

Taming your flesh to follow the spirit man

Galatians 5:16-18

“But I say, walk by the Spirit, and do not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would. But if you are led by the Spirit you are not under the law”

Verse 16 says that when you walk by the Spirit, you will not let those bad desires come to maturity. When you walk by the Spirit, you nip the desires of the flesh in the bud. This Verse promises *victory* over the desires of the flesh — not that there won't be a war, but that the winner of that war will be the Spirit.

Verse 17 says, “For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other to prevent you from doing what you would.” The main thing to learn from this verse is that Christians experience a struggle within.

Romans 8:7 says, “The mind that is set on the flesh is hostile to God; it does not submit to God's law.” The basic mark of the flesh is that it is unsubmitive. It does not want to submit to God's absolute authority or rely on God's absolute mercy.

Verse 18 says, “If you are led by the Spirit you are not under the law.” This does not mean you don't have to fulfill God's law but that you can bear the fruit of the spirit as in Galatians 5:22.

Scriptures on Overcoming the flesh

[Colossians 3:5](#) ESV

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.

[Romans 8:7](#) ESV

For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot.

[1 Corinthians 9:27](#) ESV

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

[Romans 12:2](#) ESV

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

[Romans 8:6](#) ESV

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

[Galatians 2:20](#) ESV

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

[Colossians 3:1](#) ESV

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

[Romans 8:13](#) ESV

For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live

[1 Thessalonians 4:3-5](#) ESV

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God;

[Ephesians 6:12](#) ESV

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

[Romans 8:1-14](#) ESV

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ...

[Romans 7:1-25](#) ESV

Or do you not know, brothers—for I am speaking to those who know the law—that the law is binding on a person only as long as he lives? For a married woman is bound by law to her husband while he lives, but if her husband dies she is released from the law of marriage. Accordingly, she will be called an adulteress if she lives with another man while her husband is alive. But if her husband dies, she is free from that law, and if she marries another man she is not an adulteress. Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God. For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. ...

[John 15:5](#) ESV

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.