

BULLETIN: Overcoming the Desires of the Flesh

(For Small Groups & Personal Use)

Today's Big Idea: Victory over the flesh is not won by our own willpower, but by surrendering to the Holy Spirit. It is a daily decision to crucify our sinful nature and walk in our God-given identity.

Key Verse: "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh." - Galatians 5:16 (NKJV)

The Four Keys to Victory:

1. **WALK IN THE SPIRIT** - The Pathway
 - Living in moment-by-moment dependence and obedience to the Holy Spirit.
2. **CRUCIFY THE FLESH** - The Decision
 - Actively denying selfish impulses and saying "no" to sinful desires.
3. **RENEW YOUR MIND** - The Transformation
 - Replacing worldly thinking with God's truth from Scripture.
4. **GUARD YOUR GATES** - The Protection
 - Being vigilant about what we see, hear, and the company we keep.

Small Group Discussion Questions:

1. What does "walking in the Spirit" look like in your everyday life?
2. Share an area where you find it most difficult to "crucify the flesh." What makes it a battle?
3. How have you experienced the "renewing of your mind" through God's Word?
4. Which "gate" (what you watch, listen to, etc.) do you feel you need to guard more diligently? Why?
5. How can we, as a group, better support each other in this spiritual battle?

This Week's Challenge:

Focus on one key each day to build spiritual discipline:

- **Monday:** Consciously invite the Holy Spirit to lead your thoughts, words, and actions.
- **Tuesday:** Identify one fleshly impulse and actively choose to deny it.
- **Wednesday:** Memorize and meditate on one verse about your new identity in Christ (e.g., Galatians 2:20).
- **Thursday:** Fast from a specific form of media or entertainment that doesn't feed your spirit.

- **Friday:** Combine all four keys in a time of worship and surrender.

Prayer for Victory:

"Heavenly Father, I confess that my flesh is weak. I surrender my will to Yours. Holy Spirit, empower me to walk with You today. Help me to crucify my sinful desires, renew my mind with Your Word, and guard my heart from all that pollutes. I choose to live by the Spirit and not by the flesh. In Jesus' mighty name, Amen."

Further Reading This Week:

- Galatians 5:16-25 (The Spirit vs. The Flesh)
- Romans 8:1-14 (Life in the Spirit)
- Romans 12:1-2 (Renewing Your Mind)
- Colossians 3:1-10 (Setting Your Mind on Things Above)