

# Mind Your Spirit

Lesson 22 – Teacher's Guide

1. Through spiritual dyslexia, most people perceive Galatians 5:16 completely backwards! This verse doesn't say "Walk in the flesh, and you'll hinder the spirit" or "Overcome the flesh, and then you'll walk in the spirit;" it says just the opposite: "Walk in the spirit, and you won't fulfill the lust of the flesh." When we walk in the spirit (turn on the light), by default—as a byproduct—we won't fulfill the lust of the flesh (darkness flees).
2. We can know whether we're walking in the spirit or not by what our attention is on (Rom. 8:5). What we're thinking about will tell us whether we're in the flesh or the spirit. If our minds are stayed on the things of the flesh, then we're in the flesh.
3. By learning to keep our minds stayed on God, our spirits will dominate and control our flesh (Rom. 8:6). This isn't just quality time; it's both quality *and* quantity of time spent focused on the things of God. "Carnal" literally means "of the five senses." Carnal-mindedness is being fleshly, physical, outward minded instead of spiritually minded. To be carnally minded is death, but to be spiritually minded is life and peace. We need to get to where God's Word dominates us more than what we can see, taste, hear, smell, and feel.

1. A. Most people perceive Galatians 5:16 completely \_\_\_\_\_. (Backwards)  
B. What happens as a byproduct—by default—when we walk in the spirit (turn on the light)? (We won't fulfill the lust of the flesh [darkness flees])
2. A. According to Romans 8:5, how can we tell whether we're walking in the spirit or not? (By what our minds are on)  
B. If our minds are stayed on the things of the flesh, then what are we? (In the flesh)
3. A. What does Romans 8:6 call being fleshly, physical, outward minded? (Carnal-minded)  
B. What does being spiritually minded produce? (Life and peace)

4. Seeing a truth doesn't mean we'll automatically profit from it. Normally, conflict will arise (Heb. 10:32). Satan immediately comes to steal the Word before it takes root in our hearts and produces (Mark 4:15 and 19). He attempts to dislodge it when we're at our youngest, when a truth is still new to us, before it's rooted and established as part of who we are.
5. We overcome by being mindful of what God's Word says about us—especially the New Testament. When we're Word-minded, we're spiritually minded because God's words are spirit and life (John 6:63). If we'd dominate ourselves with those thoughts, all it would produce is life and peace. If we're having something other than life and peace, then we're something other than spiritually minded (Rom. 8:6). We receive the victory He's already achieved and provided for us by focusing our attention on the spirit.
6. We won't manifest much of the life of God if we're plugged into the world through radio, television, newspapers, and magazines. It takes a lot of effort—real effort—to keep our focus on the things of God. How can we expect different results when we read, watch, listen to, and think all the same things as our unbelieving neighbors? In order to release God's power and life, we must overcome the flesh by continually focusing our minds on who we are and what we have in the spirit.

4. A. According to Hebrews 10:32, what normally arises immediately after we've seen a truth? (Conflict—a great fight of afflictions)  
B. What does Mark 4:15 and 19 reveal that Satan tries to do before a truth is rooted and established as a part of who we are? (Steal the Word)
5. A. Read John 6:63 and Romans 8:6. When we are mindful of what God's Word says about us, what are we? (Spiritually minded)  
B. How do we receive the victory He's already achieved and provided for us? (By focusing our attention on the spirit)
6. A. Can we expect different results when we read, watch, listen to, and think all the same things as our unbelieving neighbors? (No)  
B. How do we overcome the flesh and release God's power and life? (By continually focusing our minds on who we are and what we have in the spirit)



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## Lesson 22

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Through spiritual dyslexia, most people perceive Galatians 5:16 completely backwards!

**“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”**

They recognize that the flesh and the spirit are contrary, but assume that they’re automatically walking in the spirit if they just deny their flesh. Therefore, they put all of their focus on quitting this and rejecting that, thinking, *If I can just stop doing these bad things and having these foul thoughts, then I’ll be in the spirit!* Wrong! This verse doesn’t say “Walk in the flesh, and you’ll hinder the spirit” or “Overcome the flesh, and then you’ll walk in the spirit.” No, it declares just the opposite: “Walk in the spirit, and you won’t fulfill the lust of the flesh!”

Darkness is simply the absence of light. You can’t get rid of darkness by shoveling it out of the room. However, if you turn on a light, it’ll flee! When you walk in the spirit (turn on the light), by default—as a byproduct—you won’t fulfill the lust of the flesh (darkness flees). Willpower is the shovel of the flesh. If you feel you can’t really accept who you are in Christ until after you overcome the darkness in your life—drinking, cussing, smoking, or whatever problems you currently have—you’ll just end up frustrated and stuck (Rom. 7). It’s not that God won’t release His power to you; it’s just that you haven’t yet flipped the switch! Lay that shovel down and turn on the light! Get into God’s Word, and start recognizing and meditating on who you are in Christ. As you focus your attention continually on the reality of your new identity, the brightness of who you are in the spirit will begin to shine in and through you to such a degree that it’ll break the control of the flesh and deliver you from these external problems. Light always overwhelms and chases away the dark!

A friend of mine used to be a well-known secular entertainer who wrote several famous songs. While in this profession, he became born again. After finishing a concert at midnight, he’d hop on the bus with his musicians and start traveling to their next gig. Excited about God and His Word, my friend actually snorted cocaine off the pages of his Bible so he could stay awake and keep reading about how much the Lord loved him!

Today, this man has been a pastor for over twenty years! How did he overcome his flesh and its bad habits? Did he quit snorting cocaine and all the other ungodly things he was doing first? No! This man didn’t let his vices keep him from beginning to find out what God’s Word said about him. He centered his attention on discovering who he was in Christ and what all Jesus had done for him. As those things became reality to him, he finally came to a place where God led him out of that lifestyle.

God wants you to come to Him just as you are! After you’re born again and changed inside, renew your mind to who you are in Christ. As you find out who you are in your spirit, you’ll change outwardly as a result. If you’ll just start walking in the spirit by focusing your attention on the things of God, regardless of what your flesh is like, you’ll break its dominion over you!



### *Focus: Quality & Quantity*

You can know whether you're walking in the spirit or not by what your attention is on.

**“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit” (Rom. 8:5).**

What you're thinking about will tell you whether you're in the flesh or the spirit!

Where is your focus? If the doctor says you're going to die, are you more dominated by his word or God's Word? Are you imagining and anticipating sickness, disease, and death? Or are you focused on the scriptures that declare He's taken away all your sickness and by His stripes you were healed of every disease? Are you centered in on the spirit or the flesh?

If your mind is stayed on the things of the flesh, then you're in the flesh. You cannot please God, nor will you be able to succeed against this ailment. You'll die physically even though God's healing and raising-from-the-dead power is already inside your born-again spirit. Whatever your mind focuses on determines whether you're in the flesh or not. It's really that simple!

By learning to keep your mind stayed on God, your spirit will dominate and control your flesh.

**“For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:6).**

This isn't just quality time; it's both quality *and* quantity of time spent focused on the things of God.

Fleshly-mindedness is death. “Carnal” literally means “of the five senses.” Carnal-mindedness is being fleshly, physical, outward minded instead of spiritually minded. It's being dominated by your five senses. If your body is facing sickness and you're more in tune with and sensitive to what you feel (flesh) than what you believe (Word), then you're carnal. To be carnally minded is death, but to be spiritually minded is life and peace.

### *Whose Report Will You Believe?*

You need to get to where you believe God's report more than the world's! You've crossed over into the spirit when God's Word dominates you more than what you can see, taste, hear, smell, and feel. Instead of letting the devil tell you what you can't do or somebody else saying that you'll die or your checkbook telling you you're in deep trouble again, you focus your attention on what God says about you, what He says you have, and what He says you can do. Once you do that, you'll find it'll break the dominion, the power, and the control of the flesh over you.

Physical healing was purchased through Christ's atonement. It's not just a “P.S.” to forgiveness of sin; healing is an integral part of what Jesus died to produce. In fact, His sacrifice provides physical healing just as much as forgiveness of sin. God would no more give someone sickness than lead them into sin. Why? Jesus shed His precious blood to completely redeem us from both!



Seeing a truth doesn't mean you'll automatically profit from it. Actually, conflict will normally arise! Hebrews 10:32 reveals that once you're enlightened, you endure "**a great fight of afflictions.**" Why? Satan immediately comes to steal the Word before it takes root in your heart and produces (Mark 4:15 and 19). He attempts to dislodge it when you're at your youngest, when a truth is still new to you, before it's rooted and established as part of who you are.

Once I saw in the Word that it's always God's will to heal, the fight was on! Satan came against me, and I started experiencing sickness more than ever before. Immediately, there was intense conflict between my flesh and spirit. The spirit declared "By His stripes I was healed (1 Pet. 2:24); it's already done (Eph. 1:18)" and "The same power that raised Jesus Christ from the dead is inside of me (Eph. 1:19-20)." In my spirit, I had this resurrection power, but my flesh kept arguing, "You're sick! You feel terrible and you're about to throw up. Admit it!" There was this incredible conflict between what I saw in my spirit through God's Word and what I felt in my physical body. My flesh and my spirit were fighting each other!

This was just my unrenewed mind, not some old nature inside trying to make me disbelieve God. For a number of years, my old man taught me how to believe only what I could see, taste, hear, smell, and feel. Anything and everything else was stupid! When he was crucified, my mind was left behind, still programmed to sense knowledge. Everything in my physical, natural, fleshly realm screamed, "You're sick!" My body told me that I hurt. Other people commented on how bad I looked. Therefore, it was a real struggle for my mind to believe what I couldn't see!

I just determined in my heart that I would not give up or give in until I saw with my physical eyes the truth of God's Word manifest in my body. I was so committed to the fact that what God said about me was true that I decided to make myself believe it.

### *Cracking the Dam*

At the time, I was living and pastoring a small church in Seagoville, Texas. I preached healing and had revelation knowledge of it, but I was sick in my body. The devil was fighting me. My flesh and spirit were butting heads!

Since faith without works is dead, I decided one night not to just lay in bed and act sick (James 2:17, 20, and 26). I didn't want to kill my faith by giving in to the pressure. However, it was physically impossible for me to stand up because I was so ill. I had to kneel on the floor in the living room so Jamie could go ahead and sleep. Putting my Bible on the wood floor in front of me, I determined in my heart that I was going to fight this thing!

I spent hours just quoting scriptures on healing. I didn't stop, because I knew I'd fall asleep out of sheer exhaustion if I did. I'd confess aloud, "By His stripes, I was healed." My body would counter, "Oh, no, you're not!" Then I'd answer, "Yes, I am—the Word says so!" This fight continued several hours while I pushed my Bible along and crawled around the room on hands and knees just to stay awake.

You don't have to do it the way I did, but you will have to overcome the same conflict! You don't just say, "All right, I see the truth. Flesh, I now renounce you and choose to walk by the



spirit!” No, it’ll be a traumatic experience when you turn around and head the other direction. Your mind and emotions have been indulged now for many years. They’ve always said that whatever you see is more real than what’s invisible. There’s going to be a fight, and it probably won’t all happen in just one evening’s time!

That night proved to be a major break for me. I cracked the dam of flesh that held back the flow of God’s life in me. My spirit began dominating from that point forward little by little. I’m still dealing with these same things, but I’ve grown a lot. I’m seeing tremendous victory in my life, and I’m able to help many other people. I’m still in process, but I’m renewing my mind and winning the battle between my flesh and my spirit.

### *Overcome Your Flesh*

You overcome by being mindful of what God’s Word says about you—especially the New Testament. When you’re Word minded, you’re spiritually minded because God’s words are spirit and life (John 6:63). In your spirit, you’re completely changed, eternal, sanctified, holy, and perfected forever. As Jesus is—so are you! If you’d dominate yourself with those thoughts, all it would produce is life and peace.

If you’re having something other than life and peace, then you’re something other than spiritually minded (Rom. 8:6). You may desire the right things, praying and begging God for them, but you don’t receive victory by desiring or begging for it. You receive the victory He’s already achieved and provided for you by focusing your attention on the spirit. When you do that, you’ll overcome.

In my opinion, you won’t manifest much of the life of God if you’re plugged into the world through radio, television, newspapers, and magazines. It takes a lot of effort—real effort—to keep your focus on the things of God. How can you expect different results when you read, watch, listen to, and think all the same things as your unbelieving neighbors? That’s ignorance gone to seed! Sure, you might be able to add a devotion and intellectually know that God wants you healed, prospered, and delivered from oppression. You may even have a desire for and sensitivity to God that they don’t have. But as far as results go, you won’t really experience any more of God’s miraculous power in your life as long as you continue thinking on the same carnal things that they do pretty much all day long. To get different results, you have to do something differently!

If you mind the things of the flesh, then you’ll be after the flesh; the physical realm will dominate you. You won’t be able to please God or experience the victory that’s available to you (Rom. 8:8). In order to release God’s power and life, you must overcome the flesh by continually focusing your mind on who you are and what you have in the spirit.

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## Lesson 22 – Outline

1. Through spiritual dyslexia, most people perceive Galatians 5:16 completely backwards!

**“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”**

- A. This verse doesn't say “Walk in the flesh, and you'll hinder the spirit” or “Overcome the flesh, and then you'll walk in the spirit.”
  - B. It says just the opposite: “Walk in the spirit, and you won't fulfill the lust of the flesh.”
  - C. When you walk in the spirit (turn on the light), by default—as a byproduct—you won't fulfill the lust of the flesh (darkness flees).
2. You can know whether you're walking in the spirit or not by what your attention is on.

**“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit” (Rom. 8:5).**

- A. What you're thinking about will tell you whether you're in the flesh or the spirit.
  - B. If your mind is stayed on the things of the flesh, then you're in the flesh.
3. By learning to keep your mind stayed on God, your spirit will dominate and control your flesh.

**“For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:6).**

- A. This isn't just quality time; it's both quality *and* quantity of time spent focused on the things of God.
  - B. “Carnal” literally means “of the five senses.”
  - C. Carnal-mindedness is being fleshly, physical, outward minded instead of spiritually minded.
  - D. To be carnally minded is death, but to be spiritually minded is life and peace.
  - E. You need to get to where God's Word dominates you more than what you can see, taste, hear, smell, and feel.
4. Seeing a truth doesn't mean you'll automatically profit from it.
    - A. Normally, conflict will arise.

**“After you were illuminated, ye endured a great fight of afflictions” (Heb. 10:32).**

- B. Satan immediately comes to steal the Word before it takes root in your heart and produces (Mark 4:15 and 19).
  - C. He attempts to dislodge it when you're at your youngest, when a truth is still new to you, before it's rooted and established as part of who you are.
5. You overcome by being mindful of what God's Word says about you—especially the New Testament.
- A. When you're Word minded, you're spiritually minded because God's words are spirit and life (John 6:63).
  - B. If you'd dominate yourself with those thoughts, all it would produce is life and peace.
  - C. If you're having something other than life and peace, then you're something other than spiritually minded (Rom. 8:6).
  - D. You receive the victory He's already achieved and provided for you by focusing your attention on the spirit.
6. You won't manifest much of the life of God if you're plugged into the world through radio, television, newspapers, and magazines.
- A. It takes a lot of effort—real effort—to keep your focus on the things of God.
  - B. How can you expect different results when you read, watch, listen to, and think all the same things as your unbelieving neighbors?
  - C. In order to release God's power and life, you must overcome the flesh by continually focusing your mind on who you are and what you have in the spirit.



# Mind Your Spirit

## *Lesson 22 – Discipleship Questions*

1. What do people who interpret Galatians 5:16 backwards normally think and/or say about this verse?
  - A. Overcome the flesh, and then you'll walk in the spirit.
  - B. Walk in the flesh, and you'll hinder the spirit.
  - C. If I can just stop doing these bad things and having these foul thoughts, then I'll be in the spirit.
  - D. All of the above.
  - E. None of the above.
2. Darkness is simply the absence of light. If walking in the spirit is like turning on a light, then darkness fleeing is like what?
3. Which chapter best describes the victory of walking in the spirit, Romans 7 or 8?
4. Which chapter best describes the frustration of walking in the flesh, Romans 7 or 8?
5. According to Romans 8:5, what's on the mind of believers who are after the flesh?
6. What's on the mind of believers who are after the Spirit?
7. How can we tell whether we're walking after the flesh or after the Spirit?
8. According to Romans 8:6, what produces death?
9. What produces life and peace?
10. If we're experiencing something other than life and peace, what are we?
11. Read Hebrews 10:32. Remember those times when you were first enlightened to a particular truth from God's Word? What normally occurred immediately afterwards?
12. According to Mark 4:15, what is Satan's goal for this?
13. What else does Mark 4:19 say that the devil uses to cause the Word to become unfruitful in our lives?

14. Read 1 Peter 2:24. Who is the first half of the verse referring to?
15. Who is the second half of the verse referring to?
16. By whose stripes were we healed?
17. The words “were healed” are in what tense?
  - A. Past.
  - B. Present.
  - C. Future.
18. According to Ephesians 1:18-20, what do the eyes of our hearts need to be enlightened to?
  - A. The hope of His calling.
  - B. The riches of the glory of His inheritance in the saints.
  - C. The exceeding greatness of His power toward us-ward who believe.
  - D. All of the above.
  - E. None of the above.
19. What main idea does James 2:17, 20, and 26 all have in common?
20. Since the Holy Spirit recorded this concept three times in one New Testament chapter, do you think it’s something He wants us to understand?
21. According to John 6:63, what is the life-giving part of our beings?
22. What profits us nothing?
23. God’s words—written down for us in the Word—are what?
24. According to Romans 8:8, who cannot please God?



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## *Lesson 22 – Answer Key*

1. A. Overcome the flesh, and then you'll walk in the spirit.  
B. Walk in the flesh, and you'll hinder the spirit.  
C. If I can just stop doing these bad things and having these foul thoughts, then I'll be in the spirit!  
D. All of the above.
2. Not fulfilling the lust of the flesh.
3. Romans 8.
4. Romans 7.
5. The things of the flesh.
6. The things of the Spirit.
7. By what's on our minds, what we're thinking about, and what has our attention.
8. Carnal-mindedness.
9. Spiritual-mindedness.
10. Something other than spiritually minded.
11. A great fight of afflictions.
12. To take away the Word that was sown in our hearts.
13. The cares of this world, the deceitfulness of riches, and the lusts of other things choke the Word.
14. Jesus.
15. Us.
16. The Lord's.

17. A. Past.
  
18. A. The hope of His calling.  
B. The riches of the glory of His inheritance in the saints.  
C. The exceeding greatness of His power toward us-ward who believe.  
D. All of the above.
  
19. Faith without works is dead.
  
20. Yes.
  
21. Our spirits.
  
22. Our flesh.
  
23. Spirit and life.
  
24. Those who are in the flesh.



# Mind Your Spirit

## *Lesson 22 – Scriptures*

**“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh” (Gal. 5:16).**

**“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:5-6).**

**“But call to remembrance the former days, in which, after ye were illuminated, ye endured a great fight of afflictions” (Heb. 10:32).**

**“And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts. And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness; And have no root in themselves, and so endure but for a time: afterward, when affliction or persecution ariseth for the word’s sake, immediately they are offended. And these are they which are sown among thorns; such as hear the word, And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful” (Mark 4:15-19).**

**“Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed” (1 Pet. 2:24).**

**“The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places” (Eph. 1:18-20).**

**“Even so faith, if it hath not works, is dead, being alone...But wilt thou know, O vain man, that faith without works is dead?...For as the body without the spirit is dead, so faith without works is dead also” (James 2:17, 20, and 26).**

**“It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life” (John 6:63).**

**“Men’s hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken” (Luke 21:26).**

**“So then they that are in the flesh cannot please God” (Rom. 8:8).**