Christ and our identity in him.

In *Matthew 6*, Jesus talks about how we should navigate fasting. When he begins the topic, he says “when” you fast... not “if”, but “when.”

When we fast, we decrease our reliance on our fleshly appetite and naturally start to rely on the spirit within our lives. We can hear God clearer, listen to his voice and see things from his perspective.

“Heal my heart and make it clean, open up my eyes to the things unseen, show me how to love like you have loved me, break my heart for what breaks yours, everything I am, for your kingdom’s cause, as I walk from earth into eternity”

In every part of our lives, we need to allow the holy spirit the room to work in our lives. A simple prayer/song like this is important.

To operate in the fruits of the spirit, we need to live in the spirit, and not the flesh.