

Breaking Cycles of the Flesh Through the Power of the Spirit

A Bible Study

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Excerpt from Breaking Cycles

“Life in the Spirit is juxtaposed against life in the flesh. One connects you with the power of the Holy Spirit. The other connects you to the power of your flesh, to your own natural abilities. Paul said, “the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.” (Romans 8:4). So, if I can “walk in the Spirit,” I not only will possess righteousness, but I also will live righteous.

“My body (flesh) has five senses. These senses put me in touch with the natural world. By those senses I know, experience, and function in the natural world. I also have a spirit, and in my spirit I have the same five senses. Those senses put me in touch with God. Those who are in the flesh seek to experience God through their five natural senses. They want something to happen in this natural realm to make them feel righteous.

“When people experience life in the Spirit, they do not look to the natural to understand and experience God. Instead, they look to what Jesus has done in their spirit. They are not seeking empowerment in their natural man; rather they expect the power of the Holy Spirit in them to give them strength. They are renewing their mind based on what has happened in their spirit. The person in the flesh, on the other hand, judges the effectiveness of God by what he experiences in his natural senses. Such people are carnal minded.”

Romans 8: 5-9

“The person who wants to experience God through his natural senses does not and will not understand. The realities of righteousness can never be comprehended or experienced through the natural senses. Thus, the carnal man has limited his experience with God to the finite world of the five senses and his limited comprehension.”

The Spirit regenerates us and causes us to be born again

John 3:1-8

The Spirit leads us into a deeper knowledge of
Christ

Ephesians 1:16-18

The Spirit guides us into the truth

John 16:13-15

The Spirit gives us victory over the flesh

Romans 8:1-17

