

# Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



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## SERIES: THE PURPOSE AND FUNCTION OF THE BODY

### Lesson #9

## “BATTLING WITH MY BODY”

PRESENTED BY TERRI MCFADDIN SOLOMON, M.A.

**SCRIPTURE:** *Romans 7:18-20 – For I know that in me (that is, in my body) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.*

**OPENING STATEMENT:** I am sure you are aware of how hard it is to tame your bodily desires. If you gave into every sexual temptation, or the desire to eat more than your stomach can hold, you would probably be addicted, sick, or in trouble with the law. But the desires of the flesh can be controlled and forced to submit to your inward desire to please the Lord.

### WHY THE FLESH WARS AGAINST THE SPIRIT:

- 1. Our flesh-body is conscious of the world.** The five senses (sight, hearing, touch, smell, taste) make us conscious of the world that surrounds our bodies. Our taste-buds cause our flesh to want things that may not be healthy. Our sight makes us want to spend money on things we may not be able to afford. Our ears may cause us to listen to sweet-talk or other voices that may lead us in the wrong direction. Our flesh with its five senses is a gateway to our soul. Satan came to Eve through her five senses. He spoke to her and encouraged her to look at the forbidden fruit. He also appealed to her mind (which is a part of the soul): *“You will be like God, knowing good from evil.” (Genesis 3:5)* Satan was not interested in the bodies of Adam and Eve – he wanted to destroy their souls.
- 2. Our spirit is conscious of God.** The renewed spirit within us sees into the invisible realm and allows us to hear the voice of God and to be strongly influenced and strengthened by the indwelling power of the Holy Spirit. What God wants us to do is always in conflict with what the body wants to do, because the flesh relates to the world and all it has to offer. This is why we often find ourselves in a struggle between the flesh and the spirit. If you strengthen your spirit with prayer and the word of God, you will be

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able to control the desires of the flesh and soul. The work of the spirit within us is to control the appetites and desires of the flesh and protect our soul from the deceptive attacks of Satan. *Thus says the Lord God: "Behold, I am against your magic charms by which you hunt souls like birds. I will tear them from your arms, and let the souls go, the souls you hunt like birds. (Ezekiel 13:20)*

- 3. Our soul is conscious of self.** The soul is the home of the emotions, the will and the mind – with all of its intellectual and creative ideas. More importantly the soul is eternal. The body will eventually die. The spirit will eventually return to God, but the soul will live on forever in heaven or in hell. This is why the renewed spirit works to protect the soul. It is also the reason why Satan tempts the flesh to do wrong – because the flesh is a gateway to the soul. If Satan can enslave the body, then he can also destroy the soul. Jesus said this about the soul: *For what shall it profit a man, if he gains the whole world, and loses his own soul? Or what shall a man give in exchange for his soul? (Mark 8:36-37)*

**DISCIPLINE:** Sometimes it takes a fight to make your flesh submit. The following rules will help you with the battle against a rebellious body:

*1 Corinthians 9:27 – But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.* The Apostle Paul understood the importance of keeping the flesh under control. His approach to *keeping the upper hand on his desires was the application of discipline. To discipline means to participate in a regiment of training, or a continual practice that is intended to produce a specific character or pattern of behavior.*

1. **Luke 18:1** – Men ought to always **pray** and not faint.
2. **Matthew 6:17-18** – When you **fast**, anoint your head and wash your face so that you do not appear to be fasting...and your Father who sees in secret will reward you openly. (See Daniel 9:3)
3. **Psalms 119:11** – Your **word** have I hid in my heart, that I might not sin against you. (See 2Tim 2:15)
4. **Psalms 101:3a** – I will set nothing wicked before my **eyes**. (See Job 31:2)
5. **2 Corinthians 6:17** – Come out from among them, and separate yourself, says the Lord. **Touch** not the unclean thing; and I will receive you. (See Colossians 2:20)
6. **1 Peter 3:10** – He who would love life and see good days, let him refrain his tongue from evil and his lips from **speaking** deceit. Keep your tongue from evil and your lips from speaking deceit. (See James 1:26)
7. **Proverbs 19:20** – **Listen** to counsel and receive instruction, that you may be wise in your latter days.

## **PERSONLIZATION:**

1. What are the greatest battles that you have with your flesh?

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2. It takes 7 days to form a habit and 21 days to break a habit. What new practices can you put into place for 7 days to help you win the battle against your flesh? What practices are you willing to stop for 21 days in order to win the battle against your flesh?

## **SHARE YOUR STORY:**

### Letter from Lesson #8-“A Healthy Mind Makes A Healthy Body”

Dear Terri: This is a good lesson. Because of my situation, I totally understand about the mind affecting the body. I have been saved since I was fifteen. I am now twenty-seven. I am learning not to put negative things into the atmosphere. I watch what I say. I am going through back pain. I believe I kept it going by saying, “I am hurting.” I believe when I say, “I am hurting,” it hinders me from doing a lot of things that I need to be doing. Instead I changed too: “I am healed by the blood of Jesus! Let me get up and do what I need to do.” Let me also mention that I do believe that I carry my anger inside and I stress myself out a lot. But it all stops here and now!

Thanks for the lesson,

Your Sister in Christ

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