

**Spirit Soul & Body Lesson #19**  
**Walk in the Spirit**  
**Outline**

From Andrew Wommack Spirit Soul Body Study Guide

**1.** Your old self was crucified with Him, but then the body of sin has to be destroyed. “Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin” (Rom. 6:6).

**2.** When you die physically, you leave a body behind.

“For as the body without the spirit is dead, so faith without works is dead also” (James 2:26).

**A.** Physical death occurs when your spirit leaves your body.

**B.** Even though your spirit is gone, your physical body can look exactly the same as it did during life for a brief period of time.

**3.** When you were born again, your old sin nature left behind a body.

**A.** Your old self was crucified, has died, and now is gone, but its effects are still being felt through your physical body and unrenewed mind.

**B.** Your natural mind was programmed to act like the child of the devil that you were before receiving the Lord (Eph. 2:1-2).

**C.** This means your physical mind will continue functioning like a computer under its prior programming until you renew it to God’s Word.

**4.** You have one nature, but two minds.

**A.** You only have one nature—the new one.

**B.** But you do have two different minds—the unrenewed mind (flesh) and the mind of Christ (spirit).

**C.** As you reprogram/renew your natural mind to think like your spirit, you’ll experience the life and power of God within you.

**5.** Your physical mind decides whether you’ll be dominated by your spirit or your flesh.

**A.** If you don’t renew it with God’s Word, your natural mind will automatically gravitate toward what it can see, taste, hear, smell, and feel.

**B.** You must get into God’s Word and mix it with faith in order to be led by your spirit. “Walk in the Spirit, and ye shall not fulfil the lust of the flesh” (Gal. 5:16).

**C.** You can mistake something that comes so naturally to you today as your “nature,” when in reality, it’s something you learned.

**D.** The reason you still do some of the things you do is because you haven’t renewed your mind.

**6.** After you've been born again, the "flesh" isn't really describing a sinful nature, but more accurately refers to every thought, emotion, desire, and part of you that isn't under the control of your brand-new, righteous spirit.

**A.** Technically speaking, what's true of the Holy Spirit is also true of your born-again spirit because they are one.

"But he that is joined unto the Lord is one spirit" (1 Cor. 6:17).

**B.** Since there aren't capital letters in the Greek, translators decided from the context of a passage whether to render it "Spirit" or "spirit."

**C.** Either way—Holy Spirit or born-again spirit—the same point is made.

"Walk in the Spirit [spirit], and ye shall not fulfil the lust of the flesh" (Gal. 5:16, brackets mine).

**7.** The thoughts, desires, patterns, and habits that were established in you through the old sinful

nature will begin to diminish as you choose to be dominated by your spirit instead.

**A.** You can break all of those things off because, in your spirit, you're already free.

**B.** It's just a matter of renewing your mind and beginning to manifest who you are in Christ.