

Spirit Soul and Body IV

Run to Win!!

Matthew 26:41 (NASB 2020) *Keep watching and praying, so that you do not come into temptation; the spirit is willing, but the flesh is weak."*

I. The Flesh is Weak

Romans 7:18-19 (NLT) *And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.*

Galatians 5:17 (NLT) *The sinful nature wants to do evil, which is just the opposite of what the Spirit wants...*

1 Peter 2:11 (ESV) *Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.*

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 Corinthians 15:50 (NLT) *What I am saying, dear brothers and sisters, is that our physical bodies cannot inherit the Kingdom of God. These dying bodies cannot inherit what will last forever.*

1 Corinthians 9:24-27 (NLT) *...So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*

II. But it's a Spiritual battle not a physical one!

Ephesians 6:12 (NLT) *For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.*

****Colossians 2:2 (NLT)** *I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God's mysterious plan, which is Christ Himself.*

***Colossians 2:14-23 (NLT)** *These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person's evil desires.*

Some forms have a great show of refinement, humility, and asceticism, but they are powerless to deal with sin and the old man. They only feed self-righteousness and pride and do not change the heart.

Matthew 15:8-9 (NLT) *"These people honor me with their lips, but their hearts are far from Me. Their worship is a farce, for they teach man-made ideas as commands from God."*

It's all about the heart!

Romans 10:10 (NLT) *For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.*

Romans 12:2 (NLT) *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

2 Corinthians 13:5 (TLB) *Check up on yourselves. Are you really Christians? Do you pass the test? Do you feel Christ's presence and power more and more within you? Or are you just pretending to be Christians when actually you aren't at all?*

2 Timothy 3:5 (NLT) *They will act religious, but they will reject the power that could make them godly. Stay away from people like that!*

III. We can win this battle!

1 Corinthians 9:24-25 (NLT) *Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*

*****Romans 7:25 (TLB)** *So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature? Thank God! It has been done by Jesus Christ our Lord. He has set me free.*

It's by the Spirit!!

Romans 8:13 (NKJV) *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.*

John 16:7-8 (NASB 2020) *But I tell you the truth: it is to your advantage that I am leaving; for if I do not leave, the Helper will not come to you; but if I go, I will send Him to you. And He, when He comes, will convict the world regarding sin, and righteousness, and judgment*

*****Romans 6:12-14 (NLT)** *Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin.*

Galatians 5:16 (NASB 2020) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh.*

*****Romans 8:1-2 (NKJV)** *There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made **me free from the law of sin and death.***

1 Corinthians 10:13 (NASB 2020) *No temptation has overtaken you except something common to mankind; and God is faithful, so He will not allow you to be tempted beyond what you are able, **but with the temptation will provide the way of escape also, so that you will be able to endure it.***

God is able to deliver you!!

****2 Peter 2:9 (AMP)** *Now if [all these things are true, then be sure] the Lord knows how to rescue the godly out of temptations and trials, and how to keep the ungodly under chastisement until the day of judgment and doom.*

Daniel 3:17-18 (NASB95) *"If it be so, our **God whom we serve is able to deliver us** from the furnace of blazing fire; and He will deliver us out of your hand, O king. "But even if He does not, let it be known to you, O king, that we are not going to serve your gods or worship the golden image that you have set up."*

****1 Corinthians 9:24-27 (NLT)** *... So **I run with purpose in every step.** I am not just shadowboxing. **I discipline my body like an athlete, training it to do what it should.** Otherwise, I fear that after preaching to others I myself might be disqualified.*

1 Peter 1:13-16 (NLT) *So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."*