

HARVEST ROCK CHURCH

“HOW TO OVERCOME THE FLESH THROUGH THE POWER OF THE HOLY SPIRIT” LIFE IN THE SPIRIT

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TEXT: Galatians 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

INTRODUCTION: UNDERSTANDING THE HOLY SPIRIT, NEW BIRTH, AND SANCTIFICATION

A. THE HOLY SPIRIT

1. When we think of the Godhead, we feel very familiar with God our Father and God the Son, Jesus, but there is so much misunderstanding and ignorance when it comes to God the Holy Spirit. I thought Pastor Gwen did an outstanding job teaching that last week.
2. One of the problems is calling the Holy Spirit the “Holy Ghost.” He is not a ghost. God is Spirit. This is Old English, and it makes the Holy Spirit sound spooky and frightening.
3. The Holy Spirit is called the *Parakletos* (John 14:16). This is translated as: Counselor, Helper, Comforter, Encourager, the One Who Comes Alongside of you to help you become like Christ.
4. Just like a counselor helps you to overcome personal issues, the Holy Spirit wants you to become holy! The theological term is *sanctification*. This is the focus of today’s message.
5. Man is a tripart being. God created us in three parts: spirit, soul, and body. Our inner man or the hidden person of the heart is comprised of spirit and soul (mind, emotions, will). The outer man is our physical body.
6. **1 Thessalonians 5:23 Now may the God of peace Himself sanctify you entirely; and may your *spirit, soul and body* be preserved complete, without blame at the coming of our Lord Jesus Christ.**
7. The Bible says the outer man is perishing, but the inward man is being renewed daily (2 Corinthians 4:16).

B. When you give your life to Jesus, the Holy Spirit comes inside your body and brings to life your dead spirit, and then the Holy Spirit dwells within you. This is what it means to be born again (John 3:3-5).

1. **Romans 8:9 However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.**
2. E.g., Lighting the pilot of the furnace vs. turning on the furnace.
3. **Jeremiah 31:31 “Behold, days are coming,” declares the LORD, “when I will make a new covenant with the house of Israel and with the house of Judah...33 But this is the covenant which I will make with the house of Israel after those days,” declares the LORD, “I will put My law within them and on their heart I will write it; and I will be their God, and they shall be My people. 34 They will not teach again, each**



man his neighbor and each man his brother, saying, ‘Know the LORD,’ for they will all know Me, from the least of them to the greatest of them,” declares the LORD, “for I will forgive their iniquity, and their sin I will remember no more.”

4. **Ezekiel 36:26** “Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. **27 I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.”**
5. The Holy Spirit helps us to obey God’s commandments. E.g., Let’s say you are carrying water and lunch in your backpack. It is heavy. You stop for lunch and eat your food and throw away your trash and pick up your backpack. It is lighter because the food and water is now inside you. That is what the Spirit does; He puts His law within you!
6. God deposited into our spirit the seed of His very being. The eternal, uncreated life of God came to live in us. One purpose for this was to destroy the works of darkness (sin, the flesh) in *us* (1 John 3:8). Another purpose was to conform us into the image of Jesus (Romans 8:29).
7. Your spirit is new, you are born again, but you have the same body and the same soul. These two must be transformed by the Holy Spirit for you to be like Jesus.
8. The “flesh” includes sinful physical pleasures (sensuality, lust, gluttony, drunkenness, etc.) as well as sinful emotions (pride, bitterness, unrighteous anger, etc.). Paul described the struggle and war inside every believer. The flesh wars against the Spirit, and the Spirit wars against the flesh (to the degree that we are actively engaged with Him).
9. I was on an airplane drinking my sparkling water. I took my mask off. I was sipping it slowly because I didn’t want to wear my mask. My attendant came up to me and told me to wear my mask in between sips. My flesh reacted and myriads of negative thoughts went through me. We can so easily get offended. We need to take that to the cross and repent and forgive.
10. The truth is that everyone is dealing with the flesh all the time. No one is perfectly sanctified.
11. You will start to develop the fruit of the Spirit as you fellowship with the Holy Spirit (Galatians 5:22-23).
12. I want to share how the Holy Spirit helps us to overcome the flesh. Here are three suggestions that have helped me in 48 years of walking in the Spirit.

I. OFFER YOUR WHOLE BEING—SPIRIT, SOUL, AND BODY—TO THE LORD DAILY

A. Romans 12:1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. **2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

1. I do this daily. Every day. Normally I say, “Your Kingdom come, Your will be done in my life.”
2. **Luke 9:23** And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” (ESV)



- B. Romans 6:12** Therefore do not let sin reign in your mortal body so that you obey its lusts, **13** and do not go on presenting the *members of your body to sin as instruments of unrighteousness*; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. **14** For sin shall not be master over you, for you are not under law but under grace.
1. What does it mean to give the instruments of your members to God?
- C. MAKE A COVENANT WITH YOUR EYES: Matthew 6:22** “The eye is the lamp of the body; so, then if your eye is clear, your whole body will be full of light. **23** But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!” Job made a covenant with his eyes. **Job 31:1** “I have made a covenant with my eyes; how then could I gaze at a virgin?”
- D. Matthew 5:27** “You have heard that it was said, ‘**YOU SHALL NOT COMMIT ADULTERY**’; **28** but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.”
- E. Romans 8:12** So then, brethren, we are under obligation, not to the flesh, to live according to the flesh — **13** for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. **14** For all who are being led by the Spirit of God, these are sons of God.
- F. WE MUST STARVE OUR FLESH AND FEED OUR SPIRIT**

**II. WE NEED TO BE CONTINUALLY FILLED WITH THE HOLY SPIRIT:
ASK GOD TO FILL YOU WITH THE HOLY SPIRIT**

- A. Ephesians 5:18** And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.
1. Dissipation comes from the word *disappear*. When we get drunk, our Spirit man shrinks. Instead, God wants us to be continually filled with the Holy Spirit. The word *filled* is in the continuous present tense.
 2. **Luke 11:13** “If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?”
 3. We are going to talk about baptism in the Holy Spirit when spiritual gifts are activated, but God wants you to be filled daily.
 4. I ask God to fill me afresh with the Holy Spirit. Again, daily.

B. WE FEED OUR SPIRIT THROUGH THE WORD OF GOD

1. **1 Peter 2:2** As newborn babes, long for the pure milk of God’s word.
2. **Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

**III. LEARN HOW TO FELLOWSHIP WITH THE HOLY SPIRIT BY WALKING
AND TALKING WITH THE HOLY SPIRIT**

- A. Galatians 5:16** But I say, *walk by the Spirit*, and you will not carry out the desire of the flesh.
1. In Galatians 5:16, Paul exhorts us to “walk in the Spirit,” and he then follows it with one of the great promises in Scripture: “You shall not fulfill the lust of the flesh.”



2. Walking in the Spirit is within the reach of every weak believer. We are not promised that all fleshly desire would be gone, nor that the war would be over, but that we would have power to not fulfill or walk out sinful desires.
3. To walk in the Spirit is to fellowship with the Holy Spirit. When you are born again, the Holy Spirit comes to live inside us to empower our hearts (John 3:3-5). We experience His power most in our heart as we fellowship with Him.
4. **2 Corinthians 13:14 The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.**

B. TALK AND WALK WITH THE HOLY SPIRIT

1. Principle: We walk in the Spirit by talking with the Spirit. It is so simple that it causes many to miss it. Most of the great men and women of God who moved in signs and wonders would talk to the Holy Spirit. Yonggi Cho said, “The Holy Spirit is the real Senior Pastor. I talk to Him about everything.” Katherine Kuhlman would not go out on the platform until the Holy Spirit showed up. She would then say, “The Holy Spirit is here.” John Wimber’s prayer was “Come, Holy Spirit!”
2. If we just talk to Him, He will talk back. He will speak to us once He gets us in the conversation. He speaks to us by giving us impressions that release power in our mind and heart if we respond to them. E.g., This past week, I needed some important counsel from Cindy Jacobs, and I was planning to call her later that day, but the Holy Spirit said, “Call her now!” I was driving on the freeway, and I don’t like to talk while I drive. But it was such a strong impression that I called her. It so happened that Lou Engle was with her, and I was able to get counsel from two of the important prophets in my life.
2. We will not walk in the Spirit more than we talk to the Spirit. He will help us to the degree that we talk to Him. We will not obey Him more than we talk to Him. The moments that we dialogue with Him are the moments in which we are most aware of His power in our inner man.
3. We talk to the Holy Spirit as the way to experience the release of His power in our inner man. He releases small measures of power on our mind and heart, but the power is real. We experience the Spirit’s power in small, incremental ways like we do with food and water.
4. I will often say, “Holy Spirit, give me wisdom,” or, “Give me grace in this situation.”
5. My heart concerning revival and past movements where the Holy Spirit was once honored.

CONCLUSION: Invitation for salvation and prayer for a fresh infilling of the Holy Spirit. Encourage those who have never been activated in speaking in tongues to come forward.