

The Two Natures of the Believer

Series 1-10

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Series Introduction: The Battle You Were Born Into

The moment you were born again, you didn't just step into salvation—you stepped onto a battlefield.

Gone are the days of peace with sin. Gone is the life where the flesh reigned unopposed. The new birth didn't remove your old nature—it introduced a new one. And now, within every believer, there exists a **war of two natures**: the *old man* and the *new man*, the *flesh* and the *Spirit*, the *carnal mind* and the *mind of Christ*.

This battle doesn't mean you're not saved—it's **proof that you are**.

For the unsaved man, there is no struggle. The flesh rules without resistance. But the born-again believer now carries within them the incorruptible seed of God (1 Peter 1:23), a nature that **loves righteousness**, even while still dragging around a body of sin (Romans 7:24).

Paul said it plainly:

“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other...” (Galatians 5:17)

This series is not for the carnal Christian who wants comfort over truth. It is for the one who desires victory, holiness, and clarity in their daily walk.

We will:

- **Define the two natures**, not as metaphor but as spiritual reality.
- **Answer hard questions**, like “Why do I still sin if I’m saved?” and “How do I live in the new man?”
- **Explore Romans 6–8, Colossians 3, Galatians 5, and Ephesians 4** to understand God’s divine design for our inner warfare.
- Learn to **reckon ourselves dead to sin**, feed the Spirit, mortify the flesh, and walk in a new identity.

Many believers fall into discouragement because they don't understand what's happening inside of them. They think they're losing their salvation or failing God beyond recovery.

But God didn't save you because you were strong.

He saved you knowing the war would begin—and gave you **His Spirit to win it**.

This is not about perfection. This is about **position**.

It's not about behavior modification. It's about **spiritual transformation**.

So welcome to the battlefield you were born into.

You are not alone. You are not condemned.

And you are not powerless.

This is the fight of the Spirit.

And this series is your training ground.

1 of 10: The Two Natures of the Believer – A War Within: Understanding the Two Natures

Introduction: The Struggle Is Real—And Scriptural

There's a war going on inside every true believer—not a metaphor, not a phase, but a **daily spiritual conflict**. One side longs for righteousness, to please God, to walk in holiness. The other side clings to the world, loves the lust of the flesh, and rebels against truth. This war doesn't mean you're not saved—it means you are. And understanding this reality is **foundational to walking in victory**.

It begins with a critical doctrine: the believer has **two natures**—the *old man* and the *new man*. These are not psychological metaphors or poetic images; they are **biblical identities** locked in tension until glorification. The Christian life is not the absence of struggle but the presence of **a new nature** that struggles against the old. If you don't understand the war within, you'll either live in constant defeat—or worse, mistake the battle as evidence that you were never saved.

In this opening essay of *The Two Natures of the Believer* series, we'll lay the foundation. We will:

- Define what the Bible means by “old man” and “new man.”
- Show where they come from and how they operate.
- Explain why this tension exists and why it remains until the resurrection.
- Reveal why understanding this war is essential to assurance, sanctification, and spiritual maturity.

I. The Origin of the Old Man – What We Inherited in Adam

The “old man” refers to the unregenerate, Adamic nature—what we were **by birth** before we were ever born again.

Romans 5:12 explains:

“Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:”

This means you didn’t become a sinner the first time you sinned—you sinned because you were **already a sinner by nature**. You were born into a fallen race, a broken system, a flesh-driven life inherited from Adam. This sin nature—this “old man”—is hostile to God.

Romans 8:7 says:

“The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”

The “old man”:

- Loves sin.
- Resists righteousness.
- Seeks its own.
- Cannot submit to God.

It’s not that the old man needs improvement—**he needs to die**. The law could not fix him. Religion cannot reform him. Only the cross of Jesus Christ could crucify the old man.

II. The Creation of the New Man – Born Again by the Spirit

Now enter the new man.

John 3:3:

“Except a man be born again, he cannot see the kingdom of God.”

When you trusted Christ, something radical happened. You weren’t just forgiven—you were **regenerated**. You were given a new nature, born of incorruptible seed.

1 Peter 1:23:

“Being born again, not of corruptible seed, but of incorruptible, by the word of God...”

This “new man”:

- Is created after God (Ephesians 4:24).
- Desires holiness and truth.
- Is led by the Spirit.
- Cannot sin (1 John 3:9—speaking of the new man’s sinless nature).

Paul puts it this way:

“If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17)

But—**and this is critical**—though the new man is born, the old man is **not gone**. You now carry **two natures**, each with its own desires, tendencies, and direction.

III. The War Begins – Galatians 5:17

This tension is not poetic—it's warfare.

Galatians 5:17 says:

“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”

Paul is describing a **present, ongoing conflict**:

- The Spirit (new man) wants holiness, humility, faith.
- The flesh (old man) wants pride, pleasure, and sin.

These are not battling for possession of your soul—that’s already Christ’s. They are battling for **control of your walk**—your mind, your decisions, your behavior.

You are not spiritually schizophrenic. You are a child of God **with a remnant of Adam's nature still embedded in your flesh**. The Spirit wars against it—and calls you to walk in the new man, not the old.

IV. Romans 7 – Paul's Confession of Conflict

Perhaps no passage describes this internal battle more clearly than Romans 7.

Paul writes:

“For the good that I would I do not: but the evil which I would not, that I do.” (v. 19)

And then he cries out:

“O wretched man that I am! who shall deliver me from the body of this death?” (v. 24)

But here's the key—Paul never questions his salvation. He doesn't say, *“I must not be saved because I still struggle.”* Instead, he recognizes:

- Sin dwells in his flesh (v. 18).
- The inward man delights in God's law (v. 22).
- He is delivered **through Jesus Christ** (v. 25).

Romans 7 is not a sinner struggling with sin. It's a **saved man struggling with the old nature**. And that's every believer's story.

V. The Old Man Is Crucified, But Not Gone

Romans 6:6 says:

“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed...”

Colossians 3:9–10 says:

“Ye have put off the old man with his deeds; And have put on the new man...”

This crucifixion is **positional**—legally, the old man has been judged in Christ.

But **practically**, the flesh still lingers. This is why Paul says in Romans 6:11:

“Reckon ye also yourselves to be dead indeed unto sin...”

“Reckon” means to **count it as true**, to align your mindset with God’s declaration. The old man is not to be given power—not to be obeyed—but he’s still present.

He’s crucified, but he’s still breathing. He’s condemned, but he still whispers. And he must be **put off daily** (Ephesians 4:22).

VI. What This War Feels Like (and Why That’s Good News)

Here’s what it looks like when the two natures clash:

- You hate sin, but sometimes still fall into it.
- You love righteousness, but sometimes feel apathetic.
- You desire holiness, but battle with the same old temptations.

Does this mean you're not saved? No. It means the **Spirit is alive in you**, and He’s fighting the flesh.

If you weren’t saved, you wouldn’t feel the war. The unsaved man walks according to the flesh—and feels no tension.

The very presence of the battle is **evidence of life**.

VII. Glorification – When the War Will End

Here’s the good news: **this conflict is not eternal**.

Philippians 1:6 says:

“He which hath begun a good work in you will perform it until the day of Jesus Christ.”

1 John 3:2 says:

“...when he shall appear, we shall be like him; for we shall see him as he is.”

One day, your corruptible body will be changed (1 Cor. 15:53). The flesh will be gone. The old man will be no more. The new man will be all that remains—and you will be **fully conformed to the image of Christ**.

Until then, the war rages. But the outcome is certain. You are not fighting *for* victory—you are fighting **from** it.

VIII. Why Understanding the Two Natures Matters

1. **It gives assurance.**

You won't panic every time you fall. You'll understand that failure doesn't undo salvation.

2. **It produces humility.**

You realize your strength is not in self-discipline but in dependence on the Spirit.

3. **It motivates holiness.**

You fight not to earn salvation, but because you already belong to God—and you want to walk like it.

4. **It equips you for war.**

You stop blaming others. You stop excusing sin. You recognize the enemy is within—and the Spirit is greater.

IX. Summary: Two Natures, One Savior, Certain Victory

- The **old man** is the flesh—what you inherited from Adam.
- The **new man** is the Spirit-born nature—what you received from Christ.
- These two are in conflict—but the victory belongs to the Spirit.
- Understanding this war leads to freedom, not frustration.

You are not defined by your past, your performance, or your pain.

You are **complete in Christ**, even while carrying the old man.

So don't be discouraged by the struggle—**engage the fight with knowledge and faith**.

You are not a sinner trying to act like a saint.

You are a **saint fighting the residue of sin**.

And one day soon, the battle will be over—and the victory will be complete.

2 of 10: The Two Natures of the Believer – The Old Man: What Died and What Didn't

Introduction: Crucified, Yet Still Kicking

One of the most misunderstood doctrines in the Christian life is what exactly happened to the *old man* when a person got saved. Some believe he's gone completely, never to return. Others act like he's just in a coma, ready to wake up the moment we stop reading our Bibles. But Scripture doesn't leave us guessing.

The Bible says the old man is *crucified* with Christ. But it also teaches that the *flesh* still remains active. So, what exactly died—and what didn't? Understanding this distinction is essential to walking in victory and not falling into confusion, defeat, or legalism.

In this second installment of *The Two Natures of the Believer*, we will explore:

- What the “old man” means in biblical terms.
- What it means that he was crucified with Christ (Romans 6).
- Why we still battle sin if the old man is dead.
- The difference between the “old man” and “the flesh.”
- What it means to “mortify” your members (Colossians 3).
- How this doctrine gives clarity, not contradiction.

This is more than theology—it's strategy. If you don't know who your enemy is, you'll either fight the wrong target or surrender altogether. This doctrine shows you the enemy within, the cross that judged him, and the Spirit that empowers your victory.

I. Defining the Old Man – Who He Is and Where He Came From

Let's start with the phrase itself.

What is the “old man”?

The old man is the **Adamic nature**—who you were *in Adam* before you were saved. He is your **unregenerate self**, shaped by the world, enslaved to sin, and spiritually dead.

Ephesians 2:1–3 paints this portrait:

“And you hath he quickened, who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world... among whom also we all had our conversation in times past in the lusts of our flesh...”

This “old man”:

- Loves sin.

- Cannot please God (Romans 8:8).
- Operates entirely in the flesh.
- Lives independently of God.

He is not merely the *bad parts* of your personality. He is the **entirety of who you were before regeneration**—fallen, condemned, and cut off from spiritual life.

II. Romans 6 – Crucified with Christ

Paul introduces a staggering truth in Romans 6:

“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed...” (Romans 6:6)

Let’s break this down.

1. “Our old man is crucified with him”

This is not poetic imagery. This is **positional truth**. The old man was **legally, spiritually crucified** at the cross. When Christ died, He didn’t just die *for* us—He died *as* us.

Galatians 2:20 echoes this:

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me...”

This means the old man has been:

- **Judged**
- **Condemned**
- **Executed**

He has no future. He has no right. He has no legal power over the new man in Christ.

2. “That the body of sin might be destroyed”

“Destroyed” here doesn’t mean *annihilated*. The Greek word *katargeō* means **rendered powerless, made ineffective**.

The body of sin—the physical body as controlled by the sin nature—has been stripped of its dominating power. You’re not a slave to sin anymore.

Romans 6:7:

“For he that is dead is freed from sin.”

You have been delivered from the *reign* of sin. But that doesn't mean sin has left the building.

III. What Didn't Die – The Flesh Still Remains

This is where many get confused.

Some assume that if the old man is crucified, then we shouldn't still struggle with sin. They assume the Christian life should be sinless. But Scripture—and experience—say otherwise.

The “flesh” is not the same as the old man.

Though closely related, they are not interchangeable. The “old man” is your **spiritual identity in Adam**, now crucified with Christ. The “flesh” is your **body and its appetites**, still unredeemed and very much alive.

Romans 7:18:

“For I know that in me (that is, in my flesh,) dwelleth no good thing...”

The flesh:

- Still desires sin.
- Still resists holiness.
- Still pulls toward temptation.

Paul said this **after** he was saved, filled with the Spirit, and walking in ministry. The old man was crucified—but the **flesh was still corrupt**.

That's why you can still be tempted. That's why you still struggle with pride, lust, anger, or laziness. Not because the old man came back to life, but because the **flesh still houses remnants of sin's influence**.

IV. Colossians 3 – Mortify the Flesh

Colossians 3:5 gives a command:

“Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness...”

What does “mortify” mean?

The Greek word *nekroō* means **to put to death, to subdue, to render lifeless.**

This is not positional truth—this is **practical obedience.** You are called to daily kill the flesh’s desires. Not by your strength, but by yielding to the Spirit.

Romans 8:13:

“If ye through the Spirit do mortify the deeds of the body, ye shall live.”

You don’t mortify the *old man*—he’s already crucified.

You mortify the **fleshly impulses** that remain.

This means:

- Don’t feed lust.
- Don’t justify sin.
- Don’t excuse spiritual laziness.
- Choke out sinful desires by walking in the Spirit, guarding your eyes, and meditating on truth.

V. Breaking Down Misconceptions

Misconception 1: “I still sin, so I must not be saved.”

Truth: The presence of a struggle is not a sign you’re unsaved—it’s often proof you’re **born again.** The old man loved sin. The new man *fights* sin.

Misconception 2: “If the old man is dead, I shouldn’t feel tempted.”

Truth: Temptation comes from the **flesh**, the world, and the devil. Temptation isn’t a sin—it’s what you do with it that matters (James 1:14–15).

Misconception 3: “I just need to try harder.”

Truth: You don’t overcome the flesh by **willpower.** You overcome it by **walking in the Spirit.**

Galatians 5:16:

“Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

The Spirit is the only one strong enough to subdue the flesh.

VI. How This Affects Daily Life

If you understand what died—and what didn't—you stop living in confusion.

1. When you're tempted, you recognize the source.

The flesh still desires sin, but the **real you**—the new man—doesn't.

2. When you fall, you don't spiral into despair.

You confess, repent, and **remember who you are** in Christ.

3. When you grow, you give God the glory.

The flesh can't produce holiness. Only the Spirit working through the new man can.

VII. Crucified with Christ – Walking in Victory

Paul gives us the secret to walking in this truth:

Romans 6:11:

“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.”

“Reckon” is a faith word. You **believe what God says is true**, even if your feelings scream otherwise.

You say:

- “I am dead to sin.”
- “The old man is crucified.”
- “I do not have to obey the flesh.”
- “Christ lives in me.”

This is not **fake it until you make it**. This is **believe it because He said it**.

VIII. Looking Ahead: Sanctification and Glorification

One day, the flesh will be gone forever.

Philippians 3:21:

“Who shall change our vile body, that it may be fashioned like unto his glorious body...”

Until then, you're in a **state of tension**:

- Positionally righteous.
- Practically imperfect.
- Eternally secure.

This doesn't make you complacent. It makes you **grateful**. It doesn't make you lawless. It makes you **dependent**.

You don't fight for identity. You fight **from identity**.

Conclusion: Know What Died—And What Didn't

The old man is dead.

The new man is alive.

The flesh still hangs around.

You have been crucified with Christ. That is your position. Now God calls you to **walk it out in daily practice**—by mortifying the flesh, reckoning truth, and yielding to the Spirit.

The Christian life is not a one-time crucifixion of sin. It's a **daily reckoning**.

You are not perfect—but you are **free**.

You are not sinless—but you are **secure**.

You are not the old man anymore—you are **a new creature in Christ**.

So don't dig up what God has already judged.

Don't fear what He has already defeated.

And don't live like the old man when you've been raised in the new.

The cross didn't just pardon you—it **changed you**.

Now walk in that change. One crucified desire at a time.

3 of 10: The Two Natures of the Believer – The New Man: Christ in You, the Hope of Glory

Introduction: More Than Forgiven—Made New

Salvation is not just a pardon—it’s a resurrection. When you trusted Christ, you didn’t just receive a “clean slate”—you received a **new nature**, a new spirit, and a new identity. You were spiritually **born again**, not improved. Not repaired. Not remodeled. **Recreated**.

This part of you, the Bible calls the “new man.” He’s not an enhanced version of your old self. He’s not the better angel on your shoulder. He is **Christ in you, the hope of glory** (Colossians 1:27). And understanding this new man is vital if you ever hope to walk in victory, confidence, and assurance.

The third installment of *The Two Natures of the Believer* focuses on this glorious reality:

- Who is the new man?
- Where did he come from?
- What does he want?
- How does he differ from the old man?
- And what does it mean to be *complete in Him*?

If the old man is what we were in Adam, then the new man is what we are **in Christ**—alive, righteous, and destined for glory.

I. Born Again – A Spiritual Resurrection

Jesus said in John 3:3:

“Except a man be born again, he cannot see the kingdom of God.”

This is not poetic language—it’s literal, spiritual truth. The new birth is not metaphorical. It’s a **regenerating work of the Holy Spirit**, where God gives the believer a new spirit, new life, and a new nature.

1 Peter 1:23 says:

“Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever.”

When you trusted Christ:

- You didn’t turn over a new leaf—you received a **new life**.
- You didn’t merely adopt new habits—you were given a **new heart**.

- You didn't sign up for religion—you were **sealed by the Holy Ghost** and spiritually resurrected.

This new birth **does not touch the body** (that happens at glorification), and it **does not improve the flesh** (it remains corrupt). Instead, it brings to life **a new spirit** that was previously dead in trespasses and sins (Ephesians 2:1).

II. The Nature of the New Man – Created After God

Ephesians 4:24 says:

“And that ye put on the new man, which after God is created in righteousness and true holiness.”

The new man is:

- **Created** – not evolved or trained, but made new by God.
- **After God** – in His image, in His likeness.
- **In righteousness** – not our own, but Christ's righteousness.
- **In true holiness** – set apart, spiritually alive, clean in God's sight.

This isn't something you worked for. You didn't contribute to this new man. You received him the moment you believed the gospel.

Colossians 3:10 says:

“And have put on the new man, which is renewed in knowledge after the image of him that created him.”

This new man is your **true spiritual identity**. It is who you really are in Christ. You may still carry the body of sin. You may still battle the flesh. But underneath it all, **you are a new creature**.

2 Corinthians 5:17:

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

III. Christ in You – The Hope of Glory

Paul summarizes the mystery of the new man with a profound phrase:

“Christ in you, the hope of glory.” (Colossians 1:27)

This is not poetic exaggeration. It is **literal spiritual reality**.

The new man isn’t just a new version of *you*—he is **Christ formed in you**. The Spirit of Christ takes residence in your heart (Romans 8:9). You become the **temple of the Holy Ghost** (1 Cor. 6:19). The life you now live is Christ’s life expressed through your body.

Galatians 2:20:

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me...”

This new life is not about trying harder—it’s about **letting Christ live through you**. He is the source. He is the standard. He is the power.

IV. What the New Man Desires

Romans 7:22 says:

“For I delight in the law of God after the inward man.”

That “inward man” is the new man. And he desires:

- **Truth** (Psalm 51:6)
- **Holiness** (Eph. 4:24)
- **Worship** (John 4:23)
- **Obedience** (1 John 2:3–5)
- **Fellowship with God** (1 John 1:3)

Unlike the old man who hates righteousness, the new man hungers for it. He isn’t annoyed by the things of God—he **longs for them**. The problem is, he’s still **trapped in a body of flesh** that wars against his desires.

That’s why Paul said:

“I find then a law, that, when I would do good, evil is present with me.” (Romans 7:21)

The new man delights in God—but he’s surrounded by an enemy camp.

V. The Difference Between the Old and the New

Let's lay it out clearly:

| Old Man | New Man |
|-------------------|------------------------|
| Born of Adam | Born of God |
| Sinful, corrupt | Righteous, holy |
| Desires the world | Desires the Word |
| Dead in sin | Alive in Christ |
| Cannot please God | Loves to please God |
| Condemned | Justified |
| Self-centered | Christ-centered |
| Perishing | Sealed unto redemption |

This is not just a spiritual theory—it is your **daily reality**. Both natures exist in tension. But only one is **your true identity**.

You are not the old man trying to act like the new. You are the **new man learning to live out who you already are in Christ**.

VI. How to Walk in the New Man

Ephesians 4:22–24 gives the key:

*“That ye put off concerning the former conversation the old man...
And be renewed in the spirit of your mind;
And that ye put on the new man...”*

Three steps:

1. **Put off the old man** – reject the habits, thinking, and desires of your flesh.
2. **Renew your mind** – through the Word, prayer, and truth.
3. **Put on the new man** – intentionally choose to live from your new identity.

Colossians 3 adds:

“Set your affection on things above, not on things on the earth.” (v. 2)

To walk in the new man is to:

- **Feed the Spirit**, not the flesh.
- **Sow to the new nature**, not the old.
- **Obey the desires of Christ**, not the cravings of carnality.

It's not about trying to become someone you're not. It's about **aligning your walk with who you already are in Christ**.

VII. Common Questions About the New Man

1. *"If I'm new, why do I still sin?"*

Because the flesh still remains. You are new **inwardly**, but your **body is not yet redeemed** (Romans 8:23). Until glorification, the flesh remains active.

2. *"Can the new man sin?"*

No. 1 John 3:9 says:

"Whosoever is born of God doth not commit sin..."

This refers to the **new nature**, which is born of incorruptible seed. The flesh sins, but the new man does not. He is righteous by nature.

3. *"Is the new man a process or a position?"*

Both. You are **positionally** made new at salvation (2 Cor. 5:17), and you are **practically being renewed** daily (Col. 3:10).

VIII. Why This Truth Matters for Assurance and Growth

If you don't understand the new man, you will:

- Think your salvation is fake every time you fall.
- Rely on willpower instead of the Spirit.
- Confuse spiritual warfare with spiritual failure.

But when you understand the new man:

- You realize your desires for God are *evidence of new life*.

- You stop measuring your identity by your last mistake.
- You begin to walk in grace and grow in joy.

This is what it means to **walk by faith**—not just faith in Christ’s death, but faith in His **life within you**.

IX. Complete in Him – Colossians 2:10

Paul says:

“And ye are complete in him, which is the head of all principality and power.”

The new man is not lacking anything:

- You don’t need a second blessing.
- You don’t need a new experience.
- You don’t need a feeling.

You already have **everything you need for life and godliness** (2 Peter 1:3).

You are complete—not because you feel it, but because **God said it**.

Conclusion: Let the New Man Live

The old man is dead.

The flesh is active.

But the new man is **alive—and eternal**.

You were born again to:

- Walk in truth.
- Love holiness.
- Serve in joy.
- Rest in identity.
- Glorify Christ.

You are not who you once were. And you're not what the world says you are.

You are not what your failures whisper. You are **what God declares**.

A new creation.
Born of incorruptible seed.
Sealed by the Spirit.
Christ in you, the hope of glory.

So let the new man breathe.
Let the new man walk.
Let the new man reign.

Not by force.
Not by flesh.
But by faith.

4 of 10: The Two Natures of the Believer – Why We Still Sin: The Conflict of Two Natures

Introduction: Saved, Yet Still Struggling

“If I’m really saved... why do I keep sinning?”

It’s one of the most asked, most whispered, and most agonizing questions in the Christian life. And tragically, for many believers, this question becomes the gateway to doubt, discouragement, and spiritual paralysis.

They start to wonder:

- *Am I really saved?*
- *Why do I feel this tug-of-war inside me?*
- *If I’ve been made new, why do I still want what I used to hate?*

These questions don’t arise from rebellion. They arise from **conflict**—a conflict the Bible explains clearly. That conflict is the battle between the *two natures* inside every believer: the *flesh* and the *Spirit*, the *old man* and the *new man*.

This isn’t a contradiction in Christian doctrine—it’s a confirmation of it.

In this fourth entry in *The Two Natures of the Believer* series, we will:

- Explore Romans 7 and Galatians 5.

- See Paul’s own struggle with sin after salvation.
- Understand the spiritual reason behind temptation and failure.
- Be equipped with hope, not condemnation.
- Learn how to navigate the daily war between our two natures.

This essay isn’t about excusing sin. It’s about **understanding the battle**—so you can fight with wisdom, assurance, and grace.

I. The Reality of Indwelling Sin

To be clear: the Christian life is not sinless perfection. Anyone who says otherwise is either deceived or dishonest.

1 John 1:8 says:

“If we say that we have no sin, we deceive ourselves, and the truth is not in us.”

Even the most godly saints have moments of failure, weakness, and compromise. The difference is that a true believer doesn’t **live in peace with sin**—they **wage war against it**.

Romans 6 teaches us that we are dead to sin **positionally**. The old man is crucified. The new man is alive. But Romans 7 takes us inside the daily struggle of the one who is still housed in a body of sin.

II. Paul’s Personal Struggle – Romans 7:14–25

The Apostle Paul didn’t present himself as above temptation. In fact, he gives a raw and honest look at his spiritual conflict in Romans 7.

Let’s look at verses 14–15:

*“For we know that the law is spiritual: but I am carnal, sold under sin.
For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.”*

Paul is describing a man **who wants to do right but keeps stumbling**. That man is not a rebel. He’s a redeemed believer. He’s not enslaved to sin—he’s at war with it.

Further, in verse 18:

“For I know that in me (that is, in my flesh,) dwelleth no good thing...”

Notice the distinction: Paul doesn't say there's nothing good in him *at all*. He clarifies: **in his flesh**, there's nothing good.

This is the battle:

- The new man desires righteousness.
- The flesh desires sin.
- And both exist simultaneously in the believer.

Romans 7:23:

“But I see another law in my members, warring against the law of my mind...”

This is **spiritual warfare**, internal and ongoing.

III. Galatians 5: The Flesh vs. The Spirit

Paul expands on this theme in Galatians 5:17:

“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”

Let's break this down:

- “The flesh” is your unredeemed body with its sinful appetites and affections.
- “The Spirit” is the Holy Spirit indwelling you, operating in the new man.

These two are not neutral toward each other—they are **in total opposition**.

That's why some days you feel like two people:

- One who wants to pray, read, and obey.
- Another who wants to sleep in, argue, and indulge the flesh.

This war is not a sign of spiritual failure. It's a sign of **spiritual life**.

If you weren't saved, there would be no struggle. The flesh would rule unchallenged. But the presence of **conflict** proves the presence of **conversion**.

IV. Why the Battle Continues

If we're new creatures in Christ (2 Cor. 5:17), why do we still sin?

1. Because the flesh still exists

You are spiritually new—but your body hasn't been redeemed yet.

Romans 8:23:

"...waiting for the adoption, to wit, the redemption of our body."

Until glorification, your flesh remains a battlefield.

2. Because temptation still comes

Jesus was tempted (Hebrews 4:15). Being tempted is not sin—**giving in to temptation is.**

3. Because sanctification is a process

You were saved **instantly** by grace. But you are **conformed** to Christ gradually (Romans 8:29).

Growth is not linear. There are setbacks, struggles, and seasons.

V. What This Conflict Feels Like

Here's what it looks like in real life:

- You sit in church and genuinely worship—then battle anger in the parking lot.
- You read your Bible in the morning—then give in to envy before noon.
- You love righteousness—yet fall into old patterns.

And you wonder: *What is wrong with me?*

The answer: **You're at war.**

Paul felt the same way:

"O wretched man that I am! who shall deliver me from the body of this death?" (Romans 7:24)

The cry isn't hopeless—it's **honest**. He's longing not to be saved again, but to be **delivered from the daily conflict**.

That deliverance will come at glorification. But for now, we walk by faith—not by perfection.

VI. Encouragement in the Struggle

Romans 7 doesn't end in despair. It ends in victory.

Verse 25:

"I thank God through Jesus Christ our Lord..."

Then Romans 8:1 opens with a triumphant shout:

"There is therefore now no condemnation to them which are in Christ Jesus..."

You may still sin—but you are not condemned.

The blood of Christ covers you. The righteousness of Christ clothes you. And the Spirit of Christ **empowers you to get up and keep walking.**

This is not grace to sin. It's grace to fight.

VII. Practical Ways to Fight the Flesh

The war is real—but so is the victory. Here are some weapons:

1. Walk in the Spirit (Gal. 5:16)

"Walk in the Spirit, and ye shall not fulfil the lust of the flesh."

You can't fight flesh with flesh. You overcome flesh by yielding to the Spirit through prayer, worship, and obedience.

2. Renew your mind (Romans 12:2)

Your mind is the battlefield. Fill it with truth—Scripture, not self-help.

3. Confess quickly (1 John 1:9)

Don't stay in guilt. Run to the cross. Confess and move forward.

4. Don't feed the flesh (Romans 13:14)

Avoid situations, media, or influences that stir up sinful desires.

5. Fellowship with believers

Iron sharpens iron (Prov. 27:17). Don't fight alone.

VIII. What This Means for Assurance

Many Christians think struggling with sin is proof they're not saved.

But let's clarify:

- A lost person **sins without struggle**.
- A saved person **sins with conviction**.

Struggle means there's **a new nature inside you fighting back**.

It doesn't excuse sin—but it explains the conflict. And it reminds you that you belong to Christ.

IX. Understanding Grace and Growth

God is not surprised by your failures. He already judged sin at the cross.

Hebrews 10:14:

“For by one offering he hath perfected for ever them that are sanctified.”

You're not earning your salvation. You're learning to **walk out what's already true**.

Grace is not a license—it's **liberty**. Not liberty to sin, but liberty from sin's condemnation.

Romans 6:14:

“For sin shall not have dominion over you: for ye are not under the law, but under grace.”

X. Final Thoughts: Keep Fighting

Every day, you wake up in a warzone:

- The flesh wants control.
- The Spirit wants surrender.
- And you must choose whom to obey.

But here's the good news:

- The war is already won.
- The outcome is secure.
- And every battle you face is a chance to prove the power of grace.

You are not who you used to be.

You are not who you will be.

You are a **new man in Christ**, walking through a battleground—one step at a time.

So when you fall, don't quit.
When you're tempted, don't despair.
And when you're weary, remember—**Christ is in you.**
And He never loses a war.

5 of 10: The Two Natures of the Believer – Dead But Still Breathing: Reckoning the Flesh Crucified

Introduction: A Body on the Cross That Still Twitches

Imagine a man nailed to a cross. The crowd considers him dead. Legally, his sentence has been passed. His end is declared. But before the final breath escapes his lungs, he twitches. His heart pumps faintly. There's motion—but no future.

That's what your flesh is like.

It has been crucified with Christ (Galatians 2:20). Condemned. Executed. Legally dead. But while it no longer rules, **it still writhes**. It still stirs. It still begs to be obeyed.

In this fifth entry in *The Two Natures of the Believer* series, we dive into one of the most critical yet misunderstood commands in the Christian life:

“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.”

(Romans 6:11)

What does it mean to “reckon”? How do you walk in the reality of what God says is true—even when your experience tells a different story?

This essay will explore:

- The meaning of “reckon” in the biblical sense.
- The positional truth of crucifixion with Christ.
- How to align daily choices with spiritual identity.
- The paradox of being “dead but still breathing.”
- The path to walking in victory while surrounded by indwelling sin.

I. Romans 6:11 – The Command to Reckon

The first command in Paul’s epistle to the Romans doesn’t appear until chapter 6. After eleven chapters of doctrine and salvation by grace, the very first thing God tells believers to **do** is this:

“Reckon yourselves dead to sin.”

The word *reckon* is the Greek *logizomai*—used in accounting. It means **to count, to consider, to take into account what is already true.**

It does not mean:

- Pretend.
- Feel it emotionally.
- Wait for the flesh to go quiet.

It means: **God says something is true—believe it and act like it.**

Romans 6 is not telling you to crucify the flesh—it’s telling you that **it already is crucified.** Your job is to reckon it so.

This is the hinge point between **knowing truth and walking in it.**

II. What Died: The Positional Death of the Old Man

Earlier in Romans 6, Paul declares:

“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed...” (Romans 6:6)

Crucified. Past tense. Done. This is **positional truth**—what happened spiritually the moment you trusted Christ.

The “old man”—your identity in Adam—was:

- Condemned at the cross.
- Crucified in union with Christ.
- Buried in spiritual death.

You are not working toward freedom—you were **set free the moment you believed.**

Romans 6:7:

“For he that is dead is freed from sin.”

The problem is not whether it’s true—the problem is whether you **believe it enough to act on it.**

III. Why the Flesh Still Feels Alive

If we’re dead to sin, why does it still appeal to us?

Because while the “old man” is dead, the **flesh is still present.**

The flesh:

- Is your unredeemed body.
- Houses sinful impulses and habits.
- Still responds to temptation.

It’s like a condemned criminal awaiting execution—**powerless but present.**

Paul says in Romans 7:18:

“For I know that in me (that is, in my flesh,) dwelleth no good thing...”

The new man is alive, righteous, and indwelled by the Spirit. But the **flesh didn’t get the memo.**

It’s been fired, but it still tries to act like the boss.

It’s been crucified, but it still twitches.

It’s dead, but still breathing.

IV. Reckoning Is Not Resisting—It’s Remembering

Many Christians believe they can overcome the flesh by simply trying harder. But Paul didn’t say, “Resist your old man.” He said, **reckon him dead.**

This is a **mental act of faith**—choosing to believe and live by what God has declared.

You don’t:

- Wait until you feel holy.

- Wait until you stop struggling.
- Wait until you're "strong enough."

You wake up and say:

- "Sin has no authority over me."
- "I'm not a slave—I'm a son."
- "I am dead to sin and alive to God."

This is not positive thinking. This is **faith in what God already accomplished**.

V. You're Not Dying Daily—You're Dead Already

Many believers misunderstand Paul's phrase in 1 Corinthians 15:31—"I die daily"—as referring to the crucifixion of the flesh.

But in Romans 6, Paul doesn't say **you need to die again and again**. He says, "**Reckon yourself dead.**"

The death to sin **already happened** at the moment of salvation.

Your old man:

- Was crucified once.
- Will never rise again.
- Is not being rehabbed—he's dead.

The daily battle is not **dying to self**—it's living like you already have.

VI. How to Reckon Daily – Practical Application

So how do we actually reckon the flesh crucified? Here are some biblical steps:

1. Start with Scripture

Let God's Word shape your mindset. Romans 6, Galatians 2:20, and Colossians 3:3 remind you who you are.

"Ye are dead, and your life is hid with Christ in God." (Col. 3:3)

2. Speak Truth Over Emotion

Feelings will deceive you. The flesh will scream. But truth remains:

- “I don’t have to obey this temptation.”
- “That’s not who I am anymore.”

3. Pray in Agreement with the Spirit

Romans 8:13:

“If ye through the Spirit do mortify the deeds of the body...”

Ask the Holy Spirit to apply truth to your heart—and empower your actions.

4. Make Choices Based on Identity

Choose based on who God says you are, not how you feel:

- A dead man doesn’t feed on filth.
- A new man sets his affections above (Col. 3:2).
- A resurrected life reflects a risen Christ.

VII. The Difference Between Reckoning and Striving

Reckoning is **resting in a finished fact**, not striving to earn favor.

Striving says:

- “I need to beat the flesh with effort.”
- “I need to be good enough to stay dead.”

Reckoning says:

- “The flesh was beaten at the cross.”
- “My job is to believe and behave accordingly.”

Jesus already won the victory. Your job is to **walk in it—not to recreate it**.

VIII. When Reckoning Feels Weak

There will be days when:

- The flesh roars louder than truth.

- You fall back into old habits.
- You feel like a fraud for even trying.

This is when **faith becomes a fight**.

You don't need to feel dead to sin—you need to **believe** it.

2 Corinthians 5:7:

“For we walk by faith, not by sight.”

Even when:

- Temptation is strong.
- Guilt tries to whisper.
- The old man seems to speak...

The Spirit says, “**Reckon it dead**. Walk free.”

IX. Walking in Resurrection Life

Reckoning doesn't just say, “I'm dead to sin.” It also says, “**I'm alive to God.**”

Romans 6:11:

“...alive unto God through Jesus Christ our Lord.”

You're not just dead—you're **alive**. Not just crucified—but raised.

This means:

- You can worship with joy.
- You can walk in obedience.
- You can serve without shame.
- You can love righteousness.

Your new life is **Christ's life** in you. And His power doesn't run out.

X. What to Expect as You Reckon

1. Victory Will Grow

As you believe and walk in truth, the power of sin will lessen. Old habits will weaken. Desires will shift.

2. Temptation Will Continue

But the difference is—you no longer fight as a slave. You fight as a **free man**.

3. The Flesh Will Push Back

Expect resistance. But don't confuse resistance with defeat.

Romans 6:14:

“For sin shall not have dominion over you...”

Conclusion: Live Like You're Already Free

You don't need to crucify your flesh again. That happened at Calvary.

You don't need to earn freedom—you received it at salvation.

You don't need to wait for victory—it's already yours in Christ.

The flesh may still breathe, but its authority is broken.

The old man may whisper, but his reign is over.

Temptation may still come—but you are **no longer its servant**.

So **reckon it so**:

- Reckon your position.
- Reckon your death.
- Reckon your life.

You've been crucified.

You've been buried.

You've been raised.

Now walk like it.

Introduction: What You Feed, Grows

Every believer has within them two competing natures—the flesh and the Spirit. One pulls toward sin, selfishness, and pride. The other pulls toward holiness, obedience, and Christlikeness.

And here's the truth: **whichever nature you feed will dominate your life.**

In Galatians 5:16, Paul gives a divine strategy for victory:

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Notice he doesn't say, “Fight the flesh, and you'll walk in the Spirit.” He flips the order. The key is not to focus on fighting sin, but on **walking with the Spirit**, who already has victory over sin.

This sixth installment in *The Two Natures of the Believer* series will give you the practical, powerful tools to walk in the Spirit and feed the new nature. We'll explore:

- What it means to walk in the Spirit.
- How the new nature is strengthened daily.
- Specific practices that cultivate Spirit-led living.
- How to starve the flesh by feeding the Spirit.

If you've ever felt stuck in cycles of defeat, this isn't about trying harder. This is about **yielding better.**

I. What Does It Mean to Walk in the Spirit?

Walking in the Spirit is not a mystical experience reserved for elite Christians. It's the daily lifestyle of every believer who chooses to:

- Live in dependence on the Holy Spirit.
- Yield to His direction.
- Follow the desires of the new man.

Galatians 5:16:

“Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

This is a **promise**, not a suggestion. If you walk in the Spirit, the flesh **loses its grip**. But walking in the Spirit is not automatic. It requires:

- Awareness of the Spirit's presence.
- Agreement with the Spirit's will.
- Action by the Spirit's power.

You walk in the Spirit when your steps are guided by His truth, not your feelings. You listen when He convicts, follow when He leads, and trust Him more than your own reasoning.

II. The Relationship Between the Spirit and the New Man

The “new man” is your regenerated spirit, born again through faith in Christ (1 Peter 1:23). The Holy Spirit doesn't just dwell beside this new man—He **empowers him**.

Ephesians 4:24:

“And that ye put on the new man, which after God is created in righteousness and true holiness.”

Walking in the Spirit is how you **put on the new man**. The new man delights in righteousness, but he's only strong when **fed and led by the Spirit**.

You don't “activate” the new man through effort—you **yield to the Spirit**, and the new man becomes your dominant influence.

III. Why So Many Christians Walk in the Flesh Instead

Romans 8:5 explains:

“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.”

You walk where your mind is focused.

If your thoughts, habits, and time are invested in fleshly things (media, envy, gossip, selfishness), you're feeding the old man. If they're fixed on Christ, Scripture, and truth, you're feeding the new.

Many Christians:

- Are saved.

- Are sealed.
- But are still living in defeat because they're **not feeding the new nature**.

The flesh is not dead just because you ignore it. It must be **starved and overruled** by walking in the Spirit.

IV. Feeding the New Nature – Practical Disciplines

Here are five proven, biblical ways to feed the new man and walk in the Spirit daily.

1. Scripture Memorization and Meditation

Psalm 119:11:

“Thy word have I hid in mine heart, that I might not sin against thee.”

Memorizing Scripture:

- Trains your mind in truth.
- Arms your spirit in battle.
- Fills your soul with God’s voice instead of your own.

Meditation means *thinking deeply, frequently, and personally* about the Word. It’s not mystical—it’s **intentional attention**.

Examples to memorize:

- Galatians 5:16
- Romans 6:11
- Ephesians 4:24
- 2 Corinthians 10:5

The Spirit uses the Word like a sword (Ephesians 6:17). Feed your mind with it.

2. Consistent, Honest Prayer

Romans 8:26:

“The Spirit also helpeth our infirmities...”

Prayer aligns your will with God’s. It humbles you. It strengthens your spirit. And the Spirit meets you there—especially in weakness.

Don't only pray when you feel spiritual. Pray when:

- You're tempted.
- You're tired.
- You're stuck.
- You're angry.

Be honest. God already knows.

3. Daily Surrender and Yielding

Romans 6:13:

“Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God...”

Every day you yield to someone—either the flesh or the Spirit.

Surrender isn't a one-time event at an altar. It's a **daily positioning of your will under God's authority.**

4. Worship and Gratitude

Ephesians 5:18–19:

“Be filled with the Spirit... speaking to yourselves in psalms and hymns and spiritual songs...”

Worship starves the flesh by magnifying God. Gratitude shifts your focus from what the flesh wants to what the Spirit gives.

Sing. Give thanks. Fix your eyes on Christ. It will change your spiritual appetite.

5. Obedience in Small Decisions

Luke 16:10:

“He that is faithful in that which is least is faithful also in much...”

Walking in the Spirit doesn't always mean making huge life changes. It means obeying in:

- How you respond to criticism.
- What you choose to watch.
- What words you use.

- How you use your time.

Every small choice either feeds the new man or fuels the old.

V. Walking in the Spirit Is Not Perfectionism

Don't mistake walking in the Spirit for being sinless. It's not about:

- Never stumbling.
- Always feeling spiritual.
- Looking holy to others.

It's about:

- Consistently seeking God's presence.
- Relying on His strength, not your own.
- Recovering quickly when you fall.

Proverbs 24:16:

“For a just man falleth seven times, and riseth up again...”

The Spirit doesn't just empower obedience—**He restores fallen saints.**

VI. Signs You're Walking in the Spirit

Galatians 5:22–23 lists the fruit:

- Love, joy, peace
- Longsuffering, gentleness, goodness
- Faith, meekness, temperance

These are not self-generated—they are **produced by the Spirit.**

If your life is marked by:

- Love for righteousness
- Sensitivity to sin
- Joy in worship

- Power in weakness

...you're walking in the Spirit.

VII. What to Expect When You Start Feeding the New Nature

1. The Flesh Will Push Back

Galatians 5:17:

“The flesh lusteth against the Spirit...”

Expect resistance. But remember: **resistance is not defeat.**

2. Your Desires Will Begin to Change

You'll start craving:

- The Word
- Prayer
- Fellowship
- Righteousness

Not perfectly. But noticeably.

3. Your Temptations Will Lose Their Grip

Sin may still tempt, but it won't dominate. You'll have new power—and new perspective.

VIII. Starving the Flesh – Guarding the Gateways

While feeding the new nature, you must also **cut off the flesh's supply lines.**

Romans 13:14:

“...make not provision for the flesh, to fulfil the lusts thereof.”

This means:

- Watch what you watch.
- Limit toxic influences.
- Avoid compromising friendships.

- Set boundaries with media and music.

You don't fight the flesh by putting yourself in fleshly environments.

Starve the old man by denying him entertainment, applause, and indulgence.

IX. Walking in the Spirit Is a Lifestyle, Not an Event

Some treat Spirit-led living like a Sunday-only mindset or a retreat-high. But Paul says:

“If we live in the Spirit, let us also walk in the Spirit.” (Gal. 5:25)

You were **born of the Spirit**—now **walk with Him**.

This means:

- Morning to night.
- In traffic.
- At your desk.
- In conversations.
- When no one's watching.

The Spirit doesn't clock out. He walks with you in every step. Make it your habit to walk with Him.

X. Final Encouragement: Don't Give Up

If you've tried to walk in the Spirit before and failed—don't give up. Remember:

- The Spirit is not impatient with you.
- God is not measuring your effort—He's calling you to trust.
- The new man is alive—even if he's been ignored.
- The flesh may rage—but it has no authority.

Every time you pray, read, surrender, and obey—you're feeding the new man.

You don't have to feel spiritual to walk in the Spirit.

You don't have to be perfect to be led by the Spirit.

You just have to **take the next step**.

Conclusion: Step by Step, Feed the Spirit, Starve the Flesh

Victory is not in your strength—it's in your surrender.

Growth is not in willpower—it's in walking.

Freedom is not in trying harder—it's in feeding the right nature.

The Spirit is not a distant power source. He is a present guide, teacher, and friend. And He **never fails** to lead those who will walk with Him.

So feed the new man:

- With Scripture.
- With prayer.
- With worship.
- With obedience.

And as you do, the flesh will weaken. Temptation will fade. And Christ will be formed in you.

Walk in the Spirit... and you will not fulfill the lust of the flesh.

7 of 10: The Two Natures of the Believer – Starving the Flesh: Mortifying the Old Nature

Introduction: You Can't Feed What You're Called to Kill

One of the greatest tragedies in the life of a believer is not falling into temptation, but **flirting with it**. Feeding it. Allowing it to hang around like a pet snake, all the while pretending it's been dealt with.

Scripture doesn't tell us to tame the flesh. It tells us to **mortify** it.

In Colossians 3:5, Paul writes:

“Mortify therefore your members which are upon the earth...”

This is war language. Mortify means to **put to death**. To kill. To cut off with no room for mercy.

In this seventh essay in *The Two Natures of the Believer* series, we explore what it means to **starve the flesh**—to deny it fuel, to strip it of influence, to remove its power from our day-to-day choices.

We'll answer:

- What does it mean to “mortify” our members?
- How do we “put off” the old man daily?
- What practical steps help us say “no” to temptation?
- Why are affections and focus the secret weapons of victory?

This isn't behavior modification. It's spiritual execution. And it's commanded—not just for pastors or monks—but for every born-again believer who wants to walk in victory.

I. What Does “Mortify” Mean in Colossians 3:5?

Let's begin with the actual verse:

“Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry.”

The Greek word for *mortify* is “**nekroō**”—to put to death, to deprive of power, to render inoperative.

Paul is not saying your physical body is evil. He's saying the **sinful impulses that express themselves through your body—your “members”—must be dealt with ruthlessly.**

He gives examples:

- Fornication (sexual sin)
- Uncleanness (moral impurity)
- Inordinate affection (uncontrolled passions)
- Evil concupiscence (lustful cravings)
- Covetousness (greedy desire for more)

These are expressions of the **old nature**—and they do not go away by accident. They go away when you **put them to death on purpose.**

This isn't about penance. It's about **power**—the power to say no, and the power to shut sin down at the root.

II. The Two-Fold Process: Mortify and Put Off

Mortifying the flesh goes hand-in-hand with another phrase Paul uses often: “**putting off the old man.**”

Ephesians 4:22:

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts...”

Colossians 3:8–9:

“But now ye also put off all these; anger, wrath, malice, blasphemy...”

The Christian life is not just about *putting on* the new man (Col. 3:10)—it's also about **putting off** the old.

You cannot walk in newness of life if you're still wearing the old clothes of carnality. You can't live the resurrection life while dining with the corpse of your past self.

Mortifying the flesh is the act of “putting off” sin and its expressions.

It's saying:

- “This doesn't belong to me anymore.”
- “This is not who I am.”
- “This must die.”

III. Why the Flesh Must Be Starved, Not Counseled

Too many believers try to negotiate with the flesh. They make room for it, excuse it, delay dealing with it.

But the flesh doesn't need understanding—it needs **starvation**.

Romans 13:14:

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.”

To “make provision” is to leave the door unlocked, the fire smoldering, the opportunity open.

Victory over sin doesn't come by **pampering the flesh**—but by **starving it of oxygen**.

That means:

- Turning off the media that stirs it.
- Avoiding the environments that provoke it.
- Cutting off the relationships that feed it.
- Replacing those things with what strengthens the spirit.

IV. The Role of Affection – Setting Your Focus Above

Paul doesn't stop at mortification. He ties it to **affection and focus**.

Colossians 3:1–2:

*“If ye then be risen with Christ, seek those things which are above...
Set your affection on things above, not on things on the earth.”*

You cannot just kill sin. You must **replace its allure with something greater**.

You set your affections:

- On the Word of God.
- On the presence of Christ.
- On the eternal, not the temporary.

Sin loses its pull when something more beautiful takes its place.

You don't overcome lust by just saying “no.” You overcome it by **loving something more than your sin**.

When your affections are set on heavenly things, earthly temptations lose their shine.

V. Practical Ways to Starve the Flesh Daily

Here are concrete, biblical ways to mortify the old nature and starve the flesh in your walk:

1. Limit Your Inputs

The eye gate and ear gate feed the flesh. Job said:

“I made a covenant with mine eyes...” (Job 31:1)

Monitor:

- What you watch
- What you scroll
- What you listen to

If it feeds pride, lust, laziness, or anger—it fuels the flesh.

2. Practice Self-Denial

Luke 9:23:

“If any man will come after me, let him deny himself...”

Choose to say “no” to indulgence:

- Fast occasionally.
- Turn off entertainment.
- Choose discipline over ease.

Self-denial teaches the flesh it’s not in control.

3. Pre-decide Boundaries

Don’t wait until you’re tempted to figure out your response. Predetermine your standards.

Examples:

- “I don’t stay alone in that situation.”
- “I won’t be online after 10 p.m.”
- “I’ll walk away from that conversation.”

Pre-deciding removes opportunity.

4. Confess and Repent Quickly

Don’t feed the flesh by covering your sin. Kill it with **confession and repentance**.

1 John 1:9:

“If we confess our sins, he is faithful and just to forgive us...”

Confession weakens the flesh. Hidden sin strengthens it.

5. Surround Yourself with Accountability

James 5:16:

“Confess your faults one to another, and pray one for another...”

Isolate your flesh, and it thrives. Expose it in community, and it withers.

VI. The Mind Is the Battlefield

Romans 8:6:

“For to be carnally minded is death; but to be spiritually minded is life and peace.”

The mind is where the flesh begins its campaign:

- With lies
- With excuses
- With imaginations

2 Corinthians 10:5 says:

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God...”

Mortifying the flesh begins by capturing thoughts. You don't let them roam. You evaluate them through truth.

Ask:

- “Is this in line with Scripture?”
- “Would I think this in front of Jesus?”
- “Does this honor the Spirit?”

VII. What Happens When You Starve the Flesh

When you consistently mortify the flesh, three things happen:

1. Temptation Weakens

What you don't feed, shrinks. The more you say "no," the easier it becomes to keep saying it.

2. Desires Change

Romans 12:2 says the renewed mind can "prove what is that good, and acceptable, and perfect, will of God."

Your spiritual taste buds begin to shift. What once appealed to you now offends you.

3. The Spirit Shines

Galatians 5:22–23:

"The fruit of the Spirit is love, joy, peace..."

As the flesh dies down, the Spirit's fruit becomes more visible in your life.

VIII. Don't Confuse Mortification with Legalism

Some confuse mortifying the flesh with self-righteousness or legalism. Let's clarify:

Legalism says:

- "I must do these things to earn salvation."
- "I am better because I deny myself."

Mortification says:

- "I am already saved, so I refuse to let sin rule me."
- "I crucify the flesh because Christ is worth it."

You're not killing the flesh to prove you're holy.

You're killing it because **you belong to the Holy One.**

IX. Grace Empowers Mortification

Titus 2:11–12:

"For the grace of God... teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously..."

Grace doesn't encourage the flesh. It **teaches you how to say no.**

You don't mortify the flesh by gritting your teeth.
You mortify it by leaning into grace.

Grace says:

- "You don't have to sin."
- "You're not a slave."
- "You've been raised to walk in newness of life."

X. When the Flesh Screams Loudest—Stand Your Ground

The flesh doesn't die quietly. It screams when starved. It fights back when cornered.

In those moments:

- Remind yourself of your identity in Christ.
- Declare God's Word out loud.
- Flee if necessary (2 Tim. 2:22).
- Call a fellow believer.
- Pray, even if it's just: "*Lord, help me!*"

Don't entertain the flesh. Don't reason with it. **Starve it. Mortify it. Walk away.**

Conclusion: Kill It, Don't Coddle It

You cannot walk in the power of the Spirit while giving the flesh a buffet.
You can't wear the armor of God while nursing the desires of the old man.

The call is clear:

- **Mortify.**
- **Put off.**
- **Starve the flesh.**
- **Set your affection above.**

The Spirit will empower you. Grace will teach you. The Word will strengthen you. And Christ will walk with you—step by step, as you deny yourself, take up your cross, and live for the One who crucified the old man on your behalf.

Let sin die. Let the old man starve.
And let the new man thrive.

8 of 10: The Two Natures of the Believer – The Mind of Christ vs. The Carnal Mind

Introduction: The Battle Between Your Ears

In the spiritual life, victory or defeat is often determined **long before a word is spoken or a deed is done**. It's determined in the mind.

The greatest battles in the Christian walk don't begin in the body or even the behavior—they begin in your thoughts, perceptions, and mindset. That's why Scripture speaks so often of the mind, the renewing of the mind, and what it means to possess the "mind of Christ."

In Romans 8:6, Paul says:

"For to be carnally minded is death; but to be spiritually minded is life and peace."

This is a critical contrast: one mind leads to death. The other leads to life.

This essay, number eight in *The Two Natures of the Believer* series, will explore:

- What the Bible means by "the carnal mind" and "the mind of Christ."
- How thoughts shape your walk and spiritual vitality.
- How to move from defeat to peace by changing what controls your mind.
- What it means to think like Jesus—and why that mindset brings power and rest.

You're not a slave to your thoughts. But if you don't **take them captive**, they will take you captive.

I. What Is the Carnal Mind?

Let's begin with the negative. Before we can understand the mind of Christ, we must first grasp what it means to be **carnally minded**.

Romans 8:6–7:

“For to be carnally minded is death...

Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”

The carnal mind is:

- **Flesh-driven** – focused on self, appetite, ego, and ease.
- **Short-sighted** – obsessed with the temporary.
- **Hostile toward God** – rejects God's authority and values.
- **Unsubmissive** – does not, and cannot, submit to God's law.

This kind of mind doesn't just struggle with sin—it **defends** it. It calls good evil and evil good. It excuses lust, pride, and rebellion. It follows feelings instead of faith.

And tragically, many Christians continue to **walk in the Spirit while thinking with the flesh**.

II. Signs of a Carnal Mind

You may be saved and sealed, yet still dominated by carnal thinking if:

- **You fear more than you trust.**
The carnal mind dwells on worst-case scenarios, not divine promises.
- **You're obsessed with appearance, reputation, and comfort.**
The carnal mind sees people and possessions as primary.
- **You excuse sin instead of confessing it.**
The carnal mind seeks justification in self, not the cross.
- **You constantly compare yourself to others.**
Carnality is rooted in pride, and comparison fuels it.
- **Your peace is fragile.**
The flesh can never produce lasting rest—only temporary escape.

III. What Is the Mind of Christ?

Now contrast that with what Scripture calls the **mind of Christ**.

1 Corinthians 2:16:

“But we have the mind of Christ.”

This is not a poetic metaphor. Paul is saying that born-again believers, indwelt by the Spirit, have access to **Christ’s own perspective**—His humility, discernment, submission, and peace.

Philippians 2:5:

“Let this mind be in you, which was also in Christ Jesus...”

The mind of Christ is:

- **Humble** – not grasping for status, but serving others.
- **Obedient** – submissive to the Father, even unto death.
- **Eternal-minded** – focused on what lasts, not what passes.
- **Others-focused** – laying aside privilege to elevate others.

This is not about imitating Jesus from afar. It’s about **living out what the Spirit is doing within you**. The mind of Christ is already present in the believer—you just need to let it **lead**.

IV. Romans 8 – The Contrast Between Carnal and Spiritual Thinking

Romans 8 is a masterclass in contrasting the two mindsets:

- **Carnally minded:**

“death”

“enmity against God”

“not subject to the law”

“cannot please God”

- **Spiritually minded:**

“life”

“peace”

“led by the Spirit”

“pleasing to God”

This chapter is not about saved vs. unsaved—it’s about **walking in the Spirit vs. walking in the flesh.**

Paul is urging believers to stop letting the flesh dominate their mindset. Victory is possible—but it begins with **thinking differently.**

Romans 12:2:

“Be transformed by the renewing of your mind...”

V. Philippians 2 – Thinking Like Jesus

Let’s look deeper at Philippians 2:5–8:

“Let this mind be in you, which was also in Christ Jesus...”

What kind of mind did Jesus have?

1. He made Himself of no reputation

The carnal mind seeks credit. Christ’s mind seeks obedience.

2. He took the form of a servant

The carnal mind demands rights. Christ’s mind chooses to serve.

3. He humbled Himself

The carnal mind exalts self. Christ’s mind exalts the Father.

4. He became obedient unto death

The carnal mind avoids sacrifice. Christ’s mind embraces it.

And Paul says—**this mind is available to you.**

Not because you’re special—but because you’re **indwelt.**

VI. 1 Corinthians 2 – The Spiritual Man Discerns All Things

In 1 Corinthians 2, Paul says:

*“But the natural man receiveth not the things of the Spirit of God...
But he that is spiritual judgeth all things...
For who hath known the mind of the Lord, that he may instruct him?
But we have the mind of Christ.”*

This teaches that:

- **Carnal thinking cannot grasp spiritual truth.**
- **The spiritual mind discerns God’s ways clearly.**
- **Believers have been given access to Christ’s own thinking.**

The mind of Christ is not just for scholars. It’s for any believer who walks with the Spirit and feeds on truth.

VII. How to Cultivate the Mind of Christ

So how do we move from carnal thinking to spiritual thinking?

Here are some biblical practices:

1. Feed on the Word of God

You can’t have Christ’s mind if you never listen to His voice.

Colossians 3:16:

“Let the word of Christ dwell in you richly...”

2. Reject Selfish Ambition

Philippians 2:3:

“Let nothing be done through strife or vainglory...”

The mind of Christ chooses humility over recognition.

3. Meditate on the Right Things

Philippians 4:8:

“Whatsoever things are true... honest... just... pure... think on these things.”

What you focus on shapes how you feel—and how you walk.

4. Take Every Thought Captive

2 Corinthians 10:5:

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God...”

Spiritual warfare is often mental warfare. Don't let thoughts go unchecked.

5. Practice Obedience, Not Just Agreement

James 1:22:

“Be ye doers of the word, and not hearers only...”

You don't just think like Christ by knowing His Word—you walk in His Word.

VIII. The Role of the Holy Spirit in Renewing the Mind

You are not alone in this process.

Romans 8:14:

“For as many as are led by the Spirit of God, they are the sons of God.”

The Spirit does not just give you power—He **guides your thoughts**.

John 16:13:

“He will guide you into all truth...”

As you walk with Him:

- He convicts wrong thinking.
- He reminds you of God's promises.
- He lifts your eyes to the eternal.
- He brings peace where there was once fear.

The mind of Christ is not something you produce—it's something **you submit to**.

IX. The Peace That Follows

Romans 8:6:

“To be spiritually minded is life and peace.”

This is the reward of thinking God's way. Not just correct doctrine—but deep, abiding **peace**.

The carnal mind produces:

- Worry
- Fear
- Envy
- Striving

The mind of Christ produces:

- Calm in chaos
- Hope in hardship
- Wisdom in confusion
- Strength in weakness

Isaiah 26:3:

“Thou wilt keep him in perfect peace, whose mind is stayed on thee...”

X. Final Thoughts: Who Is Shaping Your Mind?

Every day, your mind is being formed.

- By the Spirit—or by the screen.
- By the Word—or by the world.
- By your Savior—or your feelings.

You don't drift into the mind of Christ. You cultivate it by **choosing truth over lies, humility over pride, surrender over self**.

You have two minds available:

- The carnal mind: natural, fearful, fleshly, loud.
- The mind of Christ: eternal, humble, obedient, powerful.

Which one will you feed?

Choose today. Think on truth. Take every thought captive.
And let this mind be in you—which was also in Christ Jesus.

9 of 10: The Two Natures of the Believer – No Confidence in the Flesh: Trusting the New Identity

Introduction: When Effort Becomes the Enemy

For many Christians, spiritual growth feels like a grind. Try harder. Do more. Stop sinning. Start succeeding. Push through.

And when they fail? They double down: *“I just need to try harder next time.”*

But the Bible gives a radically different approach.

In Philippians 3:3, Paul writes:

“For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh.”

This is the secret to growth—not **grit**, but **grace**. Not white-knuckling your way into holiness, but resting in the **new identity you’ve been given**.

This ninth installment of *The Two Natures of the Believer* series teaches you:

- What it means to have “no confidence in the flesh.”
- Why performance-based sanctification always fails.
- How true growth comes from **yielding**, not striving.
- What it looks like to **trust your new identity in Christ**.

If you’ve ever felt like you’re on a treadmill—exhausted, guilty, and stuck—this is your invitation to step off the performance track and walk in the Spirit.

I. The Problem with Confidence in the Flesh

Let’s begin by unpacking Philippians 3:3.

“For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh.”

In context, Paul is warning against legalism—those who put their hope in external works, rituals, and personal performance to gain righteousness.

He says:

- True worship is **spiritual**, not ceremonial.
- True joy is in **Christ**, not achievement.
- And true growth means having **no confidence in the flesh**.

What does “the flesh” mean here?

It refers to the **natural human ability** apart from the Spirit of God:

- Our personality strengths.
- Our intellect and education.
- Our religious activity.
- Even our morality.

The flesh is not just the sinful nature—it’s **everything we rely on outside of Christ**.

And Paul says—put **no confidence** in it.

II. Paul’s Resume of the Flesh (and Why He Rejected It)

Philippians 3:4–6 is Paul’s “flesh resume.” He lists:

- Circumcised the eighth day
- Of the tribe of Benjamin
- A Hebrew of Hebrews
- A Pharisee in zeal and law

If anyone could boast in personal holiness, it was Paul. He did everything “right.” But then he makes a shocking statement:

“But what things were gain to me, those I counted loss for Christ.” (v. 7)

Why? Because **confidence in the flesh is poison to faith**.

Paul learned that trusting in your own strength leads to:

- Pride when you succeed.
- Despair when you fail.
- Frustration always.

So he counted it all loss. He cashed in his religious resume for **a new identity in Christ.**

III. The New Identity That Replaces Flesh-Based Effort

Philippians 3:9:

“And be found in him, not having mine own righteousness... but that which is through the faith of Christ...”

Here’s the exchange:

- Your strength → His Spirit
- Your righteousness → His righteousness
- Your plan → His purpose
- Your confidence → His cross

This is not just justification—it’s the foundation of **daily sanctification.**

When you trusted Christ:

- You were declared righteous (justification).
- You were placed into Christ (positional sanctification).
- You were given a new identity (new creature).

And spiritual growth is not about improving the old man—it’s about **walking in the new man.**

IV. The Flesh Cannot Produce Spiritual Fruit

Galatians 3:3:

“Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh?”

This is a direct rebuke to performance-based Christianity.

Paul is saying:

- You were saved by faith—not works.
- You were justified by the Spirit—not effort.
- So why are you now **trying to grow by self-effort?**

You can't produce the fruit of the Spirit by gritting your teeth. You can't become holy by trying harder in the flesh.

Jesus said:

“Without me ye can do nothing.” (John 15:5)

Nothing.

The flesh:

- Can imitate holiness, but not produce it.
- Can manufacture results, but not fruit.
- Can behave morally, but never change the heart.

V. Yielding: The True Key to Growth

So if trying harder doesn't work, what does?

Yielding.

Romans 6:13:

“Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God...”

Yielding means:

- Surrendering control.
- Submitting your will.
- Letting the Spirit lead.
- Trusting God's Word over your feelings.

It's not passivity—it's **dependence**.

Growth doesn't come from striving—it comes from **resting in your new identity** and **acting on it in faith**.

VI. Walking in the Spirit, Not the Flesh

Galatians 5:16:

“Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Notice the order:

- Don't try to defeat the flesh, then walk in the Spirit.
- **Walk in the Spirit—and the flesh loses its grip.**

This is how you grow:

- You stay connected to the Vine (John 15).
- You renew your mind in the Word (Romans 12:2).
- You obey the Spirit's leading—even in the small things.

Spiritual disciplines are **vehicles of grace**, not tools of self-improvement.

VII. Letting Go of the Performance Trap

Many Christians operate under a silent law:

- If I perform well, God loves me more.
- If I sin, God steps away.
- My acceptance depends on my consistency.

But Scripture demolishes this lie.

Romans 8:1:

“There is therefore now no condemnation to them which are in Christ Jesus...”

You are not on probation. You're not earning a higher status. You're not climbing a ladder to please God.

You are already **accepted in the Beloved** (Ephesians 1:6).

Your role now is not to earn God's favor—but to **abide in it**.

VIII. What Resting in Your New Identity Looks Like

Trusting your new identity means:

1. You live from security, not for approval.

You don't obey to be loved—you obey because you are loved.

2. You confess sin, not hide it.

There's no fear of rejection. You're already forgiven (1 John 1:9).

3. You embrace weakness, not deny it.

2 Corinthians 12:9:

“My grace is sufficient for thee: for my strength is made perfect in weakness.”

4. You measure progress by surrender, not performance.

It's not how much you do—it's how much you yield.

IX. Common Obstacles to Yielding

Some reasons believers struggle to let go of flesh-driven growth:

1. Pride

We want the credit. But flesh can't glory in God's presence.

2. Fear

We think yielding means losing control. In truth, it's **gaining freedom**.

3. Habit

We've been trained in works-based systems. Grace feels risky. But it's the only path to true change.

X. Replacing Self-Confidence with Christ-Confidence

Philippians 4:13:

“I can do all things through Christ which strengtheneth me.”

Note—it doesn't say “I can do all things if I try hard enough.”

The strength is not in your willpower—it's in **Christ within you**.

You grow by:

- Trusting His presence.
- Walking in the Spirit.
- Resting in your new identity.
- Refusing to go back to the flesh for answers.

You can't trust Christ and trust the flesh at the same time.
Choose one. And let it be Him.

Conclusion: Don't Go Back to Egypt

When Israel was freed from Egypt, some wanted to go back—because **slavery felt more familiar than freedom.**

Likewise, many believers—freed from works-based righteousness—still try to grow by rules, guilt, and self-effort.

But God didn't just save you from sin—He saved you from **yourself.**

The flesh may look impressive.

It may build big ministries.

It may impress people.

But it cannot produce spiritual fruit.

So, put **no confidence in the flesh.**

Trust your new identity.

Yield to the Spirit.

Walk in Christ.

And watch grace do what the flesh never could.

10 of 10: The Two Natures of the Believer – Victory by the Spirit: The Daily Walk of Faith

Introduction: Victory in the Middle of the War

The Christian life isn't a playground. It's a battlefield. From the moment you're born again, you step into a lifelong war—not just with the world and the devil, but with the **flesh that still clings to your bones**.

But here's the good news: **you are not fighting for victory—you are fighting from it**.

Victory has already been secured in Christ. The power of the cross has broken sin's dominion. The Spirit has been given as your divine strength. And your identity has been sealed in the heavenly places.

Now, you walk it out—**step by step, battle by battle, in faith and by the Spirit**.

This tenth and final essay in *The Two Natures of the Believer* series is a triumphant capstone—anchoring all the theology in **daily application**. It will equip you to:

- Understand what walking in victory really means.
- Apply the armor of God (Ephesians 6).
- Bear the fruit of the Spirit (Galatians 5).
- Rest in your completeness in Christ (Colossians 2:10).
- Fight from faith, not flesh.

The war may rage until glory. But **your victory is certain**—because it is not in you. It is in **the Spirit who lives in you**.

I. Victory Is Not the Absence of Struggle

Many believers get discouraged because they equate spiritual maturity with a lack of struggle. But Scripture teaches the opposite.

Victory is not the absence of battle. It is the presence of **overcoming faith** in the midst of it.

1 John 5:4:

“This is the victory that overcometh the world, even our faith.”

Faith is not the escape hatch from conflict. It is the power **to stand in the fire and not be burned**. The victorious Christian life is not sinless perfection—but **Spirit-led direction**.

Romans 8:37:

“Nay, in all these things we are more than conquerors through him that loved us.”

More than conquerors—not because we don’t fight, but because **our victory is already written.**

II. The Power Source: Walking in the Spirit

Galatians 5:16 is our foundational command:

“Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Notice it doesn’t say:

- “Try harder and you won’t sin.”
- “Pray more and you won’t be tempted.”
- “Avoid failure and you’ll grow.”

It says: **walk in the Spirit.**

Walking means:

- Step by step.
- Moment by moment.
- In rhythm with God’s presence and truth.

The Spirit is not a booster pack for your flesh. He is the **replacement for it.** You don’t need more discipline—you need more **dependence.**

The more you walk in the Spirit, the less power the flesh has.

III. The Armor of God – Prepared for Daily Battle

Ephesians 6:10–18 provides our **battle strategy and protection:**

1. The Belt of Truth

“Having your loins girt about with truth...”

Truth keeps everything together. Without it, the armor falls apart. Feed your mind the Word of God daily.

2. The Breastplate of Righteousness

Not your righteousness—**Christ's**.

When accusations come, remember you are clothed in His perfection.

3. The Shoes of Peace

“Your feet shod with the preparation of the gospel of peace...”

The Spirit leads you in peace, even when the path is rugged. Stay grounded in your mission.

4. The Shield of Faith

“Wherewith ye shall be able to quench all the fiery darts of the wicked.”

Faith is not optimism. It's **confidence in what God has said**, even when it contradicts what you see or feel.

5. The Helmet of Salvation

Protects the mind—where the battle is fiercest. You are saved, sealed, and secure. Think like it.

6. The Sword of the Spirit – the Word of God

Your only offensive weapon. Quoting Scripture is not just defense—it's **counterattack**.

7. Praying Always

“With all prayer and supplication in the Spirit...”

Prayer activates the armor. It humbles the flesh and lifts your eyes. Pray often. Pray real.

IV. The Fruit of the Spirit – The Evidence of the Walk

Galatians 5:22–23 gives us the result of walking in the Spirit:

“The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance...”

This is not a list of goals to strive for. It is the **natural result** of the Spirit's rule in your life.

Fruit doesn't strain to grow. It comes when the branch abides in the vine.

John 15:5:

“He that abideth in me, and I in him, the same bringeth forth much fruit...”

If you want to see more fruit, stop focusing on fruit—and start focusing on **abiding**.

The fruit of the Spirit is:

- Love when you want to hate.
- Joy in the middle of trials.
- Peace when anxiety floods in.
- Patience when you want to react.
- Kindness in the face of rudeness.
- Goodness in a world of compromise.
- Faith when you feel afraid.
- Gentleness with those who fail.
- Self-control when passions rage.

This is not natural. It is **supernatural**. Only the Spirit can produce it.

V. Complete in Him – The Foundation of Confidence

Colossians 2:10 says:

“And ye are complete in him, which is the head of all principality and power.”

You are not lacking anything:

- You don't need a second blessing.
- You don't need a new experience.
- You don't need to earn more of God's love.

You are **already complete** in Christ:

- Fully justified.
- Fully accepted.
- Fully equipped.

Your walk of faith is not about **adding to Christ**—it's about letting His fullness **flow through you**.

VI. The Daily Nature of the Walk

Victory is not found in one-time mountaintop moments. It's found in:

- The quiet yes to prayer.
- The whispered no to sin.
- The daily renewal of the mind.
- The steady, faithful walk—when no one is watching.

Galatians 5:25:

“If we live in the Spirit, let us also walk in the Spirit.”

You don't just check in with God on Sundays. You walk with Him **on Monday morning, in traffic, in trials, in chores, in conversations.**

Victory is **habitual surrender**, not heroic effort.

VII. Obstacles That Try to Steal Your Victory

1. Guilt from the Past

The enemy whispers: *“You can't walk in victory. Look what you've done.”*

But the Spirit says:

“There is now no condemnation to them which are in Christ Jesus.” (Romans 8:1)

2. Fear of the Future

The flesh fears what's ahead. But the Spirit reminds:

“My grace is sufficient for thee.” (2 Cor. 12:9)

3. Self-Reliance

The moment you start trusting your discipline, your talent, your willpower—you've stepped out of the Spirit and into the flesh.

Victory requires **dependence**, not confidence in the flesh.

VIII. Encouragement for the Weary Warrior

You may feel like:

- You're always failing.
- You'll never be consistent.
- You don't see the fruit you hoped for.

Let me encourage you:

If you're still fighting—you're not defeated.

If you're walking in the Spirit more today than a year ago—you're growing.

If you love righteousness and hate sin—you're alive.

Victory isn't a destination. It's a direction.

Keep walking.

Galatians 6:9:

"Let us not be weary in well doing: for in due season we shall reap, if we faint not."

IX. When You Fall—Rise Again by Faith

Victory doesn't mean you never fall. It means you don't stay down.

Proverbs 24:16:

"For a just man falleth seven times, and riseth up again..."

How?

By faith.

1 John 1:9:

"If we confess our sins, he is faithful and just to forgive us..."

The Spirit doesn't abandon you in failure. He lifts you up. Convicts, yes. But always to restore, never to condemn.

Rise. Confess. Keep walking.

X. Final Thoughts: From War to Glory

This war between flesh and Spirit won't last forever.

Romans 8:23:

“...waiting for the adoption, to wit, the redemption of our body.”

One day, the old nature will be gone. The flesh will be silenced. The fight will be over.

Until then—walk.

Not in fear.

Not in flesh.

Not in self.

But in the Spirit.

In your new nature.

In confidence.

In Christ.

Victory is not a fantasy. It's your inheritance.

Because the One who began a good work in you **will finish it.**

(Philippians 1:6)

So lift your head.

Tighten your armor.

Abide in the Vine.

Feed the new man.

Starve the flesh.

Walk in the Spirit.

And live **in daily victory by faith.**

Conclusion: The Conflict That Confirms You're Alive

You feel it every day.

The tug of the flesh. The whisper of the Spirit.

The moment-by-moment choice between the old man and the new.

Between surrender and self. Between faith and fear.

And that conflict isn't a sign that something is wrong.

It's **the clearest sign that something has been made right.**

Dead men don't wrestle.

Only the living feel the pull between holiness and sin.

This war between two natures is not a contradiction—it's confirmation. It tells you:

- That the Spirit of God now dwells within you.
- That you are no longer a slave to sin.
- That the flesh no longer rules you—it resists you.

The presence of the struggle is proof of your salvation—not the absence of it.

But make no mistake—the war is real.

The old man doesn't surrender without a fight.

The flesh doesn't die quietly.

The carnal mind doesn't slip into the background without protest.

But thanks be to God: **the outcome is already decided.**

The Victory Is Already Yours

This series began with the *new birth*, the miracle of being born again by incorruptible seed. And it ends with the *daily walk*—a life of victory not because you're strong, but because **He is in you.**

The Christian walk isn't about suppressing sin through human effort.

It's about walking in a victory that's already been won at the cross.

It's not about achieving righteousness—it's about **receiving it.**

Not about fighting for your identity—it's about **believing who God says you already are.**

You are:

- Crucified with Christ.
- Risen with Him.
- Complete in Him.
- Sealed by the Spirit.
- Empowered for the fight.

So What Now?

You've learned about:

- The reality of two natures.
- The death of the old man.
- The life of the new man.
- The battle in the mind.
- The call to mortify the flesh.
- The call to walk in the Spirit.
- The daily power of the Spirit-filled life.

Now it's time to **walk it out**.

One step.

One choice.

One day at a time.

Some days you'll fall.

Some days you'll rise.

But through it all, the Spirit will keep working, refining, and forming Christ in you.

And every time you choose to yield to the Spirit over the flesh, you win.

The Conflict Ends in Glory

One day, the battle will be over. The flesh will be gone. The war will cease.

No more wandering thoughts.

No more divided affections.

No more carnal temptations.

No more tears of regret.

Just the **mind of Christ**, unclouded.

The **new man**, unhindered.

The **Spirit**, ungrieved.

The **victory**, unending.

But until that day—keep walking. Keep reckoning. Keep yielding.

Not to earn God's love—but because you already have it.

Not to prove you're saved—but because **you are**.

And remember this:

You are not the old man trying to be better.

You are the new man learning to live free.

The war rages on.

But the outcome has already been secured.

And by the Spirit, **you walk in victory**—step by step, from now until glory.

Let this series be a foundation for your faith and a sword for your battle.

And let the grace that saved you, now empower you, **to walk as who you really are—
complete in Christ.**

Amen.