

Controlling You Flesh pt.2

Sermon Title: Controlling Your Flesh pt.2

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Speaker: C. Elijah Bronner

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Thank you for joining at Brothers of the Word because brother you need the Word!

We welcome all of you who joining us by television and those of you who joining us at the AirJesus.com, I'm just delighted to have you and stay tuned to today's message. We would like to share just a little humor as I normally do; it came into my email this week. And it reads, "A little girl and a little boy where at daycare one day and the girl approached the boy and says, "Hey, Tommy, you want to play house?" And he says, "Sure, what do you want me to do?" And the girl replied, "I want you to communicate your thoughts." "Communicate my thoughts?" said a bewildered Tommy, "I have no idea what that means." The little girl smirks and says, "Perfect, you can be the husband."

Open your Bible if you will to 1 Corinthians 9. Let's begin reading with verse 24 in, 1 Corinthians 9:24, ready read, (24) Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. (25) And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. (26) I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: (27) But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

And I just love that last verse in this particular translation but I discipline– verse 27, "But I discipline my body and keep it under control." And so, we are using as the subject part 2 of "Controlling Your Flesh." And notice what – notice what it says there in the translation and I just read this as, "But I discipline my body and keep it under control." And Paul says that, "That anybody that achieves mastery in anything is temperate or it has control over himself, over his flesh, over his body and so we are talking about of controlling – "Controlling Your Flesh."

I told you that the LORD highlighted to me this particular verse a couple of weeks ago and just highlighted it to me and showed me an area where my flesh was dominating my life and when I saw it, I recognize it immediately and I made the adjustment. I made the change and said, "LORD I see it and you don't have to worry about that, I will bring my body under control. I will discipline myself where I need to be in this particular area and get right back where I need to be." Well, I saw that instantly and since I started teaching this, I've seen two more areas. I wrote those down as well and I say, "LORD, I see this two areas and I'm going to bring those in the control and don't need of allowing any area of my life where my flesh is leading me, where my flesh is dominating me and it's an area that's getting out of control."

I said, "So, LORD, now that you brought the first area to my attention. I see two other areas. So I want to challenge the all of you all. Look at every area of your life because we all have different areas where we get out of control. No one really has mastery over every part of life. Some people or better at some things than they are

at other things. So some people may have mastery over their money but they, you know, they may not have mastery over their pride. You know, so their pride could be out of whack. So we all have something that we need to work on in different areas on life where we need to bring ourselves in to control and control our flesh and so I wrote down – I have three areas, one I have already licked. I've already lick one and I got two left to lick.

Now, when you start making out your list and you will see how many areas you have to lick but I'm talking about areas where the flesh is leading you. Where you are out of control and your flesh is doing what it wants to do and you know what it – you know it's not quite right, you know it's not disciplined behavior. You know what it's not mastery. You know what it's not the best and it's sloppy, it's lazy, it is – it is not where it should be and you know your flesh is just having a filled day. And it's just driving the car with the window down waving his hand out and enjoying the sun. Your flesh is driving your life and you know is out of control. You know it's not right and he is just having a filled day.

It kind of reminds me of the commercial where I think it's Mucinex where the mucus has just taken over the body and this bigger mucus creatures they end up, they are just having a party, they've moved in. That's kind of our flesh is. It loves to dominate. It loves to takeover. It loves to take charge and it will drive your life until it clicks it in a place where it is completely out of control. The flesh left to itself will—it will lead to distraction. It will dominate your life. Here are some things the Bible says that Romans 8:7-8 says that, "Those who are governed by the flesh cannot please God."

Those who are governed by the flesh cannot please God. The carnal mind is enmity against God. And I thought about that, then I said, "Why is that – why is the flesh against God and God against the flesh, why? Why don't they run together?" Well, it's because God wants you to do those things that are working for you. For your benefit, God wants you to do those things that are going to produce growth and development in you and make you a better person when he can have better use of you. Where his character is reflected in you, where you become more like him and you – where you are living in all levels. You know, in a better place where it's profitable to you and it's profitable to those around you.

Its profitable to the Kingdom of God, it was profitable to the world. And so God always influences us to live that way and to do those types of things. Well, the flesh is just the opposite and see what they're at odds against each other while their enmity against each other. The flesh loves to gratify itself with things that feel good, things that are convenient, things that are easy, things that are ungodly, things that are unprofitable, things that are unproductive, things that are unhealthy.

You know, those are just some of the categories – those are the things that the flesh it always is going to lead to something that's unproductive, that it's ungodly, it's unhealthy. One man said, "If anything is illegal, immoral, or fattening he is all for it." You know he was enjoying the fruits of the flesh. He said, "If it's illegal, immoral or fattening, he wanted to be in on it." That's the way the flesh is. It's always going to lead to those things that feel good, those thing that are convenient, those things that are easy. So notice it's not producing development. It's not producing character. It's not producing anything. It's not causing you to be disciplined. It's not making your better. It's not bringing the best out of you. So, it's always going to be unprofitable. It's going to be unproductive. It's always going to be unhealthy.

I remember one day, I came home, it was actually a Saturday and I got the TV remote and I got ready to jump on the sofa and to eat me a bag of chips and just watch TV. Well, that's was my flesh ruling. That's was flesh ruling. And I remember, I stood up and I said, "No, no, no just for that we going on a bike ride." And I made myself going on a nine mile bike ride that they just to rebel against the laziness of my flesh. My flesh didn't want to go on that bike ride. It wanted to lay on the couch, eat potato chips and watch TV.

Now, don't get me wrong, there's nothing wrong that. I understand leisure and relaxation. You need that but if you allow too much of that, the older flesh would take over and that's all you'll end up ever doing. You'll end up—you can't even get off the couch. You are watching TV all the time and all you're doing is eating and so that's the way the flesh is. If you leave in there long enough, it will start driving. And it will never want you to get of it. So I remember – I consciously rebelled, I said, "Oh no, oh no, oh no." And I left the house, got on my bike and rode nine miles. I said, "Now, deal with that body. You deal with that." And I said, "If you give me anymore problem. We'll I'm going to bring you right back out here for nine more miles.

Well, that's the way you got to deal with your body. That's the way you got to deal with your flesh. You can't allow it to control you. You can't allow it to drive you and you got to be in control. It will be a great if we can just leave it all up to God and say, "God control our lives." No God wants you to discipline your flesh, control your flesh, and for you to be and have mastery over your flesh and have dominion over your flesh and to subdue your flesh and to do something with it.

So the flesh always leads you to those things. It's always gratifying itself with those things that feel good, those things that are convenient, those things that easy. Ungodly, unprofitable, unproductive, unhealthy—It's always working against your spirit, your body, your mind. Its alwayt's always working against your relationships, your finances, and your integrity. It just loves to be lazy and undisciplined and you know it doesn't want to move towards the development and

doesn't want to be held like – it doesn't want to have any regulation. It doesn't want to be fitting into a schedule and so forth.

And so your flesh is always leading you and that's why its enmity against God. The Spirit of God is the opposite. Spirit of God is going to always lead you to development. It's going to always lead you to be better. It's going to always lead you to grow and to mature. It's going to always challenge you to bring out the best in you. It's going to always try to bring you to your destiny and to get to your destiny, you must be disciplined. You must have mastery. And that's why the Paul said, he was looking at those athletes and said, "One thing I'm noticing about all of these world class athletes, they have mastery over their flesh and they do it to achieve something that will fade away." But he said, "We as people of God, we as Christians, we who have been Born Again. We should subdue our flesh. We should have discipline in our lives. We should control ourselves because we got something eternal we're working for. We have an eternal Glory and Price that we are seeking and we are after. And so how much more, should we be controlling our flesh.

I like something that the Apostle Paul says in Romans 7. You will see in Romans 7:18 and he says, "In my flesh dwelleth no good thing." He said there's nothing good in my flesh at all. And in fact in Roman 7:15-25, he talks about the struggle that he was having between his flesh and his spirit.

And he said the things that I want to do, I don't do. And he said the thing that I don't want to do and that's where I find myself doing. And so he was – he was in a situation. He was showing you what happens when your flesh is in control. When it is in the driver seat and how it will just run your life. Now, he didn't stop there and some people think he did, he was just using that as an illustration to show you that if you are not disciplined and if you are not following God, this is exactly what will happen, you won't be able to control yourself. You will find yourself doing the things you don't want to do.

When he says the things that you want to do, the things that are of God, that what God is telling you not to do them and you're doing them anyway. He said, "You will find yourself doing those things that you don't want to do not doing the thing God is telling you to do.

He said, "Because of your flesh." And so that is in chapter 7 but if you read the Bible as an open book without chapter and verse. It flows right in the chapter 8 and he goes on. He said, "But wait a minute." He said but now that we are in Christ Jesus, we aren't lead by the flesh. He said, "Now, we are lead by God's Spirit and he said, "So now, I'm no longer bound to the dictates, to the prompting, to the leadings and the appetites and the cravings and the desires of my flesh. He said, "Now, I can live my life by the dictates, the promptings, the leadings and the desires of the Holy Spirit.

So, he said now, Christ is— “He is leading my life”. He said, “Now my flesh is crucified and now Christ is ahead of my life and I can follow him. And because I followed him, he leads me into a way that’s productive and a way that’s full of life and peace and a way that’s pleasing to God and a way where I develop and grow.”

And so, he shares that—that by the Spirit we can habitually put to death the works of the flesh. If we submit ourselves and listen to what the Holy Spirit is leading you in your life as opposed to listening to what your flesh is leading to you. You are going to always have two opposing forces speaking to you into your life, which one are you going to listen to? Are you going to listen to your flesh? Are you going to listen to the spirit of God when you’re waking up in the morning and the spirit of God says, “Hey, spend time with me. Pray and read your Bible.” And your flesh says, “No, I just rather lay here another 15 minutes and then rush off to work.”

Which one are you going to listen to? You can always have two opposing forces and so Paul is saying, “We as born again Christians, we’ve been freed to follow the Holy Spirit.” We no longer have to follow the dictates of the flesh. We can now follow the promptings and the leadings and the desires and cravings and the dictates of God’s Holy Spirit. Give God a praise right there.

1 Peter 4:2 says this, “We no longer live by our own human appetites, desires, cravings, lust, but we should live for what God wills.” Romans 12:1 says, “I beseech you therefore, brethren, by all the mercies of God, that you would present your bodies a living sacrifice.” Notice what it said, now, we under the New Testament, we are not bringing sacrifices and you know we are not out killing animals and doing all this things to God, he says now, our sacrifice is keeping your flesh under control. You become a living sacrifice when you lay on the altar. You are fleshly lust and your fleshly cravings and your fleshly desire. When you subdue those things and put them down and choose to follow God’s way instead you just made a sacrifice to God. So, he says, “Present your bodies a living sacrifice which is your reasonable service now as born again Christians as people that are Spirit lead.

In fact the Bible says, “As many as are lead by the spirit they are the sons of God. And notice it didn’t say as many as are lead by the flesh. It said, “As many as are lead by the Spirit of God, they are the sons of God. So if you are lead by the flesh, you have to now question whether or not you are a son of God and that’s why it made that distinction. It says, for as many as are lead and in fact, he was just talking about the battle between those who are following the flesh and following the spirit. But it says, “For as many who are lead by the spirit, they are the sons of God.”

So, we are God’s sons when we follow his spirit and when we follow his prompting and his leadings as he wills for us. And I begin to jot down some areas. Some areas

in our flesh where we need to control and discipline and we all have areas, some are different than others. Some of us are stronger in certain areas and others are weaker in certain areas but we all have areas to work in, but here are some things I jotted down.

1. We ought to discipline and control ourselves in the things that we eat. We got into that a little bit last week. For some, some people need to bring control where, you know, it could be sweets – where sweets are concerned. Pastor Nathaniel has told many times that he knows, you know, he has a weakness to sweets and so, what he does, he said, when people bake him cakes. He does not allow them to be brought into his house. And that's what – that's a powerful key. I think he gives us—don't even bring it at home. That's one way to help control your flesh. Your flesh can't get a hold of it if it was not there. And so he doesn't even bring it home. And so, I like that little safe guard there that he uses. So, that's one key and for some people they need to control in the area of eating. They may eat too much.

You know, some people live to eat. Some people – some people live to eat. I want to say that again, some people live to eat. Every time you see them, Let's go eat. Some people live to eat for the enjoyment of eating and you can actually get out of control. You can actually get out of control. You shouldn't be living to eat. In fact you'll find as you get older and older in life. You got to start eating to live. You got to start – turn to your neighbor and say, you have to eat to live. “You have to eat to live.” You have to eat to live. So some people eat too much.

One key that you can use is trying to control your flesh. Try eating smaller portions. Eat smaller portions. That's a big key that science even tells us helps our health a lot in your longevity in life is to eat smaller portions. For some, it's eating too late at night. You need to bring discipline into their flesh because they eat too late at night and that's really hard on the body. When you eat late at night your body is up all night trying to digest that mess you just put in it. You think you're asleep, you're not asleep, you're body is working. Your body is working, you just ate a BigMac and a shake and went to bed and you think you're asleep. No, your body is up, your body is working the night shift. It's trying to digest that crap you just put in it.

Some people struggle with eating too late at night. In fact, I ran into a man on a cruise. He told me that he had burned a hole in his esophagus, because he said he was eating late at night. He said, what happened, “I was eating late at night, when I got home late at night for work. I ate this big meal and I go to sleep.” He said what was happening; all of the acid in my stomach, trying to digest that food was flowing. Since I'm lying down, that acid was flowing up my esophagus. And the acid, he said it burned a hole down there. And he said, he realized, it was because I

was eating so late and lying down. And then he said, the acid just burned a hole in his esophagus.

So he was letting everybody know. “Hey, don’t eat late. Look at what happened to me.” I turned to him and I said, “Thank you sir. I appreciate that.” Then I said, “By the way, are you going to eat that chicken leg?”

For others, they could be eating things like too much coffee or too much – too many soft drinks. And I had – we had a lady that we worked with and she was drinking two liters of Pepsi everyday. Everyday she drank it breakfast, lunch, and dinner snack or bedtime snack, early morning snack, in between meals two liters. She just kept the two-liter bottle on the desk and she made sure she finished it off everyday but she – You see how the flesh—she probably started with something small but the longer you leave it in, look how big, two liters. Next year she’ll start coming in with two gallon jugs, then she’ll bring a keg of Pepsi, seated on her desk.

You see, that’s the way the flesh – that once it gets in there it just takes you and then you look at one day and say, “My God, what am I doing drinking two liters of Pepsi a day?” Well, you know, so different people have different things. For some people it’s too much fast food or fried food. For some, it’s refusing to eat an abundance of fresh fruit and vegetables. I like something that Drew Carey said, he had a bypass surgery after one of his major arteries were clogged and somebody asked because he was relatively a young man. Somebody asked him, “Do you eat vegetables?” he said, “Only if they are wrapped in bacon.”

So he realized that he had a problem, he had a problem but his flesh has just gotten –got out of control. And so those are some things that you can do and I want to give you a couple of keys that you can do.

1. Don’t bring it in the house.
2. Eat smaller portions.

Here is a key of one man gave me, he said that as far as sweets were concerned. What he would do, he would use a system called the Reward-Yourself-System. And he said, “What I would do, I ride my bike 60 miles.” If I do that twice a week then I’ll treat myself to desert.” But he said, “I feel good eating desert and I’ve ridden a 120 miles.” I said, “Sir, you deserve a piece desert after riding a 120 miles in a week.” So he used a reward system. That’s something you can do. You can still treat yourself but build them a strong discipline. Make yourself work for it, make yourself work it.

Well, we’ll do part three, I thought I was going to finish it tonight but nowhere near finished. We got to go through some areas and I want to take you through as many areas of the flesh as we can and offer some solutions to some areas that I have. But we will go through Proverb 6 and 7, in different areas of the flesh and just begin to

hammer them down in my purpose and hope. And what the Spirit of God was just saying to me or leading is that as people here, certain areas, it will bring enlightenment and it will strengthen them to overcome and master that area where they have been laying down and just allowing the flesh to run over them and to have a weakness and to have that area out of control. As they hear it and highlight it, even if I don't necessarily give a perfect solution to it and just as they hear and highlight it. It will register something them and it's going to make them rise up. The Spirit of God is on the inside and the same Spirit that raised Jesus from the dead and lives on the inside of you.

And that same Spirit that raised Jesus from the dead is there to quicken your mortal body, to bring it under control and to bring it, to subdue itself and to discipline itself so, that you can have a victory in every area of life.

So we will get into some, and next week I'm excited about it. You know, I'm really excited to live a more disciplined life, a more of control life. And so, I've already written down three areas for myself, so get you notepad out this week and let the Spirit of God talk to you about certain areas where your flesh is out of control and you know it's out of control and allow the Spirit of God, the light of God's word and his Spirit to come in and to subdue it.

Men, we're out of time, I want you to go to AirJesus.com and you can listen to this message – Message #7455 and its entirety. And you can email to friend absolutely free of charge. Thank you so much for joining us today at Brothers of the Word because brother you need the Word!