

## Mind, Will & Emotions - Part 2

### Walking in the Spirit vs. Walking in the Flesh

•**Galatians 5:16 & 19-25** "I say then: **Walk in the Spirit**, and you shall not fulfill the lusts of the FLESH." "Now the **works of the FLESH** are evident, which are: adultery, fornication, uncleanness, licentiousness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of anger, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you .....that those who practice such things will not inherit the kingdom of God. But **the fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have **crucified the FLESH** with its passions and desires. If we live in the Spirit, let us also **WALK in the Spirit.**"

What does it mean to walk in the Spirit? Is it the same as being filled with the Spirit? Paul contrasts being DRUNK with being FILLED with the Spirit. Instead of being drunk, which is to be "UNDER the INFLUENCE" of alcohol, we are to be "UNDER the INFLUENCE", or CONTROLLED by the **Holy Spirit**. It is the same as "walking in the Spirit" and the same as "letting the WORD of Christ dwell in you." It is NOT a ONE-TIME experience, but a continuous YIELDING of ourselves to the Holy Spirit's control in our lives. The literal Greek is "keep being filled" with the Spirit.

- Ephesians 5:18-19** "And do not be drunk with wine, in which is dissipation; but **BE FILLED with the Spirit**, speaking to one another psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord."
- Colossians 3:16** "Let the **WORD of Christ dwell in you richly** in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your HEARTS to the Lord."

Walking in the Spirit, then, is a DAILY decision and ACT of your WILL to turn over every area of your life: MIND, EMOTIONS, and physical BODY to the control of the Holy Spirit. According to the Bible, a person **operating in the MIND, EMOTIONS, and physical BODY only** is said to be "walking in the FLESH (see Romans 8:1-14). As you SURRENDER your life to God every day, and ask the Holy Spirit to take control, remember these three areas of "the flesh" and how to handle each one:

**(1) BODY** - Discipline your body; with your will keep it in submission to God's will - tell IT what to do (I Cor. 9:27), and present it as a living sacrifice to God (Rom. 12:1); **(2) MIND** - Renew your mind with the word of God, and take every thought captive to the obedience of Christ (Romans 12:2, II Cor. 10:3-5); and **(3) EMOTIONS** - Refuse to live by your feelings - your feelings and emotions are highly unreliable (Jeremiah 17:9, I Cor. 3:1-3).

•**Read Colossians 3:1-10** "Set your MIND on things above, not on things on the earth." "Therefore put to DEATH your members which are on the earth; fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry." "But now YOU also must PUT OFF all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds."

•**Romans 6:12-13** "Do not LET sin reign (have control) in your mortal body, that you should obey it in its desires. And do not present your members [*of your body*] as instruments of unrighteousness unto sin, but yield yourselves unto God, as those that are alive from the dead, and your members (parts of your body) as instruments of righteousness unto God."

How are mind, will and emotions different from our HEART? When the Bible speaks of the HEART, in most cases, it means the SOUL area of man: specifically, the mind and emotions together. In Matt. 15:16-20 it says "thoughts" and "blasphemies" (speaking against God) and

"lies" come from the heart. All these are things originating in our MIND, which is part of the soul. Every outward sinful action first begins as a thought, so the "murders, adulteries, fornications, and thefts" would also come from the MIND and the EMOTIONS, and then the WILL makes a decision to ACT OUT on those thoughts and feelings. According to the following verses, these are some of the things **our flesh and mind are capable of** apart from the control of the Holy Spirit:

- Matthew 15:16-20** "So Jesus said, 'Are you also still without understanding? Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth **come from the HEART**, and they defile a man. For **out of the HEART proceed evil thoughts**, murders, adulteries, fornications, thefts, false witness (lying), blasphemies. These are the things which defile a man, but to eat with unwashed hands does not defile a man.'"
- Ephesians 2:3** "Among whom we also all **conducted ourselves** in the lusts of the flesh, fulfilling the **desires of the FLESH and of the MIND**; and were by nature the children of wrath, just as others."
- Gal. 5:19-25** "Now the **works of the FLESH** are evident, which are: adultery, fornication, uncleanness, licentiousness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of anger, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like...."
- Matthew 12:34-35** ".....for out of **the abundance of the HEART** the mouth speaks. A good man out of the **good treasure of his HEART** brings forth good things, and **an evil man out of the evil treasure** brings forth evil things."
- Jeremiah 17:9-10** "**The HEART is deceitful** above all things, and desperately wicked; who can know it? I the Lord **SEARCH** the HEART....."
- Proverbs 18:2** "A fool has no delight in understanding, but [*only*] in **expressing his own HEART** (his own feelings and opinions)."

Our outward actions will only be TRANSFORMED, or changed for the better, as we RENEW our minds with the word of God (also called "hiding the word in our HEARTS"). Jesus refers to this renewed mind and transformed heart as the "good man bringing forth GOOD THINGS out of the GOOD treasure of his heart." Only **the MIND renewed with the word of God**, and the HEART surrendered to the Holy Spirit can produce GOOD things.

- Matthew 12:34-35** ".....for out of **the abundance of the HEART** the mouth speaks. A good man out of the **GOOD TREASURE of his HEART** brings forth good things...."
- Romans 12:2** "And be not conformed to this world, but be **transformed by the renewing of your MIND**, that you may prove what is that **GOOD** and acceptable and perfect will of God."
- Psalm 119:11** "Your word have I **hidden in my HEART** that I might not sin against You."
- Psalm 19:8 & 14** "The statutes of the Lord are right, **rejoicing the HEART**, the commandment of the Lord is pure, enlightening the eyes." "Let the words of my mouth, and **the meditation of my HEART** be acceptable in Your sight, O Lord."
- Psalm 139:23-24** "Search me, O God, and **know my HEART**; try me, and know my THOUGHTS: and see if there be any wicked way in me, and lead me in the way everlasting."
- Gal. 5:22-23** "But **the fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have **crucified the FLESH** with its passions and desires. If we live in the Spirit, let us also **WALK in the Spirit**."

What is our problem many times? We have allowed our mind and emotions (our own understanding of outward circumstances) to **rule and guide us** instead of God's word. "So what can I do?" you say, "I've been letting my emotions, feelings, NEGATIVE THINKING and circumstances rule my life for so long, it's become a stronghold. Well, God's word has the answer for "pulling down the strongholds" in our lives, and we do it ONE THOUGHT at a time!

•**II Corinthians 10:3-5** ".....the weapons of our warfare are not carnal (merely human), but mighty through God to the **pulling down of strongholds**; casting down imaginations, and every high thing (thoughts, lies from Satan) that exalts itself against the knowledge of God, and **bringing into captivity EVERY THOUGHT** to the OBEDIENCE OF CHRIST."

"Okay, I've heard that before, but HOW do I cast out wrong thoughts and take them captive to the obedience of Christ?" I believe Jesus Himself gives us an example in Matthew 16:21-23. Peter had tried to tell Jesus that He wouldn't have to go to the cross and die (same temptation as Satan gave in the wilderness, Matt. 4:8-10). Jesus immediately RECOGNIZED that suggestion was AGAINST the will of God for Him, and He said, "**Get behind Me, Satan!** You are an offense to Me, for **you are not mindful of the THINGS of GOD**, but the things of men." You could say something like this, "I command these thoughts to get out of my mind, in the name of Jesus! These thoughts (suggestions, temptations, negative thoughts) are AGAINST God's will, and I WILL NOT entertain these thoughts." Then immediately, replace those thoughts with the TRUTH from God's word regarding that particular temptation or doubt, by saying those scriptures out loud! With your FREE WILL, **make a DECISION** and **CHOOSE to believe God's word ahead of time**, BEFORE you get in the middle of some crisis, or you will end up **believing your emotions** and going with your feelings.