

SESSION 1:

SPIRIT AND FLESH

We have to set our minds on feeding the Spirit rather than the flesh.

Set your mind on things above, not on things on the earth. (Col. 3:2)

What comes to mind when you hear the word “discipline”?

Do you tend to see spiritual disciplines as more of a duty or a delight?

List some things you want to learn or gain from this study.

How will you seek to practice the spiritual disciplines this week?

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

But if you are led by the Spirit, you are not under the law. (Galatians 5:16-18)

Why is it so important to for you to walk by the Spirit? How do we do this?

Read the following verses:

Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God. (Romans 8:7-8)

But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. (Romans 13:14)

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. (Galatians 5:19-23)

What does each passage say about the flesh and the consequences that follow when we feed it?

Have you ever wondered why some people seem to grow in the faith and others fall away? Have you ever noticed people in your church school who have made commitments to follow Christ but later seem to be just as worldly as the next?

How can you make sure your walk with Christ is genuine?