

BIBLE STUDY SERIES:

TRUSTING THE FATHER

**OUR DUALITY
(FLESH & SPIRIT / HEALED & UNHEALED)**

Chris Badenhorst

OUR DUALITY (FLESH & SPIRIT / HEALED & UNHEALED)

INTENTION:

It can feel like we have a “dual personality” in us when we create times of great love and care, yet have times when we create hurt and pain. Likewise for the times that we experience “blessings” one day, and “curses” another day.

How can the same person have both opposites come out from them?

It is that we all live in a reality where we exist in both the Flesh (unhealed) and the Spirit (healed). We cannot deny either of them, but can discern them better. And then learn to live more from our healthy Spirit (our “new man”) rather than our unhealthy Flesh (our “old man”).

I. TOPIC:

We want to look at Our Duality (Flesh & Spirit / Healed & Unhealed) which we exist in!

Do you ever wonder how you can do something so loving and kind one moment, and then something awful the next?

This is because we exist in this world in two forms:

1. The form in which we are born into on this earth (our natural with the programmed flesh / unhealthy).
2. The form in which we were originally Created as and Born-Again into (our Spiritual / Healthy realm).

Paul talked about this conundrum he faced where he “did the things he didn’t want to, and did not do the things he wanted to”. We face the same bizarre reality. It’s as if we are a contradiction within ourselves; but in reality, it is just the conflict between our flesh (unhealed / unhealthy parts) and Spirit (healed / healthy parts).

We are originally Created by the Lord as Healthy Beings. Yet, the reality of this world creates an unhealthy in us. And because of this, we may not fully recognise the Healthy in us that gets overridden by the unhealthy programming that gets put on us. Our Created still exists and never goes away; it is just that much of our Healthy can get encrusted (restricted) by our unhealthy programming—our flesh (our unhealthy programming) manifesting out of us instead of our Spirit (our Created Healthy).

We can then easily feel trapped in this world by our unhealthy (destructive) self—the identity of unhealthy being what we become adopted into. But we can get an influx of help from our Creator to help overcome that which doesn’t belong in us. Our identity that was forged by this world (and our unhealthy), gets an Identity back to our Creator—being Born-Again (adopted) back into the Lord.

Part of what transpires from believing in the Lord, is that we get infused with Their Spirit to help overcome and remove that which doesn’t belong in us. We get a Holy Spirit reminder of our Created self; yet with it, a confirming of our current existence as both flesh in this world (no longer of this world) and of the Spirit ([Philippians 3:20-21](#)).

This conflict we can literally feel as the unhealthy part of us (that was trained up in this world) resists letting go of what it held onto—making itself a stronghold. This is our struggle on this earth (our healing-Journey), and why we manifest both our unhealthy (flesh) and Healthy (Spirit) parts.

In an upcoming lesson (*Bible Study Lesson 049*), we will look at what it means to be as a child when coming to the Lord; but here, we will look at how being raised as a child in this world defines what our flesh is. Which, in simplicity, is all that we picked up in this world (our programming) that opposes our Originally-Created (Healed) self of the Lord—an existence that thus affects our body, mind, soul, and heart.

When we are born on this earth, we (as new-borns / children) are a blank slate to which the nurturing we receive (positive / negative / or lack-of) gets imprinted on us as to who we will become—that nurturing also influenced by the nature of our makeup (DNA).

The Lord designed us to be this blank slate so that we can adapt and change to our environment to not only survive it, but thrive in it. Without choice and without question (as a child cannot), we take on all the traits of our parents and surroundings (environment)—both healthy and unhealthy (“good” and “bad”), whether intentional or not.

Unfortunately, the reality of this world is that our parents and environments are not perfect—they, themselves, raised by imperfect parents in imperfect environments (all the way back to Adam and Eve). It is impossible for us as adults to have pure unconditional love (in all areas of life) because of the “brokenness” of this world. And because of this, the intrinsic unconditional love a child has from conception, gets diminished (conditionalized) as the imperfections of this world shape their life.

Thus, the influence we have on our children (and our parents on us) is a mixed reality of love and mistakes. And those mistakes may not even be known, revealed, exposed, or conscious. We do things that affect one-another (sowing and reaping) without our realisations of it.

Some of that because our good-intentions are marred by our own hurts and pains; and other times (or in combination) because our intentions can be misinterpreted by those around us (as we all have filters that can alter the meanings behind what is said or done).

All these imperfections damage our heart, soul, mind, and body. Trust is also broken and negated. And from that damage, we develop coping mechanisms as a child to survive the hurts, pains, and traumas of life.

Yet, the Lord is perfect. No faults whatsoever. And somehow, with all our heartbreak and distrust of people (parents, ourselves, or others) we have to come to Him with “all our heart, soul, mind, and strength” ([Mark 12:30](#)).

This goes against everything that we know. All the things we developed to survive as a child, when held onto, become the stronghold (sin) we become trapped (enslaved) to. These unhealthy coping mechanisms become our natural response to life—in our own truth, they are our “gut feeling” and what we do “from the heart”—without knowing that what feels natural to us, is not always the natural of the Lord.

Changing that about us goes against everything we used to protect ourselves in our childhood (and into adulthood) from the hurts, pains, and traumas we experienced. Our “gut” and “heart” responses cannot always be trusted if they have been altered by our past—*“altered” as being from the perspective of if we had not experienced hurts, pains, and traumas (an impossible reality on this earth).*

So, wait... if we don’t know it’s wrong, how are we to know that we need to change it?

For me personally, I had to fully experience and see (have revealed to me) all that was done to me (from conception) that shaped my adulthood actions, reactions, and habits. I knew I had a traumatic childhood (as having discussed before); but I was blinded to much of what I used as coping mechanisms—because, to me, they were natural. And thus, as “natural”, was therefore “right”. Oh, how I was wrong!

This includes all the “Christian” religion that was “right” to me, but was / is not.

Once they became fully exposed (and continue to be exposed), I could address each of those aspects and “re-parent” myself in the Lord. I had to have my own slate wiped clean (my foundation torn down) to again become a child that could be nurtured by my Father in Heaven. A Born-Again reality that discards all that I knew before, to be transformed into a “new creation” created in Christ (in HIS Original Image of me).

In doing that, I could live, no longer from that flesh-mind (programmed mind), but in the spirit-mind of Christ. I AM a new (renewed) creation being “transformed into His Image” ([2 Corinthians 3:18](#)). And when that happens in each miniscule area of my life, I get to live in the simplest way—as He would tell me... to “just be Me” / to “just be Them” ([1 John 4:17](#)). For it is the healed and un-programmed parts of me that reflect Him as Me (*Bible Study Lesson 034*).

This is my responsibility WITH His help. I can overcome, because the Spirit in me is greater than that of the flesh I am in—“greater is He that is in me, than he who is in this world” ([1 John 4:4](#)). It is only that we got accustomed to our unhealthy flesh and its ways (having given it authority for so long in our lives) that it become (feels) like a great challenge to us. Especially when we don’t even know that our fleshly-ways are not Spirit-ways.

Let’s also note that the “growing” pains we feel are often just the conflicts which ensue between flesh (unhealthy) and spirit (healthy) as we learn to give obedience to the healthy (Spirit) against the wants of our trained unhealthy (the flesh). We can persevere (endure) to the end through these pains of change—in an expectant hope that we will be set free with the help of His Spirit in us, knowing all things will work out for our good no matter what happens.

The book of Romans addresses many of the conflicts of flesh and Spirit—and body (which we had also looked at in *Bible Study Lesson 013* pertaining to [Romans 8](#)). For the reading and lesson: because we can understand that our flesh is just everything unhealthy we picked up in this earth, we can read scripture in a way that reflects this.

As such, the context of the term flesh is being those handed-down iniquities, strongholds, and behaviours that are a result of our upbringing—i.e., the **flesh / sin = unhealthy or unhealed**. When referencing Spirit (or Christ) it is a reflection / representation of our Created—i.e., **Spirit / Christ = Healthy or Healed**.

II. **READING:** [Romans 8:1-39](#) (NET) {PoG}

There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the life-giving Spirit in Christ Jesus has set you free from the law of sin and death. 3 For God achieved what the law could not do because it was weakened through the flesh. By sending his own Son in the likeness of sinful flesh and concerning sin, he condemned sin in the flesh, 4 so that the righteous requirement of the law may be fulfilled in us, who do not walk according to the flesh but according to the Spirit.

5 For those who live according to the flesh have their outlook shaped by the things of the flesh, but those who live according to the Spirit have their outlook shaped by the things of the Spirit. 6 For the outlook of the flesh is death, but the outlook of the Spirit is life and peace, 7 because the outlook of the flesh is hostile to God, for it does not submit to the law of God {Love ([1 John 3:23-24](#))}, nor is it able to do so. 8 Those who are in the flesh cannot please God. 9 You, however, are not in the flesh but in the Spirit, if indeed the Spirit of God lives in you. Now if anyone does not have the Spirit of Christ, this person does not belong to him. 10 But if Christ is in you, your body is dead because of sin, but the Spirit is your life because of righteousness. 11 Moreover if the Spirit of the one who raised Jesus from the dead lives in you, the one who raised Christ from the dead will also make your mortal bodies alive through his Spirit who lives in you.

12 So then, brothers and sisters, we are under obligation, not to the flesh, to live according to the flesh 13 (for if you live according to the flesh, you will die), but if by the Spirit you put to death the deeds of the body you will live. 14 For all who are led by the Spirit of God are the sons of God. 15 For you did not receive the spirit of slavery leading again to fear, but you received the Spirit of adoption, by whom we cry, “Abba, Father.” 16 The Spirit himself bears witness to our spirit that we are God’s children. 17 And if children, then heirs (namely, heirs of God and also fellow heirs with Christ)—if indeed we suffer with him so we may also be glorified with him.

18 For I consider that our present sufferings cannot even be compared to the coming glory that will be revealed to us. 19 For the creation eagerly waits for the revelation of the sons of God. 20 For the creation was subjected to futility—not willingly but because of God who subjected it—in hope 21 that the creation itself will also be set free from the bondage of decay into the glorious freedom of God’s children. 22 For we know that the whole creation groans and suffers together until now. 23 Not only this, but we ourselves also, who have the firstfruits of the Spirit, groan inwardly as we eagerly await our adoption, the redemption of our bodies. 24 For in hope we were saved. Now hope that is seen is not hope, because who hopes for what he sees? 25 But if we hope for what we do not see, we eagerly wait for it with endurance.

26 In the same way, the Spirit helps us in our weakness, for we do not know how we should pray, but the Spirit himself intercedes for us with inexpressible groanings. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes on behalf of the saints according to God’s will. 28 And we know that all things work together for good for those who love God, who are called according to his purpose, 29 because those whom he foreknew he also predestined to be conformed to the image of his Son, that his Son would be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; and those he called, he also justified; and those he justified, he also glorified.

31 What then shall we say about these things? If God is for us, who can be against us? 32 Indeed, he who did not spare his own Son, but gave him up for us all—how will he not also, along with him, freely give us all things? 33 Who will bring any charge against God’s elect? It is God who justifies. 34 Who is the one who will condemn? Christ is the one who died (and more than that, he was raised), who is at the right hand of God, and who also is interceding for us. 35 Who will separate us from the love of Christ? Will trouble, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, “For your sake we encounter death all day long; we were considered as sheep to be slaughtered.” 37 No, in all these things we have complete victory through him who loved us! 38 For I am convinced that neither death, nor life, nor angels, nor heavenly rulers, nor things that are present, nor things to come, nor powers, 39 nor height, nor depth, nor anything else in creation will be able to separate us from the love of God in Christ Jesus our Lord.

III. RELATED VERSES AND QUESTIONS:

- A. This conflict between the flesh and the Spirit is real. As mentioned, Paul recognised and acknowledged this; this is just an observation of our dual reality, not one that is meant to condemn. Because of this conflict, he proclaims himself as “wretched”. I too feel the same way when those unhealthy and unhealed flesh-ways manifest. I feel at odds with myself—sometimes feeling as though the Spirit inside me wants to just escape (peel-off) this body I’m trapped in (that restricts the Spirit).

Romans 7:14-25 (NET)

For we know that the law is spiritual—but I am unspiritual, sold into slavery to sin. 15 For I don’t understand what I am doing. For I do not do what I want—instead, I do what I hate. 16 But if I do what I don’t want, I agree that the law is good. 17 But now it is no longer me doing it, but sin that lives in me. 18 For I know that nothing good lives in me, that is, in my flesh. For I want to do the good, but I cannot do it. 19 For I do not do the good I want, but I do the very evil I do not want! 20 Now if I do what I do not want, it is no longer me doing it but sin that lives in me.

21 So, I find the law that when I want to do good, evil is present with me. 22 For I delight in the law of God in my inner being. 23 But I see a different law in my members waging war against the law of my mind and making me captive to the law of sin that is in my members. 24 Wretched man that I am! Who will rescue me from this body of death? 25 Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

Question: Do you feel a part of you is trapped; or a part of you is in more control than another?

Response:

- B. This is where we have a choice of who to “yield ourselves” to. Whoever we let win in us, is who has mastery over what manifests out from us (what we do / don’t do). So, if your (my) strongholds and iniquities (sins) are ever-present in our life, we have to decide to make that change. We can’t do it from the “strength of the flesh” (it can’t oppose itself), but from the strength of the Spirit in us. This is where seeking the Lord for help and answers is key. Christ Jesus faced much persecution and hardship in His ministry—yet He held onto doing what He saw His Father do (what the healthy way to do is). And what helped Him succeed in that obedience, was His relationship with God the Father, seeking Him in prayer.

Romans 6:12-23 (NET)

Therefore do not let sin reign in your mortal body so that you obey its desires, 13 and do not present your members to sin as instruments to be used for unrighteousness, but present yourselves to God as those who are alive from the dead and your members to God as instruments to be used for righteousness. 14 For sin will have no mastery over you, because you are not under law but under grace.

15 What then? Shall we sin because we are not under law but under grace? Absolutely not! 16 Do you not know that if you present yourselves as obedient slaves, you are slaves of the one you obey, either of sin resulting in death, or obedience resulting in righteousness? 17 But thanks be to God that though you were slaves to sin, you obeyed from the heart that pattern of teaching you were entrusted to, 18 and having been freed from sin, you became enslaved to righteousness. 19 (I am speaking in human terms because of the weakness of your flesh.) For just as you once presented your members as slaves to impurity and lawlessness leading to more lawlessness,

so now present your members as slaves to righteousness leading to sanctification. 20 For when you were slaves of sin, you were free with regard to righteousness.

21 So what benefit did you then reap from those things that you are now ashamed of? For the end of those things is death. 22 But now, freed from sin and enslaved to God, you have your benefit leading to sanctification, and the end is eternal life. 23 For the payoff of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Question: How difficult is it to switch from one “owner” to another in the way you Spiritually want to do things? When you have healed from something, how do you look back at the things / yourself and who you once were?

Response:

- C. Jesus fought the flesh and its temptations to go its own way instead of the Father’s way. He then becomes the example for us in overcoming. Our role is to focus on who He is as to who we are—“as Christ Jesus is, so are we in this world” ([1 John 4:17b](#)) ; ever-changing from “glory to glory” (i.e., us having been made a glory in being Born-Again, to a glory that manifests itself in our everyday existence). This is the arduous process of “renewing our minds”, “no longer living in ignorance out of our flesh-mind (what we picked up growing up), but spirit-mind (mind of Christ)”, and “letting God reveal in you what does not belong”. When we do so, we change those engrained aspects of our life from doing things the way we were taught (nurtured) to doing things the way the Lord does them (as Christ did them, demonstrating for us).

[Romans 12:1-2](#) (NET)

Therefore I exhort you, brothers and sisters, by the mercies of God, to present your bodies as a sacrifice—alive, holy, and pleasing to God—which is your reasonable service. 2 Do not be conformed to this present world, but be transformed by the renewing of your mind, so that you may test and approve what is the will of God—what is good and well-pleasing and perfect.

[Ephesians 4:17-24](#) (NET)

So I say this, and insist in the Lord, that you no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding, being alienated from the life of God because of the ignorance that is in them due to the hardness of their hearts. 19 Because they are callous, they have given themselves over to indecency for the practice of every kind of impurity with greediness. 20 But you did not learn about Christ like this, 21 if indeed you heard about him and were taught in him, just as the truth is in Jesus. 22 You were taught with reference to your former way of life to lay aside the old man who is being corrupted in accordance with deceitful desires, 23 to be renewed in the spirit of your mind, 24 and to put on the new man who has been created in God’s image—in righteousness and holiness that comes from truth.

[Philippians 3:13-16](#) (NET)

Brothers and sisters, I do not consider myself to have attained this. Instead I am single-minded: Forgetting the things that are behind and reaching out for the things that are ahead, 14 with this goal in mind, I strive toward the prize of the upward call of God in Christ Jesus. 15 Therefore let those of us who are “perfect” embrace this point of view. If you think otherwise, God will reveal to you the error of your ways. 16 Nevertheless, let us live up to the standard that we have already attained.

Question: What has this kind of renewal looked like and felt like to you? Does any fear or anxiety hinder the change?

Response:

- D. When those iniquities (“sins”) and strongholds are revealed in you, it can feel extremely painful. This is literally our developed / underdeveloped brain forming new neurological pathways to form new pathways to change our way of life (refer [Dr Caroline Leaf on the malleable brain](#)). It is God training and teaching us in doing things His way (healthy way) instead of our old way (unhealthy way). It feels like a form of discipline—so painful at times that it figuratively feels like we are being “chastised”. But it is not literally punishment (in how we would define it), but figurative punishment (as it feels like we are being punished for something not our fault). Instead, it is truly a loving guidance and instruction and discipline for us to change into Him.

[Hebrews 12:4-11](#) (NET) {PoG}

You have not yet resisted to the point of bloodshed in your struggle against sin. 5 And have you forgotten the exhortation addressed to you as sons?

“My son, do not scorn the Lord’s discipline or give up when he corrects you.

6 “For the Lord disciplines the one he loves and chastises every son he accepts.”

7 Endure your suffering as discipline; God is treating you as sons. For what son is there that a father does not discipline? 8 But if you do not experience discipline, something all sons have shared in, then you are illegitimate and are not sons. 9 Besides, we have experienced discipline from our earthly fathers and we {had to respect / were confounded by ([G1788](#))} them; shall we not submit ourselves all the more to the Father of spirits and receive life? 10 For they disciplined us for a little while as seemed good to them, but he does so for our benefit, that we may share his holiness. 11 Now all discipline seems painful at the time, not joyful. But later it produces the fruit of peace and righteousness for those trained by it.

Question: How often have you shied away from the Lord’s correction because it felt too difficult or painful? Do you feel that it is the Lord bringing the pain, or that which doesn’t want to change?

Response:

- E. Part of that correction process of renewal is the removing of strongholds (the unhealthy ways we have believed are healthy). As mentioned in the opening to this lesson, those survival coping mechanisms we picked up in our childhood, brought into our adulthood, become the things we unintentionally rely on to protect and defend us (whether it really protects us or not—only arguing that it does).

Stronghold – [G3794](#): *ochyrōma*

1. a castle, stronghold, fortress, fastness
2. anything on which one relies
 - a. of the arguments and reasonings by which a disputant endeavours to fortify his opinion and defend it against his opponent.

From a remote derivative of [G2192](#) (meaning to fortify, through the idea of holding safely); a castle (figuratively, argument):—stronghold

[2 Corinthians 10:3-7](#) (NET)

For though we live as human beings, we do not wage war according to human standards, 4 for the weapons of our warfare are not human weapons, but are made powerful by God for tearing down strongholds. We tear down arguments 5 and every arrogant obstacle that is raised up against the knowledge of God, and we take every thought captive to make it obey Christ. 6 We are also ready to punish every act of disobedience, whenever your obedience is complete. 7 You are looking at outward appearances. If anyone is confident that he belongs to Christ, he should reflect on this again: Just as he himself belongs to Christ, so too do we.

Question: What do you defend in your mind, actions, and behaviours that are a natural defense-mechanism to you? What are some of your survival mechanisms that you had to use as a child that don't work as an adult?

Response:

- F. Those handed-down iniquities (unhealed parts) that become strongholds in life are a huge burden on us—and on our own children we pass down to. We often feel as though we are drowning in life—and in essence we are. *For it is like someone tied a huge stone around our necks and dropped us in the middle of the ocean.* Think of the struggles caused to you or your own children because of these iniquities (“sins”) passed onto us/them.

[Matthew 18:1-6](#) (NET) {PoG}

At that time the disciples came to Jesus saying, “Who is the greatest in the kingdom of heaven?” 2 He called a child, had him stand among them, 3 and said, “I tell you the truth, unless you turn around and become like little children, you will never enter the kingdom of heaven! 4 Whoever then humbles himself like this little child is the greatest in the kingdom of heaven. 5 And whoever welcomes a child like this in my name welcomes me.

6 “But if anyone causes one of these little ones who believe in me to sin, it would be better for him *{that child}* to have a huge millstone hung around his neck and to be drowned in the open sea.

Question: Do you feel the weight of others’ sins (unhealed parts) upon you from your own childhood—that it was so detrimental to your upbringing and adulthood, that you feel you can never get free from your past (*like abandonment / rejection wounds, addictions, broken relationships, anger, bitterness, resentment, and pain*)?

Response:

IV. FURTHER THOUGHT:

A. [Galatians 5:13-26](#) (NET) {PoG}

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity to indulge your flesh, but through love serve one another. 14 For the whole law can be summed up in a single commandment, namely, “You must love your neighbour as yourself.” 15 However, if you continually bite and devour one another, beware that you are not consumed by one another. 16 But I say, live by the Spirit and you

will not carry out the desires of the flesh. 17 For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are obvious: sexual immorality, impurity, depravity, 20 idolatry, sorcery, hostilities, strife, jealousy, outbursts of anger, selfish rivalries, dissensions, factions, 21 envying, murder, drunkenness, carousing, and similar things. I am warning you, as I had warned you before: Those who practice such things will not inherit the kingdom of God! 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, {faith}, 23 gentleness, and self-control. Against such things there is no law. 24 Now those who belong to Christ have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also behave in accordance with the Spirit. 26 Let us not become conceited, provoking one another, being jealous of one another.

1 Peter 2:1-3; 11-12 (NET)

So get rid of all evil and all deceit and hypocrisy and envy and all slander. 2 And yearn like new-born infants for pure, spiritual milk, so that by it you may grow up to salvation, 3 if you have experienced the Lord's kindness.

11 Dear friends, I urge you as foreigners and exiles to keep away from fleshly desires that do battle against the soul, 12 and maintain good conduct among the non-Christians, so that though they now malign you as wrongdoers, they may see your good deeds and glorify God when he appears.

Thoughts: Again, the onus is on us, individually, to instigate the change necessary to refrain from the flesh dominating (manifesting) in our lives—this also requiring us to discern what those parts are in us (differing for each person). As such, don't let what we read in Galatians define or limit what are those parts in you that need healing. We did not choose to have sin (unhealthy / unhealed parts) in our life (whether stronghold, physical / mental illness, or the parents we got), nor the troubles that befall us from our / other's unhealed / unhealthy parts; but it is our responsibility to push into the healing the Lord desires of us. God our Father IS a healer! Let's hold Him to that truth, and break free from all that flesh that binds us in so many various and disastrous ways.

A few important aspects to note further is that:

- Each of our journeys to get there (into our own healing-salvation) will be different, involve unique obstacles, and vary in length and time. For some, you may be healing into an area that another is healing out from—for what is unhealthy for one, is not necessarily unhealthy for another. And no matter how you come about your healing, know that “the healing is more important than how you get healed”. Knowing and accepting this (for oneself and for others) will help us avoid judging others, and instead open up forgiveness (likewise for others and ourselves). So, let us be patient with ourselves in the process; as well as being patient with those around us.
- Because we have our flesh / Spirit duality, it is important to view yourself in the Truth of who the Lord says we are. If we see ourselves only in the flesh (unhealed / unhealthy), then we reduce ourselves to “sinners, saved by grace”. If we see ourselves only in the Spirit (healed / healthy), we deny the harm we do to others from the flesh. As such, we must accept and see ourselves as both (even though they are in conflict with each other)—and from this reality, we can treat the flesh as the flesh, the Spirit as the Spirit, and overcome the flesh from the Spirit.
- And when doing from the Spirit, we manifest God's way of doing things. Those “fleshly desires that do battle against the soul” are the pain and turmoil we feel inside us (in our emotional realm). But as we studied, faith is a fruit-manifestation of God in your life. And the more we manifest God, the more life we bring to our existence. Let us strive to live that faith (the manifestation of God) because it is that which actually does bring salvation to our souls ([1 Peter 1:9](#)).

- Remember that we do “reap what we sow” (not as condemning or as accountability)—for this why we are not supposed to “use your freedom as an opportunity to indulge your flesh”. In essence, we are free not to change (to not heal our unhealed parts), for the Lord understands all of who and what we are, never holding it against us. The freedom that the Lord does not hold us accountable does not mean we don’t to each other. The Lord only wants the best Life for each and every person (individually and collectively); and when we do get healed (or just be from our healed / Spirit self), then this will in-turn help create a better Life for all of us.

B. [Philippians 4:11b-13](#) (NET) {PoG}

For I have learned to be content in any circumstance. 12 I have experienced times of need and times of abundance. In any and every circumstance I have learned the secret of contentment, whether I go satisfied or hungry, have plenty or nothing. 13 I am able to do all things through the one {Christ} who strengthens me.

[1 John 4:1-6](#) (NET)

Dear friends, do not believe every spirit, but test the spirits to determine if they are from God, because many false prophets have gone out into the world. 2 By this you know the Spirit of God: Every spirit that confesses Jesus as the Christ who has come in the flesh is from God, 3 but every spirit that refuses to confess Jesus, that spirit is not from God, and this is the spirit of the antichrist, which you have heard is coming, and now is already in the world.

4 You are from God, little children, and have conquered them, because the one who is in you is greater than the one who is in the world. 5 They are from the world; therefore they speak from the world’s perspective and the world listens to them. 6 We are from God; the person who knows God listens to us, but whoever is not from God does not listen to us. By this we know the Spirit of truth and the spirit of deceit.

Thoughts: For me, “to do all things through Christ” and “greater is He that is in you” has not been my personal truth—even though it is Spiritual Truth. If it were my reality and truth, the Spirit in me would always manifest itself over and above the flesh. But it has not, as my flesh keeps on getting the better of me. The flesh has been winning so long, I have been unable to let it go for the Spirit win. Being deceived, I didn’t even know it was the one winning.

Hence why, as John writes, we have to discern the difference. If we are able to pause our reactions and responses long enough, we can put it up for debate with the Spirit—does it align with the Spirit (with the Lord) or not—i.e., is it Love? In essence we are asking that part of us if it “confesses ([G3670](#): agrees with) Jesus” or not. If that feeling we get that is trying to create a response in us agrees with how Jesus would respond, then we know it is Spiritual (from our healthy / healed part) and not of the flesh (our unhealthy / unhealed part). We have a choice—we just need to learn how to choose the Spiritual one!

Bible Study: Lesson 044