

Are You Feeding The Disease?

Pastor John Carmichael

[Gal 5:16-17 NASB95] 16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

Introduction:

- Today is Back To School Sunday. As our children return to school many of them are under a mask mandate. These masks are supposed to protect them from disease.
- While we take the physical health and safety of the children seriously, there is a disease that a mask and a vaccine does not prevent. It is the disease of having uncontrolled fleshly desires that will keep us out of the Kingdom of God and cause us to miss what God has for us.
- Galatians 5 tells us our spirit and flesh.
- Concerning our physical bodies, Heather Morgan, MS, healthyharford.org says, "Every time you eat and drink, you are either feeding disease or fighting it."
- Galatians 5 describes this as well for our spiritual lives.

What do we need to know about feeding our spirit and not our flesh?

There are four things we can learn about feeding our spirit and not our flesh.

I. God wants us to feed our spirit and not our flesh.

- a. [Gal 5:16-17 NASB95] 16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.
- b. The flesh is against the Spirit. This is why your flesh would rather not pray, come to church, or love people appropriately.
- c. We live by the flesh when we do what we want to do. [Gal 5:17 NASB95] 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.
- d. We live by the Spirit when we crucify the flesh with its desires and passions. [Gal 5:24 NASB95] 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

II. Feeding the wrong things can cause them to master us.

- a. [1Co 6:12 NASB95] 12 All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.
- b. [1Co 10:23 NASB95] 23 All things are lawful, but not all things are profitable. All things are lawful, but not all things edify.
- c. NET Bible: slogans of the Corinthians that Paul corrects.
- d. There is a difference between eating poison, sweets, and healthy food.
- e. Somethings kill you quickly. Somethings feed disease over time. Somethings help you fight off disease.
- f. Summo wrestlers (oversized fleshly desires) are too big to fight because they are feed too much. Starve them and they will get smaller so we can handle them.

III. There are many ways we feed our spirit or flesh.

- a. Eyes – [Mat 6:22-23 NASB95] 22 "The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. 23 "But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!

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- b. Ears – [Mar 4:24 NASB95] 24 And He was saying to them, "Take care what you listen to. By your standard of measure it will be measured to you; and more will be given you besides.
- c. Thoughts - [2Co 10:5 NASB95] 5 [We are] destroying speculations and every lofty thing raised up against the knowledge of God, and [we are] taking every thought captive to the obedience of Christ,

IV. Here are a couple basic principles in feeding our spirit.

- a. Develop a lifestyle of feeding your spirit.
 - i. Matthew 6:2, 6, 17 – “when you ...” give, pray, fast
 - ii. Daily prayer. Faithful church participation (Heb. 10:25). Bible reading (1 Tim. 4:13, Rom. 10:17).
 - iii. Be disciplined in walk with God. [1Co 9:26-27 NASB95] 26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; 27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.
 - b. Understand potential pitfalls.
 - i. Children in school. Deut. 6:7. At school, the flesh is being feed. Out of love, and with love, parents must prioritize the feeding of their spirit.
 - ii. Entertainment. We must be watchful about what we allow and how much we allow. Frozen (Let It Go) “It's time to see what I can do, To test the limits and break through. No right, no wrong, no rules for me. I'm free.” Does this feed our surrender to Christ?
 - iii. Relationships. We must ask ourselves if our relationships are drawing us closer to Christ or further?
 - c. We can decide what gets stronger and healthier in our lives by what we choose to feed. That is the message of Galatians 5.
- We must decide to feed our spirit and starve our flesh, and that of our children, to avoid the disease of an uncontrolled flesh and its desires which will ultimately keep us out of the Kingdom of God and cause us to miss what God has for us. (Galatians 5:21)