

Flesh & Spirit

[2 Cor 10:4-6](#); For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.

How are we to ‘cast down arguments and every high thing’ down? Give practical examples of how this plays out for you.

What are some things that exalt itself against the knowledge of God you face?

We are to bring EVERY thought captive to the obedience of Christ – how does that make you feel?

According to [Romans 8:5-6](#) What does ‘carnal’ mean? Paul gives us a clue as to how we are to accomplish in our battle, what is it? In [John 4:21-24](#) Jesus describes that acceptable worship is an inward relation we have with God and not outward as people did in that day. It is an easy thing to go about outward motions, to display our love to God, but God requires it come from our heart, by His Spirit and in fact what He will only accept. What are your thoughts about this as it pertains to you and how you worship (and relate) to God?

Heart & Mind

As Romans 8:5-6 reveals, we are in a battle and it is where we set our minds – will determine our loss or victory. It is our mind and thoughts that we must keep in check. This is the core and basic principle of living the biblical Christian life, which is in and by the Spirit and not in our flesh.

[Matt 15:18-19](#); But those things which proceed out of the mouth come from the heart, and they defile a man. ¹⁹For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

[2 Tim 2:22](#); Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

[Phil 4:8-9](#); Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. ⁹The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Rivers of Living Water

As we live according to the Spirit, we grow as Christians. We begin to see more clearly what the Holy Spirit directs us. Jesus gives His disciples a picture when He spoke these words:

[John 7:37-39](#); On the last day, that great *day* of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet *given*, because Jesus was not yet glorified.

Once we have the Holy Spirit in us, He will give us the desire to follow after God to serve Him. But it is our duty, to live according to the Spirit, and not the flesh – so we may be led by His unction to obey Him. To live according to His Spirit, is to live by grace where He gives us power to overcome sin. Yet, there are those, and you may be one, where there is no power to overcome sin and temptation, no desire to follow after Jesus, but still have a genuine love for God. Or, there is no desire to seek and search and spend time with Jesus on your own through prayer, bible study and worship. This is indication that your Christian walk is done externally, according to the flesh and is a matter of changing the way you relate to get on track. Jesus tells us that ALL will desire God who have His Spirit actively dwelling in them.

[Gal 4:6](#); And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!”

In [Galatians 5](#) the Christians were beginning to fall back into living according to their flesh – and Paul admonishes them to get back on track. Read and determine where any adjustments are necessary in your relating to God.

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