

Week 4      Fleshly Appetites

When did you receive Jesus as your Savior and Lord?

**Memorize Galatians 2:20 in the translation you like best.2:20**

“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” **(NKJV)**

Read **James 1:14-15** this passage in three different translations if they are available to you. Rewrite this passage of scripture in your own words.

What do you think is the difference between a stronghold and a fleshly desire?

Look at your own life. What desires of the flesh do you enjoy?

What do you need to remove from your home that is a temptation to you?

When will you remove those things?

Who do you need to stay away from that participates in activities that tempt you?

When will you choose to stay away from them?

Are you ready to crucify that part of you that enjoys that sin or those sins in your life? \_\_\_\_\_ The desires of the flesh must be destroyed.

Was there any part of this weeks study that was unclear to you?

What was the most beneficial for you in this week's study?

Do you have any questions?

**Read these scriptures before and after you pray.**

**Luke 9:23 (NLT)**

<sup>23</sup> Then he said to the crowd, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me.

**Romans 6:5-8 (NLT)**

<sup>5</sup> Since we have been united with him in his death, we will also be raised to life as he was.

<sup>6</sup> We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin.

<sup>7</sup> For when we died with Christ we were set free from the power of sin.

<sup>8</sup> And since we died with Christ, we know we will also live with him.

**Galatians 2:20 (NKJV)**

<sup>20</sup> I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

**Romans 2:29 (NKJV)**

<sup>29</sup> but *he is* a Jew who *is one* inwardly; and circumcision *is that* of the heart, in the Spirit, not in the letter; whose praise *is* not from men but from God.

**Deuteronomy 30:6 (NKJV)**

<sup>6</sup> And the LORD your God will circumcise your heart and the heart of your descendants, to love the LORD your God with all your heart and with all your soul, that you may live.

**Jeremiah 4:4 (NKJV)**

<sup>4</sup> Circumcise yourselves to the LORD, And take away the foreskins of your hearts, You men of Judah and inhabitants of Jerusalem, Lest My fury come forth like fire, And burn so that no one can quench *it*, Because of the evil of your doings."

Pray for the next 40 days: (Sample prayer)

## Prayer to crucify the flesh, to cut away the fleshly desires:

Dear Heavenly Father,

There is a part of me that really enjoys (name the sin specifically). I am so very sorry for the grief I cause you when I participate in this sin. I confess, repent and renounce (name the sin specifically) in my life, both personally and generationally. I am willing for that part of me to die. Dear Lord Jesus, I release to you this sin. If this part of me can't be redeemed, I want it to die and be removed from my life. I cut it out of my life in the name of Jesus and hang this fleshly part with its desires on the cross. I crucify that part of me that enjoys this sin and will daily hang it on the cross until it is no longer a part of my life. Remove this from my life Lord Jesus for your honor and glory, in Jesus name I pray.

## Action Steps to Forgive Oneself:

What did you do?

Did you hurt anyone?

What were the emotions you experienced at the time of the offense and afterward?

Have you received a false belief about yourself since committing the offense?

(The Father doesn't love me as much as He loves others, I am a failure, My worth is based on my performance, I can't do anything right, I'll never measure up, etc.)

What effect has the offense and your response to the offense had on you?

Do you owe them anything? (An apology? Financial restitution? Etc.?)

Sample Prayer: Dear Heavenly Father, I am so very sorry for (name the action) I feel horrible guilt and shame over my actions. Please forgive me. I take responsibility for my actions and realize the pain I caused. You say in I John 1:9 that if I confess my sins you will forgive me. Thank you for your forgiveness. I purpose and choose to forgive myself from my heart for (name the action). I ask your healing upon the individual(s) I injured. I forgive myself from y heart for the pain I caused. I confess the lie that (name any false beliefs you have toward yourself). I don't want this in my heart. Forgive me for the judgment I made against myself. I renounce the lie of (state the lie.) in Jesus name and I cancel Satan's authority over me in this lie.

Lord forgive me for being overwrought in my emotions (name the emotions: self-anger, self-hatred, self-loathing). I do not want these emotions to have a stronghold on my life. In the name of Jesus, I command (name the spirits. **They have the same name as the emotions.**) to go to the feet of Jesus now, in the name of Jesus, I cancel Satan's power over me in this memory and resulting pain. I ask you Lord Jesus to come into my heart and heal the wounds of my heart and the heart of the person I injured. In Jesus name I pray. I invite you Holy Spirit to speak to me about this situation. (Listen, and write down what you hear or see or feel.)

## FORGIVENESS WORKSHEET:

Matthew 18:21-35, Hebrews 11:15, Ephesians 4:25-27, Matthew 6:9-15, Luke 4:16-21

1. Who offended you, who hurt you? (Do not take on another's offence.)
2. What did they do to you? Be specific.
3. How did it make you feel? What were the emotions that you experienced at the time of the offense?
4. What are the emotions that you feel as you remember it now?
5. Did you sin while emotionally charged? If so, how?
6. If someone spoke something hurtful, is there any truth to what was spoken?
7. Pray - Sample Prayer: Dear Heavenly Father, I purpose and choose to forgive (name of the offender #1 above) from my heart for (name the offense #2 above). I cancel all their debts and obligations to me. I release them in the name of Jesus. They owe me nothing.

Lord, I take full responsibility for my behavior. I have sinned against you by (#5 above). I am truly sorry. Please forgive me. Please forgive me for the anger, hatred, bitterness, malice, etc. (#3 and #4 above) in my heart. I have worn these as a garment. I have allowed these feelings to control me, Lord forgive me I pray. I do not want these in my heart any longer. In the name of Jesus, I command (name the emotions #3 and #4 above) to go to the feet of Jesus now. In the name of Jesus, I cancel Satan's power over me in this memory and resulting pain. I ask you Lord Jesus to come into my heart and heal the wound(s) that (name the offender) inflicted upon me. In Jesus name I pray. I invite you Holy Spirit to speak to me about this situation. (Listen, and write down what the Holy Spirit says or does. Receive it and believe it.)

#6 - Lord is there any truth to what offender shared with me even though it may not have been shared appropriately? If so, what should I do? Open my eyes to see. Open my heart to receive the truth. (Listen and write down what the Holy Spirit says to you.)

If aren't able to return to the God Zone then call a Spirit-filled Christian to help.