



## “Stepping into Life”

Colossians 3:5-11

1. Though we’re made new in Christ, we all have an earthly nature and sinful desires (flesh).

**“In these you too once walked, when you were living in them. <sup>8</sup>But now you must put them all away”** (Colossians 3:7)

**“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 keep you from doing the things you want to *do*.”** (Galatians 5:17)

2. Try as we might, we can’t overcome our flesh in our own power.

**“Do not handle, Do not taste, Do not touch” . . . are of no value in stopping the indulgence of the flesh”.** (Colossians 2:21-23)

**“Wretched man that I am! Who will deliver me from this body of death?”** (Romans 7:24)

3. In Christ, we’re dead to sin, and our flesh has no power over us.

**“Wretched man that I am! Who will deliver me from this body of death? <sup>25</sup>Thanks be to God through Jesus Christ our Lord!”** (Romans 7:24-25)

4. We must choose daily, to walk in the realities of the gospel.

**“If we live by the Spirit, let us also keep in step with the Spirit.”** (Galatians 5:25)

**“In the same way, count yourselves dead to sin but alive to God in Christ Jesus.”** (Romans 6:11)

**“. . . walk by the Spirit, and you will not gratify the desires of the flesh.”** (Galatians 5:16)

5. “Being renewed in knowledge after the image of our creator” will call us to live differently from the world.

- What part of my flesh needs to be “put to death”?
- What truth do I need to believe in order to walk in the freedom from sin that Jesus has given me?
- What steps can I take this week to “keep in step with the Spirit”?