**Women of Warfare “WOW” Class 9**

**“The War Within” by Connie Stoffel**

**Friday, October 26th, 2018**

**Galatians 5:17**

**17**For the flesh desires what is contrary to the Spirit,

and the Spirit what is contrary to the flesh.

They are in conflict with each other,

so that you are not to do whateveryou want.

[**Gal 5:17**](verseid:48.5.17) For [G1063](num:G1063)  the [G3588](num:G3588)  flesh [G4561](num:G4561)  lusteth [G1937](num:G1937)  against [G2596](num:G2596)  the [G3588](num:G3588)  Spirit, [G4151](num:G4151)  and [G1161](num:G1161)  the [G3588](num:G3588)  Spirit [G4151](num:G4151)  against [G2596](num:G2596)  the [G3588](num:G3588)  flesh: [G4561](num:G4561)  and [G1161](num:G1161)  these [G5023](num:G5023)  are contrary [G480](num:G480)  the one to the other: [G240](num:G240)  so that [G2443](num:G2443)  ye cannot [G3361](num:G3361)  do [G4160](num:G4160)  the things [G5023](num:G5023)  that [G3739](num:G3739) [G302](num:G302)  ye would. [G2309](num:G2309)

* **FLESH:** [**G4561**](num:G4561)σάρξsarxProbably from the base of [G4563](num:G4563); *flesh* (as *stripped* of the skin), that is, (strictly) the *meat* of an animal (as food), or (by extension) the *body* (as opposed to the soul (or spirit), or as the symbol of what is external, or as the means of kindred, or (by implication) ***human nature* (with its frailties (physically or morally) and passions**), or (specifically) a *human being* (as such): - carnal (-ly, + -ly minded), flesh ([-ly]).
* **LUSTETH:** [**G1937**](num:G1937)ἐπιθυμέω epithumeō *ep-ee-thoo-meh'-o* From [G1909](num:G1909) and [G2372](num:G2372); **to set the *hear****t upon*, that is, *long* for (rightfully or otherwise): - covet, desire, would fain, lust (after).
* **AGAINST: G2596** κατάkata*kat-ah'*A primary particle; (preposition) *down* (in place or time), in varied relations (according to the case [genitive, dative or accusative] with which it is joined)*:* - about, according as (to), after, against, (when they were) X alone, among, and, X apart, (even, like) as (concerning, pertaining to, touching), X aside, at, before, beyond, by, to the charge of, [charita-] bly, concerning, + covered, [dai-] ly, down, every, (+ far more) exceeding, X more excellent, for, from . . . to, godly, in (-asmuch, divers, every, -to, respect of), . . . by, after the manner of, + by any means, beyond (out of) measure, X mightily, more, X natural, of (up-) on (X part), out (of every), over against, (+ your) X own, + particularly, so, through (-oughout, -oughout every), thus, (un-) to (-gether, -ward), X uttermost, where (-by), with***. In composition it retains many of these applications, and frequently denotes opposition, distribution or intensity.***
* **SPIRIT: G4151:** πνεῦμα pneuma *pnyoo'-mah* From [G4154](num:G4154); a current of air, that is, breath (blast) or a breeze; by analogy or figuratively a spirit, that is, (human) the rational soul, (by implication) vital principle, mental disposition, etc., or (superhuman) an angel, daemon, or (divine) God, **Christ’s spirit, the Holy spirit: - ghost, life, spirit** (-ual, -ually), mind. Compare [G5590](num:G5590).

# Let’s turn to: **Genesis 25:21-24**

**21**Isaac prayed to the Lord on behalf of his wife, because she was childless.  The Lord answered his prayer, and his wife Rebekah became pregnant. *22The babies jostled each other within her, and she said,* “Why is this happening to me?” So she went to inquire of the Lord.

**23**The Lord said to her,

“Two nations are in your womb,  
    and two peoples from within you will be separated;  
one people will be stronger than the other,  
    and the older will serve the younger.”

**24**When the time came for her to give birth, there were twin boys in her womb.

In the original Hebrew it reads:

[**Gen 25:22**](verseid:1.25.22) And the children [H1121](num:H1121)  struggled together [H7533](num:H7533)  within [H7130](num:H7130)  her; and she said, [H559](num:H559)  If [H518](num:H518)  *it be* so, [H3651](num:H3651)  why [H4100](num:H4100)  *am* I [H595](num:H595)  thus? [H2088](num:H2088)  And she went [H1980](num:H1980)  to enquire [H1875](num:H1875)  of( [H853](num:H853) ) the LORD. [H3068](num:H3068)

I want to take a look at the words:

**H7533L:  *STRUGGLED TOGETHER:*** רָצַץ râtsats *raw-tsats'*

A primitive root; to *crack* in pieces, literally or figuratively: - break, bruise, crush, discourage, oppress, struggle together.

Rebecca’s twins were far from identical. They were as different as night and day!

This is actually quite a revealing picture of the development which often takes place once we make the full commitment to follow Christ. Just as Rebecca was barren, we are barren until we allow the Holy Spirit to come upon us.

Think of the spirit being a seed planted in our spiritual womb. When the Holy Spirit takes root in us its as if two kingdoms are growing inside us. They are both fighting for the right to exist and dominate.

They are both in need of substance but there is a difference in what they need to become healthy.

* The Flesh wants nourishment from the Flesh.
* The Spirit wants nourishment from the Spirit.

With a lot of believers, its at this point that they see that there is a battle between their Flesh and their Spirit as the reality of the “War Within!” They soon find that the battle steals their joy and they don’t really understand what’s happening.

It is at this point that many become shattered. The Flesh Child has a lot of nourishment that is readily available, ***and it is so much stronger than we can imagine.***

***Its sole purpose is to bully the Spirit growing inside you!***

***It wants to fight you to the do death***:

**Romans 8:13:**

**13*For if you live according to the flesh, you will die***; but if by the Spirit you put to death the misdeeds of the body, you will live.

[**Rom 8:13**](verseid:45.8.13) **For**[**G1063**](num:G1063)**if**[**G1487**](num:G1487)**ye live**[**G2198**](num:G2198)**after**[**G2596**](num:G2596)**the flesh,**[**G4561**](num:G4561)**ye shall**[**G3195**](num:G3195)**die:**[**G599**](num:G599)but [G1161](num:G1161)  if [G1487](num:G1487)  ye through the Spirit [G4151](num:G4151)  do mortify [G2289](num:G2289)  the [G3588](num:G3588)  deeds [G4234](num:G4234)  of the [G3588](num:G3588)  body, [G4983](num:G4983)  ye shall live. [G2198](num:G2198)

***DIE:*** [**G599**](num:G599)ἀποθνήσκωapothnēskō*ap-oth-nace'-ko* - From [G575](num:G575) and [G2348](num:G2348); to *die* off (literally or figuratively): - be dead, death, die, lie a-dying, be slain (X with).

The Holy Spirit within you, who belongs completely to God’s kingdom, and our flesh, which has always been an ally of Satan’s kingdom, can never come to terms.

***Our Flesh wants the Spirit dead!***

**It is impossible for the two to co-exist peacefully.**

This is why it is so important that we BIND the Strongman of our flesh!

Our FLESH has two very close friends which are always at hand to support it and urge it on continually. Two Companions:

* The World
* Satan

These three combined, our flesh, the world and the devil are relentless foes who are bent on your destruction.

**James warns us of the war clearly in scripture:**

**James 4:4:** …. don’t you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.

And in the same context in Verse 7 he adds: “Resist the Devil”

We ***have a part to play.***

Romans 8:13: ***OUR RESPONSIBILITY:***

“for if you are living according to the flesh, you must die; ***but if by the Spirit you are putting to death the deeds of the body, you will live.***

Our victory through Christ is not automatic: He wants to help us to overcome our flesh, but it all rest on us having an intimate, close relationship with Him.

We must resist the devil, put to death our flesh and keep our eyes wide open for the escape from temptation:

**1 Corinthians 10: 12-14:** “Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Therefore, my beloved, ***flee from idolatry.***

Just like Paul, we all have this “War Within” and it is ready to flare up at any point of our day. This potential conflict will be with us until the Lord takes us to heaven.

Jesus experienced the same “War Within” for He was also flesh.

**John 1:14:** And the Word became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth.

**Romans 1:3**: concerning His Son, who was born of a descendant of David according to the flesh,

**Philippians 2:8:** Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

**Hebrew 2:14:** Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil,

**Philippians 2:6-7:** who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men.

**We know Jesus was tempted in all points just as us:**

**Hebrews 4:14-15** “Therefore, since we have such a great high priest who has passed through the heavens, Jesus the Son of God, let us hold firmly to what we profess. For [we do not have](https://biblehub.com/greek/2192.htm) [a high priest](https://biblehub.com/greek/749.htm) [who is unable](https://biblehub.com/greek/1410.htm) [to sympathize](https://biblehub.com/greek/4834.htm) with our [weaknesses,](https://biblehub.com/greek/769.htm) [but we have](https://biblehub.com/greek/1161.htm) [one who was tempted](https://biblehub.com/greek/3985.htm) in every [that](https://biblehub.com/greek/2596.htm) [we are,](https://biblehub.com/greek/3665.htm) [yet was without](https://biblehub.com/greek/5565.htm) [sin.](https://biblehub.com/greek/266.htm) Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.…

Back to the Flesh for a moment:

Paul said of himself:

**Romans 7:18:** For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

I love Paul’s word play in **Romans 8:1-8 I call it “The War Within – The Mind”:**

“Therefore there is now no condemnation for those who are in Christ Jesus. [**2**](https://biblehub.com/romans/8-2.htm)For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. [**3**](https://biblehub.com/romans/8-3.htm)For what the Law could not do, weak as it was through the flesh, God *did:* sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh, [***4***](https://biblehub.com/romans/8-4.htm)***so that the requirement of the Law might be fulfilled in us, WHO DO NOT WALK ACCORDING TO THE FLESH but according to the Spirit.***

For those who are according to the flesh ***set their minds*** on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. [**6**](https://biblehub.com/romans/8-6.htm)For the ***mind set*** on the flesh is death, ***but the mind set*** on the Spirit is life and peace, [**7**](https://biblehub.com/romans/8-7.htm)because ***the mind set*** on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able *to do so,* [**8**](https://biblehub.com/romans/8-8.htm)and those who are in the flesh cannot please God.

Verse 5: The FLESH sets its MIND: has its mind on the things of the flesh

Verse 6: The MIND SET ON THE FLESH: has its mind set on death

Verse 7: The MIND SET ON THE FLESH: is hostile toward God and cannot please God

Verse 5: The Spirit SETS ITS MIND: according to the Spirit

Verse 6: The Spirit SETS ITS MIND: on life and peace

It all has to do with the battle of the mind……

Paul said that we are to …. put no confidence in the Flesh:

* ***I encourage you to read Philippians 3:1 – 4”1***

***You might want to do a word study on FLESH:***

More Scriptures on the Flesh:

**1 Corinthians 15:39:** For not all flesh is the same, but there is one kind for humans, another for animals, another for birds, and another for fish.

**1 Corinthians 15:50:** I tell you this, brothers: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

**Galatians 5:24:** And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

**Galatians 6:8**: For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

**1 John 2:16:** For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world.

This is why we need to nourish the Spirit Child growing within us. It needs to become strong.

Notice something in these two scriptures:

***Romans 8:4***

“**so that the requirement of the Law might be fulfilled in us, WHO DO NOT WALK ACCORDING TO THE FLESH but according to the Spirit.**

***Galatians 5:16:***

**So I say, *walk by the Spirit*, and you will not gratify the desires of the flesh.**

[**Rom 8:4**](verseid:45.8.4)  That [G2443](num:G2443)  the [G3588](num:G3588)  righteousness [G1345](num:G1345)  of the [G3588](num:G3588)  law [G3551](num:G3551)  might be

fulfilled [G4137](num:G4137)  in [G1722](num:G1722)  us, [G2254](num:G2254)  who walk [G4043](num:G4043)  not [G3361](num:G3361)  after [G2596](num:G2596)  the flesh, [G4561](num:G4561)  but [G235](num:G235)  after [G2596](num:G2596)  the Spirit. [G4151](num:G4151)

[**Gal 5:16**](verseid:48.5.16)  *This* I say [G3004](num:G3004)  then, [G1161](num:G1161)  Walk [G4043](num:G4043)  in the Spirit, [G4151](num:G4151)  and [G2532](num:G2532)  ye shall not [G3364](num:G3364)  fulfil [G5055](num:G5055)  the lust [G1939](num:G1939)  of the flesh. [G4561](num:G4561)

What is one way we can win this “War Within?”

We can ***WALK*** in the Spirit!

**WALK:** **G4043:** περιπατέω peripateō *per-ee-pat-eh'-o* From [G4012](num:G4012) and [G3961](num:G3961); to *tread* all *around*, that is, *walk* at large (especially as proof of ability); figuratively to *live*, *deport oneself*, *follow* (as a companion or votary): - go, be occupied with, walk (about).

**G4012** περί peri*per-ee'*From the base of [G4008](num:G4008); properly *through* (all *over*), that is, *around*; figuratively *with respect* to; used in various applications, of place, cause or time (with the genitive case denoting the *subject* or *occasion* or *superlative* point; with the accusative case the *locality*, *circuit*, *matter*, *circumstance* or general *period*): - (there-) about, above, against, at, on behalf of, X and his company, which concern, (as) concerning, for, X how it will go with, ( [there-, where-]) of, on, over, pertaining (to), for sake, X (e-) state, (as) touching, [where-] by (in), with. In compounds it retains substantially the same meaning of circuit (*around*), excess (*beyond*), or completeness (*through*).

**G3961** πατέωpateō*pat-eh'-o*From a derivative probably of [G3817](num:G3817) (meaning a “path”); to *trample* (literally or figuratively): - tread (down, under foot).

**SPIRIT:** [**G4151**](num:G4151)πνεῦμα pneuma *pnyoo'-mah* From [G4154](num:G4154); a *current* of air, that is, *breath* (*blast*) or a *breeze*; by analogy or figuratively a *spirit*, that is, (human) the rational *soul*, (by implication) *vital principle*, mental *disposition*, etc., or (superhuman) an *angel*, *daemon*, or (divine) God, Christ’s *spirit*, the Holy *spirit*: - ghost, life, spirit (-ual, -ually), mind. Compare [G5590](num:G5590).

**G4154** πνέωpneō*pneh'-o*A primary word; to *breathe* hard, that is, *breeze*: - blow. Compare [G5594](num:G5594).

[**G5594**](num:G5594)ψύχωpsuchō*psoo'-kho*A primary verb; to *breathe* (*voluntarily* but *gently*; thus differing on the one hand from [G4154](num:G4154), which denotes properly a *forcible* respiration; and on the other from the base of [G109](num:G109), which refers properly to an inanimate *breeze*), that is, (by implication of reduction of temperature by evaporation) to *chill* (figuratively): - wax cold.

**G109** ἀήρaēr*ah-ayr'*From ἄημι aēmi (to *breathe* unconsciously, that is, *respire*; by analogy to *blow*); “air” (as naturally *circumambient*): - air. Compare [G5594](num:G5594).

**How do we win this “War Within?”**

### Begin WALKING by the SPIRIT:

Right habits take time to build. They will not be built if we do not replace our old habits with new, godly ways of living. We have to implement what we have learned to actually change the way we live.

God offers us His power through His SPIRIT to help us overcome. That power will grow in us. And the ability to use that power will grow as we use it to live rightly. Paul reassures us: “For God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Timothy 1:7).

Walking is such a great illustration of the entire Christian life, because it includes our mind, our will, our emotions and our active response. Before we place our foot on a path, our brain must signal our legs to move. Something must occur in our mind. But we also choose the path we take. This includes our will as well. Then our body must follow by taking steps. Thus the cycle is completed.

***How do we walk in a way that pleases God?***

First John illustrates our Christian journey as one in which we walk in the light. If we walk in the light, which is God, then not only will we have fellowship with others, but the blood of Jesus purifies us from all sin (see I John 1:5-7).

Further steps to winning, “The War Within”

### We must want to overcome our FLESH:

This sounds simple. However, too many people fail to change because they really don’t want to expend the time and effort necessary to make the changes they need to make. We will tell ourselves, “I want to overcome this problem.” But then we will not do what is necessary to overcome.

Most of us realize that we will always find time to do the things we really want to do. If there is something we really want to do, we generally don’t let anything stand in the way of our doing it.

So why don’t we overcome those harmful habits, wrong words and evil thoughts that so easily entangle us? We must ask ourselves, “Do I really want to overcome them?”

The first step is to determine that we really want to change badly enough to expend the needed time, effort and planning.

**Clearly identify the FLESH areas of SIN we need to overcome:**

To see our own sins as unpleasant in God’s eyes and repulsive. Remember that correction is not pleasant and be willing to be corrected by God. (Hebrews 12:11).

To understand how painful this is, ask yourself, “When was the last time I asked my mate or anyone to show me a fault I need to change?” The answer in the majority of cases will be, “Never!” We don’t even like to ask ourselves. But we must, because self-examination is something a Christian is instructed to do (2 Corinthians 13:5).

In prayer we can seek God’s help to see where we need to change. We find such a prayer in Jeremiah 10:23-24.

If we ask God to show us our sins, He will. But be prepared to see them. Seeing our sins will be painful.

Identifying sin in ourselves is more than just identifying wrong thoughts, words and deeds. We must also identify the cause of sin. Why did we think, say or do what we did? The reason will most often be some form of selfishness or lust (see 1 John 2:15-16).

Unless we work on overcoming the cause of our sins, we will keep repeating them. If we just stop the outward “show” of sin without changing the underlying reason, our sin will not be fully overcome.

### Study to learn what should replace the cause of sins we find in our FLESH:

For every sin of selfishness or lust, there is a way of righteous love that should be put in its place, the LOOSING we have talked about. Once we have seen the cause of our sins, we must seek to LOOSE and learn the way of righteousness that needs to replace it.

The way of righteousness needs to become what we truly are. This involves studying God’s Word and seeking to learn and understand the spirit of God’s laws and ways.

Every sin that we commit has some cause―some aspect of selfishness or lust. In order to overcome the cause of sin, we need to learn how God wants us to be. This involves learning God’s way of love as revealed by the spirit of His laws. Paul expressed this in simple terms in Romans 12:21: “Do not be overcome by evil, but overcome evil with good.”

### Meditate on living by what God says is right and of the SPIRIT

Just having knowledge of God’s way of living does not always transfer to our daily living. This is where meditating on His Word and ways come into play in being victorious—taking sufficient time to deeply think about a specific incident or concept—is an important tool in learning how to actually use the knowledge we learn from our study of God’s Word.

Every sin we commit is triggered by something we encounter in our daily lives. We may be late for an appointment. As a result, we get impatient with others if anything happens to further delay us.

Every sin is triggered by some occurrence in our daily lives to which we did not respond in a right manner. This is why it is important that we identify the cause of our sins. As we identify the cause, we should also be taking note of what triggered the sinful response.

MIND OF THE SPIRIT: Meditation helps us to mentally practice putting the right response in place before we are faced by the triggering situation. In our personal time of quiet reflection, we can meditate on what we should do when we see or sense a situation may lead to a wrong response. We can call this mentally practicing righteousness. Or, as Paul said in Philippians 4:8, “Finally, brethren, whatever things are true, … noble, … just, … pure, … lovely, … of good report, if there is any virtue and … anything praiseworthy―meditate on these things.”

### Pray for God’s help to respond correctly to this “War Within”:

For each of us, it seems that there is some sin that “easily ensnares us” (Hebrews 12:1). These are sins that we should be working on overcoming first. We should daily ask God in prayer to help us. We need to ask Him to help us remember to have the righteous response come to our minds when the trigger situations arise.

If we are truly committed to changing, if we really want to overcome these sins, God through His Spirit will spark the right thoughts in our minds if we are asking Him to do so. God wants us to change. He will help. One way we draw closer to God is by seeking to live righteously. God has promised to draw near to us if we draw near to Him (James 4:8).

But to draw close to God, we need to be committed to living His way of life.

## **Choose to believe every day that:**

## **God is Stronger than Our Struggles**

## **Choose Daily to Get Dressed and Put on the Full Armor of God**

## **Choose Daily to Follow God ALL Your Heart, Mind, Will and Emotions**

## **Choose Daily to Renew Your Mind and Cast Down Imaginations**

## **Choose Daily to Read God’s Word and Meditate On It’s Truth’s.**