

**Walk in the Spirit**  
*Lesson 19 – Teacher's Guide*

1. Our old man was crucified with Him, but then the body of sin has to be destroyed (Rom. 6:6).
2. When we die physically, we leave a body behind (James 2:26). Physical death occurs when our spirits leaves our bodies. Even though our spirits are gone, our physical bodies can look exactly the same as they did during life for a brief period of time.
3. When we were born again, our old sin nature left behind a body. Our old man was crucified, has died, and now is gone, but its effects are still being felt through our physical bodies and unrenewed minds. Our natural minds were programmed to act like the child of the devil that we were before receiving the Lord (Eph. 2:1-2). This means our physical minds will continue functioning like a computer under its prior programming until we renew them to God's Word.
4. We have one nature, but two minds. We only have one nature—the new one. But we do have two different minds—the unrenewed mind (flesh) and the mind of Christ (spirit). As we reprogram/renew our natural minds to think like our spirits, we'll experience the life and power of God within us.

1. A. Read Romans 6:6. What was crucified with Christ? (Our old man)  
B. What needs to be destroyed? (The body of sin)
2. A. According to James 2:26, when does physical death occur? (When our spirits leave our bodies)  
B. Can our physical bodies look exactly the same as they did during life for a brief period of time? (Yes)
3. A. According to Ephesians 2:1-2, what were our natural minds programmed to act like before we received the Lord? (The child of the devil that we were)  
B. How long will our natural minds continue functioning like a computer under this prior programming? (Until we renew them to God's Word)
4. A. What are our two different minds? (The unrenewed mind [flesh] and the mind of Christ [spirit])  
B. What happens as we reprogram/renew our natural minds to think like our spirits? (We begin to experience the life and power of God within us)

5. Our physical minds decide whether we'll be dominated by our spirits or our flesh. If we don't renew them with God's Word, our natural minds will automatically gravitate toward what they can see, taste, hear, smell, and feel. We must get into God's Word and mix it with faith in order to be led by our spirits (Gal. 5:16). We can mistake something that comes so naturally to us today as our "nature," when in reality, it's something we learned. The reason we still do some of the things we do is because we haven't renewed our minds.
6. After we've been born again, the "flesh" isn't really describing a "sinful nature" but more accurately refers to every thought, emotion, desire, and part of us that isn't under the control of our brand-new, righteous spirits. Technically speaking, what's true of the Holy Spirit is also true of our born-again spirits because they are one (1 Cor. 6:17). Since there aren't capital letters in the Greek, translators decided from the context of a passage whether to render it "Spirit" or "spirit." Either way—Holy Spirit or born-again spirit—the same point is made (Gal. 5:16).
7. The thoughts, desires, patterns, and habits that were established in us through the old sinful nature will begin to diminish as we choose to be dominated by our spirits instead. We can break all of those things off because in our spirits, we're already free. It's just a matter of renewing our minds and beginning to see who we are in Christ manifest.

5. A. If we don't renew them to God's Word, what do our natural minds automatically gravitate toward?  
(What they can see, taste, hear, smell, and feel)
- B. According to Galatians 5:16, how should a believer walk? (In the Spirit)
6. A. After we've been born again, the "flesh" refers to what? (Every thought, emotion, desire, and part of us that isn't under the control of our brand-new, righteous spirits)
- B. According to 1 Corinthians 6:17, we who are joined to the Lord are what? (One spirit)
7. A. As we choose to be dominated by our spirits instead of our flesh, what will happen? (The thoughts, desires, patterns, and habits that were established in us through the old sinful nature will begin to diminish)

# Walk in the Spirit

## Lesson 19

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The *New International Version* renders the *King James Version* "flesh" as your old "sinful nature." That's just too much interpretation! At the new birth, your old nature is crucified, dead, and gone. In its place, God gives you a brand-new spirit, and you become a new creature. That spirit is so united with Christ that there is actually no difference between your born-again spirit and the Spirit of Christ, which was sent into your heart. You literally became one with Him (1 Cor. 6:17). Your born-again spirit is identical to Jesus. The two of you have become one, making a brand-new person. Then, your spirit was sealed, surrounded, and encased by the Holy Spirit!

People embrace this concept of having an old nature that drives them to sin, because it logically explains their continued propensity for it. But Romans 6:6 explains what you need to know to be free. Your old man was crucified with Him. Then, the body of sin has to be destroyed!

When you die physically, you leave a body behind.

**"For as the body without the spirit is dead, so faith without works is dead also"**  
(James 2:26).

Physical death occurs when your spirit leaves your body. It takes a period of time for your body to begin deteriorating and decaying. Even though your spirit is gone, your physical body can look exactly the same as it did during life for a brief period of time.

Many years ago, my friend worked in the morgue on the 13th floor of Parkland Hospital in Dallas, Texas. One time, he pulled a man out on a slab who was already dead and in there for an autopsy. When my friend turned around to do something, this guy sat up with his mouth open wide and arms dangling at his side. Completely spooked, my friend almost jumped right out the window!

Running down the hall, he dragged somebody in to check this man's vital signs. Dead! After pushing the corpse back down, the medical professional explained, "Sometimes when a person has just died, there will still be electrical impulses in their body. Their muscles contract, and they can sit up like that, but he's not alive." The body still had some of life's mannerisms, but life itself had departed.

### *One Nature, Two Minds*

When you were born again, your old sin nature left behind a body. That's why you still feel a drawing toward sin even though you're dead to it. Your old man was crucified, has died, and now is gone, but its effects are still being felt through your physical body and unrenewed mind.

Your natural mind was programmed to act like the child of the devil that you were before receiving the Lord (Eph. 2:1-2). You were taught how to be selfish, angry, lustful, critical, greedy,

bitter, and do all the other sins that you did. But now that you're born again, your heavenly Father has adopted you into His family and given you a brand-new, righteous nature. However, your old man left behind a body. This means your physical mind will continue functioning like a computer under its prior programming until you renew it to God's Word!

You have one nature, but two minds. If you think you have both the old nature and the new one inside, you're going to think you are two different people at once. That's schizophrenic! You only have one nature—the new one. But you do have two different minds—the unrenewed mind (flesh) and the mind of Christ (spirit).

The key is to reprogram your physical mind to agree with your spiritual mind. Your spirit is always for God, always thinks on who you are in Christ, always considers what you have in the Lord, and always believes what you can do in Him. As you renew your natural mind to think like your spirit, you'll experience the life and power of God within you.

### *Simple, but Not Easy*

It's that simple, but not that easy. If you tapped into the spirit realm as a brand-new believer, only listened to who you are in Christ, and let the Holy Spirit instruct you without any negative outside influence (human, religious, or demonic), you would naturally start radiating and manifesting the life of God in your thoughts and actions. However, life's just not that way. You've been programmed wrong and need reprogramming. The enemy lies to you, and friends, family, and religious people say, "Oh, no, you don't have the nature of God! You're just an old sinner saved by grace. You can't do these things!" These voices constantly challenge you not to believe what your spirit is saying. Due to this, you manifest the life of God in your spirit only to varying degrees, depending on how well you renew your mind.

Your physical mind decides whether you'll be dominated by your spirit or your flesh. If you don't renew it with God's Word, your natural mind will automatically gravitate toward what it can see, taste, hear, smell, and feel. You must get into God's Word and mix it with faith in order to be led by your spirit.

**"Walk in the Spirit, and ye shall not fulfil the lust of the flesh"** (Gal. 5:16).

Buttoning my shirt was a problem for me until I reprogrammed my mind. I'm not sure why, but when I was a kid, I had a hard time buttoning my shirt. Every time I started, I'd get it wrong. When I got down to the bottom, I'd realize I buttoned it incorrectly and had to redo it. Yet today, I have no problem buttoning my shirt. I wear buttoned shirts often and button them correctly the first time without even thinking about it. Buttoning my shirt has become "second nature."

You can mistake something that comes so naturally to you today as your "nature," when in reality, it's something you learned. The reason you still do some of the things you do is because you haven't renewed your mind. Your old sin nature isn't in there forcing you to do things like before you were born again. You've just acted on these negative things and had them reinforced by the carnal world around you so often that they've become established patterns of thinking and acting. If you're born again, you're not evil inside! You just need to reprogram your mind to God's ways of thinking and acting!

Jesus has set you free! There's no sinful nature inside of you that you're warring against. That old man is dead and gone. The only reason you aren't manifesting your freedom in every area of life is because you're ignorant of it. You haven't renewed your mind, and your flesh still dominates you in different ways. Personally, I've experienced a tremendous amount of victory, but I'm still in the process of renewing my mind just like anybody else!

### *Spirit = spirit*

The "flesh" is not really describing a "sinful nature" after you've been born again. Rather, it more accurately refers to every thought, emotion, desire, and part of you that isn't under the control of your brand-new, righteous spirit.

Technically speaking, what's true of the Holy Spirit is also true of your born-again spirit, because they are one.

**"But he that is joined unto the Lord is one spirit"** (1 Cor. 6:17).

There aren't capital letters in the Greek. Translators decided from the context of a passage whether to render it "Spirit" or "spirit." Either way—Holy Spirit or born-again spirit—the same point is made.

**"Walk in the Spirit [spirit], and ye shall not fulfil the lust of the flesh"** (Gal. 5:16, brackets mine).

The thoughts, desires, patterns, and habits that were established in you through the old sinful nature will begin to diminish as you choose to be dominated by your spirit instead. You don't have to continue in bondage to lust, alcohol, hatred, drugs, strife, gossip, depression, sickness, discouragement, disease, poverty, etc. You can break all of those things off because in your spirit, you're already free. It's just a matter of renewing your mind and beginning to see who you are in Christ manifest. As that happens, you won't fulfill the lust of the flesh. Awesome!

# Walk in the Spirit

## Lesson 19 – Outline

1. Your old man was crucified with Him, but then the body of sin has to be destroyed.

**“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth, we should not serve sin”** (Rom. 6:6).

2. When you die physically, you leave a body behind.

**“For as the body without the spirit is dead, so faith without works is dead also”** (James 2:26).

A. Physical death occurs when your spirit leaves your body.

B. Even though your spirit is gone, your physical body can look exactly the same as it did during life for a brief period of time.

3. When you were born again, your old sin nature left behind a body.

A. Your old man was crucified, has died, and now is gone, but its effects are still being felt through your physical body and unrenewed mind.

B. Your natural mind was programmed to act like the child of the devil that you were before receiving the Lord (Eph. 2:1-2).

C. This means your physical mind will continue functioning like a computer under its prior programming until you renew it to God’s Word.

4. You have one nature, but two minds.

A. You only have one nature—the new one.

B. But you do have two different minds—the unrenewed mind (flesh) and the mind of Christ (spirit).

C. As you reprogram/renew your natural mind to think like your spirit, you’ll experience the life and power of God within you.

5. Your physical mind decides whether you’ll be dominated by your spirit or your flesh.

A. If you don’t renew it with God’s Word, your natural mind will automatically gravitate toward what it can see, taste, hear, smell, and feel.

B. You must get into God’s Word and mix it with faith in order to be led by your spirit.

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

- C. You can mistake something that comes so naturally to you today as your “nature,” when in reality, it’s something you learned.
  - D. The reason you still do some of the things you do is because you haven’t renewed your mind.
6. After you’ve been born again, the “flesh” isn’t really describing a “sinful nature,” but more accurately refers to every thought, emotion, desire, and part of you that isn’t under the control of your brand-new, righteous spirit.
- A. Technically speaking, what’s true of the Holy Spirit is also true of your born-again spirit because they are one.

**“But he that is joined unto the Lord is one spirit” (1 Cor. 6:17).**

- B. Since there aren’t capital letters in the Greek, translators decided from the context of a passage whether to render it “Spirit” or “spirit.”
- C. Either way—Holy Spirit or born-again spirit—the same point is made.

**“Walk in the Spirit [spirit], and ye shall not fulfil the lust of the flesh” (Gal. 5:16, brackets mine).**

7. The thoughts, desires, patterns, and habits that were established in you through the old sinful nature will begin to diminish as you choose to be dominated by your spirit instead.
- A. You can break all of those things off because in your spirit, you’re already free.
  - B. It’s just a matter of renewing your mind and beginning to see who you are in Christ manifest.

# Walk in the Spirit

## *Lesson 19 – Discipleship Questions*

1. According to James 2:26, what is the body without the spirit?
2. What is faith without works?
3. Read Ephesians 2:1-2. What were we before we were born again?
4. In time past, how did we walk?
5. Who is the prince of the power of the air?
6. What is he and what does he do?
7. What are we commanded to do in Galatians 5:16?
8. If we do that, what will we simultaneously not do?
9. Does this verse address believers or unbelievers?
10. According to 1 Corinthians 6:17, born-again believers are:
  - A. One spirit with the Lord.
  - B. Loved of the Lord.
  - C. Joined unto the Lord.
  - D. Accepted by the Lord.
  - E. All of the above.



# Walk in the Spirit

## *Lesson 19 – Answer Key*

1. Dead.
2. Dead.
3. Dead in trespasses and sins.
4. According to the course of this world and the prince of the power of the air.
5. Satan.
6. He's the spirit that now works in the children of disobedience.
7. Walk in the Spirit.
8. Fulfill the lust of the flesh.
9. Believers. People who aren't born again cannot walk in the Spirit. They can only walk in the flesh.
10. A. One spirit with the Lord.  
C. Joined unto the Lord.

# Walk in the Spirit

## *Lesson 19 – Scriptures*

**“But he that is joined unto the Lord is one spirit” (1 Cor. 6:17).**

**“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin” (Rom. 6:6).**

**“For as the body without the spirit is dead, so faith without works is dead also” (James 2:26).**

**“And you hath he quickened, who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience” (Eph. 2:1-2).**

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