

**F L E S H**

**&**

**S P I R I T**

# Passages

- Matthew 26:36-46; 41
- Mark 14:32-42; 38
- Luke 22:39-46; 46

# What Jesus did not say...

- The spirit is willing , but the flesh is unwilling...
- The spirit is willing, but the flesh is evil...
- The spirit is willing, but the flesh is stronger...

# Flesh

- Addiction –drugs, tobacco, alcohol, pills
- Pornography
- Gambling
- Profanity
- Lying, gossiping, hateful speech
- To much time online/phone/TV
- Wasteful overspending, theft and greed
- Anything that “we just can’t stop,” from addictions to destructive attitudes.

# Flesh & Spirit

- We must see that bad habits are spiritual issues.
- We should want to change a habit, not only because it's embarrassing, expensive, unhealthy, or makes us feel guilty, but because it is a transgression of God's Law.
- When we struggle with a particular sin, we want to say that “we can't” or “it's just too hard to stop.”

# Flesh

- It's hard to get thru the day without \_\_\_\_\_!

Proverbs 4:14

- The pull of temptation can be so strong!
- Society will try to justify the way we are and say that we shouldn't go against what comes naturally to us.

# Spirit > Prayer

- #1: Prayer – ask God for help
- Don't overlook the power of prayer!

Matthew 26:41

- If your spirit is willing but your flesh is weak, ask God for help. (see the model prayer)

Matthew 6:13

# Spirit > Accountability

- #2: Surround yourself with good people

1 Corinthians 15:33

- The opposite is also true: good company corrects bad habits.

# Spirit > Acknowledge

- #3: Admit you have a problem
- Sin loves secrecy!

James 5:16

# Spirit > Repent

- #4: Replace Evil with Good
- Biblical change is not just turning away from sin; it is turning toward righteousness. (see Eph. 4)
- **Good habits replace sinful ones!**

# Spirit > Tackle the Trigger

- #5: Make Bad Habits Impossible
- You may fail because sin is so accessible!

Matthew 5:29

- Look for ways to make sinning inconvenient.

# Spirit > Focus on Today

- #6: Take One Day at a Time

Matthew 6:34

- “What do I need to do to get thru today?”
- Don't despair! Don't think about how hard it will be to break the habit, but rather take one day at a time. Don't worry about tomorrow.

# We may have good intentions...

- Intend to obey the Gospel...

Acts 24:25

- Intend to be a better Christian (grow spiritually)...

Hebrews 5:12

# Committed until completed

Luke 14:28-30

- Good intentions might motivate you to start something, but commitment will help you finish it.

# Conclusion

- That sinful habit that you love...
- It doesn't love you back.
- And intending to quit a bad habit...
- Isn't the same as quitting a bad habit.

Mark 8:36-37