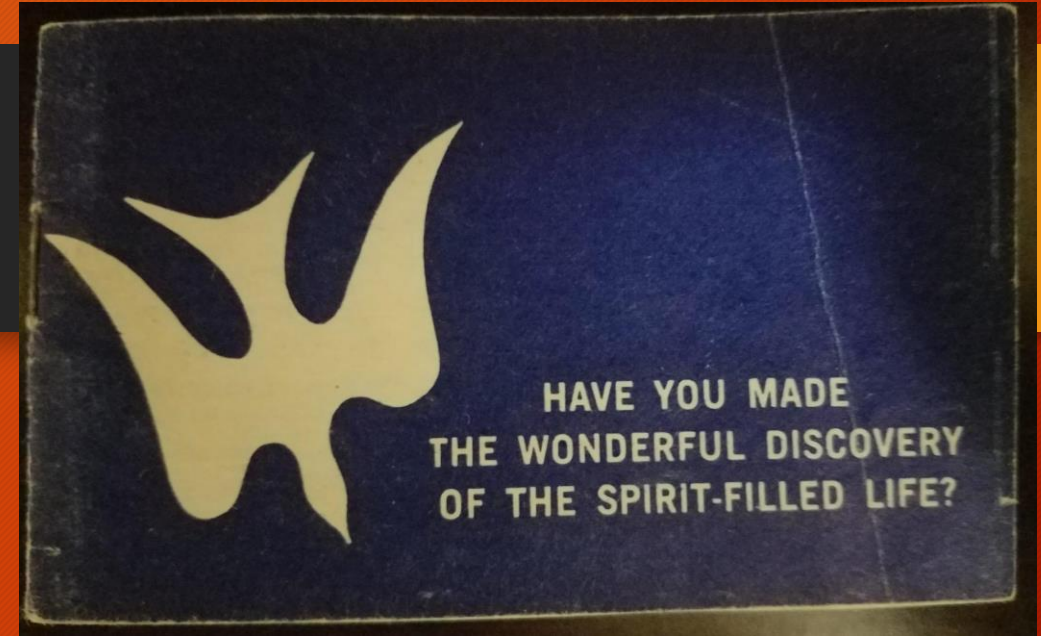


# Walking By The Spirit

# Carnal vs Spiritual?



**EVERY DAY CAN BE AN EXCITING ADVENTURE FOR THE CHRISTIAN** who knows the reality of being filled with the Holy Spirit and who lives constantly, moment by moment, under His gracious control. The Bible tells us that there are three kinds of people:

**1. NATURAL MAN**  
 (One who has not received Christ)  
 "But a natural man does not accept the things of the Spirit of God; for they are foolishness to him, and he cannot understand them, because they are spiritually appraised" (1 Corinthians 2:14).

**SELF-CONTROLLED LIFE**  
 E—Ego or finite self on the throne  
 †—Christ outside the life  
 •—Interests controlled by self, often resulting in discord and frustration

**2. SPIRITUAL MAN**  
 (One who is controlled and empowered by the Holy Spirit)  
 "But he who is spiritual appraises all things..." (1 Corinthians 2:15).

**CHRIST-CONTROLLED LIFE**  
 †—Christ on the throne of the life  
 E—Ego—self dethroned  
 •—Interests under control of infinite God, resulting in harmony with God's plan

**3. CARNAL MAN**  
 (One who has received Christ, but who lives in defeat because he trusts in his own efforts to live the Christian life)

**SELF-CONTROLLED LIFE**  
 E—Ego or finite self on the throne  
 †—Christ dethroned  
 •—Interests controlled by self, often resulting in discord and frustration

"And I, brethren, could not speak to you as to spiritual men, but as to carnal men, as to babes in Christ. I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able, for you are still carnal. For since there is jealousy and strife among you, are you not fleshly, and are you not walking like mere men?" (1 Corinthians 3:1-3).

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# Obey in the Spirit's power

“You don't wait for grace and then do what God has told you to do. You get enabling grace in motion.” That's because “God's grace is formfitted for your moment of need” (Paul Tripp, *New Morning Mercies*, entry for Nov 11)



“

Each one is tempted when he is carried away and enticed by his own lust [attack launched from his flesh]. Then when lust has conceived, it gives birth to sin [his new self loses the battle and chooses to sin].

”

James 1:13-15

Our flesh—a  
beachhead  
for sin




# Sinful Habits

- Example: some unbelievers have “hearts trained in greed” (2 Pet 2:14)
- “Trained” is from the Greek word *gumnazo* (we get gymnasium from it)
- Unbelievers have sinful habits and sinful desires (Gal 5:16-17, 24)
- Unbelievers have idols in the heart (Ezek 14:3; 20:16)
- Believers have a new heart with new desires
- In believers, those idols are residue left in their flesh (1 Jn 5:21; 1 Cor 10:14)

# Interplay Between Sinful Habits and Desires

Fleshly desires lead us to develop sinful habits.



Sinful habits serve our fleshly desires (idols).



After we're saved, those heart idols and habits reside in our flesh.



# Dealing with sinful habits

Remember

- Remember key truths

Remove

- Remove sinful habits

Replace

- Replace with new habits

Reinforce

- Reinforce your new self



# Remember key truths

We have died to sin and are alive to God

There is no condemnation for us in Christ

Christ fulfilled the law for us

The Spirit is extending life to our flesh

Nothing can separate us from the love of Christ

(Rom 6:11; 8:1, 4, 11, 31-39)

# Remove sinful habits

## Put off

(Eph 4:25-32; Col  
3:9-10; Rom  
6:12-13)

## Mortification

(Rom 8:13; Col  
3:5; 2 Cor 10:5)

## De-habituating

1 Tim 4:7

## *Mortification of Sin*

**“be killing sin or it will be  
killing you”**

**(John Own, *Works*, Vol 6, p. 9)**

# Replace with new habits

**Put on**

(Eph 4:25-32; Col  
3:9-10; Rom  
6:12-13)

**Vivification**  
(Rom 8:11)

**Re-habituatation**

1 Tim 4:7



## Vivification (quickenning)

“It is that act of God whereby the holy disposition of the soul is strengthened, holy exercises are increased, and thus a new course of life engendered and promoted”

(Louis Berkhof, *Systematic Theology*, p. 533)

# Dealing with sinful habits

## Remove sinful habits

Put off

Mortification

De-habituating

## Replace with new habits

Put on

Vivification

Re-habituating

# Reinforce your new self

*Goal: To strengthen your new self so that it is more successful in battles with sin*

2 Tim 3:16-17

Heb 5:13-14

Rom 12:2

# Directions for putting off and putting on

Discover what habit needs to be put off (lying)

Discover the biblical alternative (truth-telling)

Make plans for change

Determine steps that lead to the sin and make plan to prevent them

Get help from other believers

Stress that the whole life needs to follow Jesus (discipleship)

Practice the new habit

(Jay Adams, *The Christian Counsel's Manual*, pp. 191ff)



Holy Spirit  
extends more  
and more life  
to the flesh

