

Spirit Soul & Body Lesson #22
Mind Your Spirit
Outline

1. Through spiritual dyslexia, most people perceive Galatians 5:16 completely backwards! "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh" (Gal. 5:16).

A. This verse doesn't say "Walk in the Spirit, and you'll hinder the flesh" or "Overcome the flesh, and then you'll walk in the Spirit."

B. It says just the opposite: "Walk in the Spirit, and you won't fulfill the lust of the flesh."

C. When you walk in the Spirit (turn on the light), by default—as a byproduct—you won't fulfill the lust of the flesh (darkness flees).

2. You can know whether you're walking in the Spirit or not by what your attention is on. "For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit" (Rom. 8:5).

A. What you're thinking about will tell you whether you're in the flesh or the spirit.

B. If your mind is stayed on the things of the flesh, then you're in the flesh.

3. By learning to keep your mind stayed on God, your spirit will dominate and control your flesh. "For to be carnally minded is death; but to be spiritually minded is life and peace" (Rom. 8:6).

A. This isn't just quality time; it's both quality and quantity of time spent focused on the things of God.

B. "Carnal" means of the five senses.

C. Carnal-mindedness is being fleshly, physical, outward-minded instead of spiritually minded.

D. To be carnally minded is death, but to be spiritually minded is life and peace.

E. You need to get to where God's Word dominates you more than what you can see, taste, hear, smell, and feel.

4. Seeing a truth doesn't mean you'll automatically profit from it. Normally, conflict will arise.

A. "After you were illuminated, ye endured a great fight of afflictions" (Heb. 10:32).

B. Satan immediately comes to steal the Word before it takes root in your heart and produces (Mark 4:15 and 19).

C. He attempts to dislodge it when you're at your youngest, when a truth is still new to you, before it's rooted and established as part of who you are.

5. You overcome by being mindful of what God's Word says about you—especially the New Testament.

A. When you're Word-minded, you're spiritually minded because God's words are spirit and life (John 6:63).

B. If you'd dominate yourself with those thoughts, all it would produce is life and peace.

C. If you're having something other than life and peace, then you're something other than spiritually minded (Rom. 8:6).

D. You receive the victory He's already achieved and provided for you by focusing your attention on the spirit.

6. You won't manifest much of the life of God if you're plugged into the world through radio, television, newspapers, and magazines.

A. It takes a lot of effort—real effort—to keep your focus on the things of God.

B. How can you expect different results when you read, watch, listen to, and think all the same things as your unbelieving neighbors?

C. In order to release God's power and life, you must overcome the flesh by continually focusing your mind on who you are and what you have in the spirit.