

5. Pray about something you might confess to a trusted friend. Write it here or in your phone and share it with them.

The Fight

"The Fight Against the Flesh"
Matthew 4:1-11

The Fight

Immediate desires sabotage _____ desires.

6. In what way(s) do you need to practice self-denial in this coming season?

"[Flesh is] the corruption that sin has introduced into our very appetites and instincts." - Eugene Peterson

Galatians 5:¹⁹⁻²¹ "Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these."

You fight desire by _____ God.

"The entire life of a good Christian is in fact an exercise of holy desire. You do not yet see what you long for, but the very act of desiring prepares you, so that when he comes you may see and be utterly satisfied. So, my brethren, let us continue to desire, for we shall be filled. Such is our Christian life. By desiring heaven we exercise the powers of our soul. Now this exercise will be effective only to the extent that we free ourselves from desires leading to infatuation with this world."
- St. Augustine

You fight desire with _____.

"Sin is unwillingness to trust that what God wants for me is only my deepest happiness." - St. Ignatius

You fight desire with true _____.

You are now free to be who _____ created you to be, not what you create you to be.

Matthew 16:24-26 "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?"

Fight the fight _____ of time

Sometimes to win the fight, you need to _____ the flight.

1 Timothy 6:11 "But flee from [sinful actions], you man of God, and pursue righteousness, godliness, faith, love, perseverance and gentleness."

Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week's sermon, what particularly caught your attention, challenged, or confused you?
2. What competing desires battle against each other most in you?
3. Read Galatians 5:16-26. How do you practice walking in the Spirit vs the flesh?
4. Examine your ultimate desires. What gets in the way of these desires on a daily basis?