

coming.⁷ You used to walk in these ways, in the life you once lived.⁸ But now **you must rid yourselves of all such things as these:** anger, rage, malice, slander, and filthy language from your lips.⁹ Do not lie to each other, **since you have taken off your old self with its practices**¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator.”

➤ **Put on _____ Character** (Colossians 3:12-17; Ephesians 4:20-5:5).

COLOSSIANS 3:12-17: “Therefore, as God’s chosen people, holy and dearly loved, **clothe yourselves** with compassion, kindness, humility, gentleness and patience.¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.¹⁴ **And over all these virtues put on love,** which binds them all together in perfect unity.¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.¹⁶ Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

2. Practice the _____ of the Christian Life.

1 CORINTHIANS 9:24-27: “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.²⁵ Everyone who competes in the games goes into **strict training.** They do it to get a crown that will not last; but we do it to get a crown that will last forever.²⁶ Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.²⁷ **No, I beat my body and make it my slave** so that after I have preached to others, I myself will not be disqualified for the prize.”

QUESTION: *What are the disciplines of the Christian life?*

“I want to explain, with some precision and detailed fullness, how activities such as solitude, silence, fasting, prayer, service, celebration – disciplines for life in the spiritual kingdom of God and activities in which Jesus deeply immersed himself – are essential to the deliverance of human beings from the concrete power of sin and

how they can make the experience of the easy yoke a reality in life.” Dallas Willard, “*The Spirit of the Disciplines*”, 10.

THE PATH OF INNER TRANSFORMATION

“Picture a long, narrow ridge with a sheer drop-off on either side. The chasm to the right is the way of moral bankruptcy through human strivings for righteousness. Historically this has been called the heresy of moralism. The chasm to the left is moral bankruptcy through the absence of human strivings. This has been called the heresy of antinomianism. On the ridge there is a path, the Disciplines of the spiritual life. This path leads to inner transformation and healing for which we seek. “We must never veer off to the right or the left, but stay on the path. The path is fraught with severe difficulties, but also with incredible joys. As we travel on this path, the blessing of God will come upon us and reconstruct us into the image of Jesus Christ. We must always remember that the path does not produce the change, it only places us where the change can occur.” **Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*, 8.**

“But sin cannot be annihilated through legalism, monasticism, pietism, asceticism, pharisaism, celibacy, self-flagellation, confessional booths, rosary beads, hail Mary’s or any other external means. **The instrument of mortification is the Holy Spirit, and His power is the energy that works in us to carry out the process.**” **John F. MacArthur, Jr., “*The Vanishing Conscience*”, 194.**

ROMANS 8:12-13: “Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it.¹³ For if you live according to the sinful nature, you will die; **but if by the Spirit you put to death the misdeeds of the body, you will live...**”

GALATIANS 5:16-26: “So I say, **live by the Spirit, and you will not gratify the desires of the sinful nature.**¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.¹⁸ But if you are led by the Spirit, you are not under law.¹⁹ The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery;²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. **But the fruit of the Spirit is** love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness and self-control. Against such things there is no law.²⁴ Those who belong to Christ Jesus have crucified the sinful nature with its passions and

desires.²⁵ Since we live by the Spirit, let us keep in step with the Spirit.²⁶ Let us not become conceited, provoking and envying each other.”

3. Consider yourself _____ to sin but alive to God.

“Our old self is dead. God’s Word declares it. We must regard it as true. Too many Christians fail at this point. They think of themselves as hopelessly enslaved to sin. They have been taught that the old nature is still alive in all its fury. They do not understand that Christ has broken the power of sin. And therefore they cannot live victoriously. They do not consider themselves genuinely dead to sin.” **John F. MacArthur, Jr., “The Vanishing Conscience”, 268.**

GALATIANS 2:20: “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

ROMANS 6:6-14: “For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been freed from sin.⁸ Now if we died with Christ, we believe that we will also live with him.⁹ For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God.¹¹ In the same way,¹² count yourselves dead to sin but alive to God in Christ Jesus.”

Therefore do not let sin reign in your mortal body so that you obey its evil desires.¹³ Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.¹⁴ For sin shall not be your master, because you are not under law, but under grace.”

Final Thoughts

Is there a sin that plagues your life? Is there a habit that controls your heart and mind? Is there a vice that won’t seem to let go? Perhaps it’s time to take it to the cross and lay it down – for good, for God and for His glory.

ULTIMATE FIGHTING CHRISTIAN

Today’s Message:

“*The Fight Against the Flesh*” - 1 Peter 2:11

Pastor Cory Anderson / SMC / 08.30.09

INTRODUCTION:

1 PETER 2:11: “Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.”

GALATIANS 5:16-18: “So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.¹⁸ But if you are led by the Spirit, you are not under law.”

ROMANS 7:15-20: “I do not understand what I do. For what I want to do I do not do, but what I hate I do.¹⁶ And if I do what I do not want to do, I agree that the law is good.¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me.¹⁸ I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.”

How to Win the War Against the Flesh

1. Make daily _____.

➤ Put to _____ sinful _____ (Colossians 3:5-10; Ephesians 4:20-5:5).

1 PETER 2:1: “Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.”

COLOSSIANS 3:5-10: “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.⁶ Because of these, the wrath of God is