

A woman with dark hair and purple eye makeup has her eyes closed. She is surrounded by intense, swirling flames in shades of orange, red, and yellow. The background is dark, making the fire stand out. The text is written in a white, brush-stroke style font.

How to Overcome
The War Between
Your Flesh and
The Spirit

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Scripture

Galatians 5:16–17 (NIV) “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”

What is the Flesh?

The flesh refers to our old sinful nature—the part of us that resists God's will and desires to satisfy self above all else. It's not just bodily cravings, but the mindset and inclination to rebel against God, to act in selfishness, pride, anger, fear, lust, etc.

Galatians 5:19–21 outlines what the flesh produces:

- “The acts of the flesh are obvious: sexual immorality, impurity and corruption; idolatry and witchcraft; hatred, discord, jealousy, fits of rage and selfish ambition.”

The flesh is always focused on:

- Pleasing self, even at the expense of others
- Temporal satisfaction over eternal values
- Independence from God

It is not reformed or improved it has been crucified, and must stay that way.

What is the Spirit?

The Spirit refers to the Holy Spirit, God's very presence living inside every believer. The moment we are born again, the Holy Spirit takes residence within us (Romans 8:9).

The Spirit's role is to:

- Empower us to live holy lives (Galatians 5:22-23)
- Lead us into truth (John 16:13)
- Transform us to be more like Jesus (2 Corinthians 3:18)
- Give us access to the mind and will of God (1 Corinthians 2:10-12)

When we yield to the Spirit, we begin to desire and produce the things of God; love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

The Nature of the Battle

1. It's Ongoing

The war between the flesh and the Spirit doesn't end when we get saved. In fact, it often intensifies. Salvation awakens us to the conflict: now we're aware of the Spirit's voice, but the flesh still fights to stay in control.

Romans 7:21-23 (NLT): "I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong... There is another power within me that is at war with my mind." This battle will continue until we receive glorified, resurrected bodies (see 1 Corinthians 15:52-53).

The Nature of the Battle

2. It's Internal

We often think of spiritual warfare as external (demons, attacks, etc.), but this battle is within us. It's about who will rule our heart and mind.

It's not just about behavior—it's about identity. Will you live as the new creation in Christ (Spirit) or revert to the old self (flesh)?

3. It Requires a Daily Choice

Romans 8:5-6 (NIV): "Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires."

Your mindset matters. The battleground is the mind. Every day, every moment, you are choosing:

- Will I yield to the Spirit or gratify the flesh?
- Will I respond in love or react in pride?
- Will I trust God's Word or follow my emotions?

How To Win The War

1. Walk by the Spirit (Galatians 5:16)

Walking by the Spirit means living in step with His direction, moment by moment. It's a lifestyle of sensitivity and surrender.

Ask yourself daily:

- Holy Spirit, what are You saying?
- Is this decision aligned with God's Word and character?
- Am I seeking Your will or my own comfort?

You won't win by willpower—you win by surrender. Victory comes by depending on His power, not your own effort.

2. Crucify the Flesh (Galatians 5:24)

"Those who belong to Christ Jesus have crucified the flesh with its passions and desires."

To crucify the flesh means to put to death its influence and power. It's not a one-time event; it's a daily practice of:

- *Saying NO to selfishness, pride, and sin*
- *Choosing God's way even when it's uncomfortable*
- *Denying your flesh immediate gratification in favor of eternal reward*

This is where discipline and self-control come in—not as burdens, but as spiritual weapons.

How To Win The War

3. Renew Your Mind

(Romans 12:2) “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

The mind is where most spiritual battles are won or lost.

Renewing your mind involves:

- Replacing lies with God’s truth
- Meditating on Scripture daily
- Speaking faith-filled, Spirit-led affirmations over yourself

If you constantly feed your mind with the world (news, negativity, social media), it becomes harder to discern the Spirit. But if you feed it with the Word, you gain clarity, strength, and direction.

4. Be Filled with the Spirit Daily (Ephesians 5:18)

Being filled with the Spirit is not a one-time experience. It’s like filling up your car—you need it regularly to keep running.

How do you do that?

- Read, study, and meditate on the Word of God
- Sing and make melody to the Lord with your heart
- Be thankful to God for all things
- Fellowship with other believers

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Reflection

Where do you most often notice the flesh trying to dominate?
(examples: fear, comparison, lust, anger, laziness)

[illegible]

Reflection

What lie from the enemy (flesh-based thinking) do you need to replace with truth? Find a Scripture that aligns with God's truth.

[illegible]

Reflection

What can you do to intentionally walk in the Spirit more in every day life?

[illegible]

Heavenly Father, thank You for giving me Your Spirit to empower and guide me. I acknowledge the war within me, and today I choose to walk by the Spirit and crucify the desires of the flesh. Help me to renew my mind with Your Word and live a life that glorifies You. I surrender every thought, desire, and decision to You. In Jesus' name, Amen.



God is within HER she will not fall
psalm 46:5

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