

**Those who belong to Christ Jesus have crucified the flesh with its passions and desires.**

**– Galatians 5v24**



# **Formation: The Art & Science of How We Change**

**Vol. VI: Resistance**



# Galatians 5v13–24







**We have been led to feel that the self is sacrosanct: just as in an earlier time it was thought never fitting to deny God, so now it seems never right to deny oneself.**

**– Robert C. Roberts**







## the flesh

our base human instincts, *absent* the intervention of the Spirit; what we desire without God.







# Galatians 5v13–24







**Crucify the Flesh**







**I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.**

**– Galatians 2v20**



**...you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.**

**– Colossians 3v9–10**



**Make No *Provision*  
for the Flesh**



**But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.**

**– Romans 13v14**



**Cultivate Life in the Spirit**



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

**– Galatians 5v16**





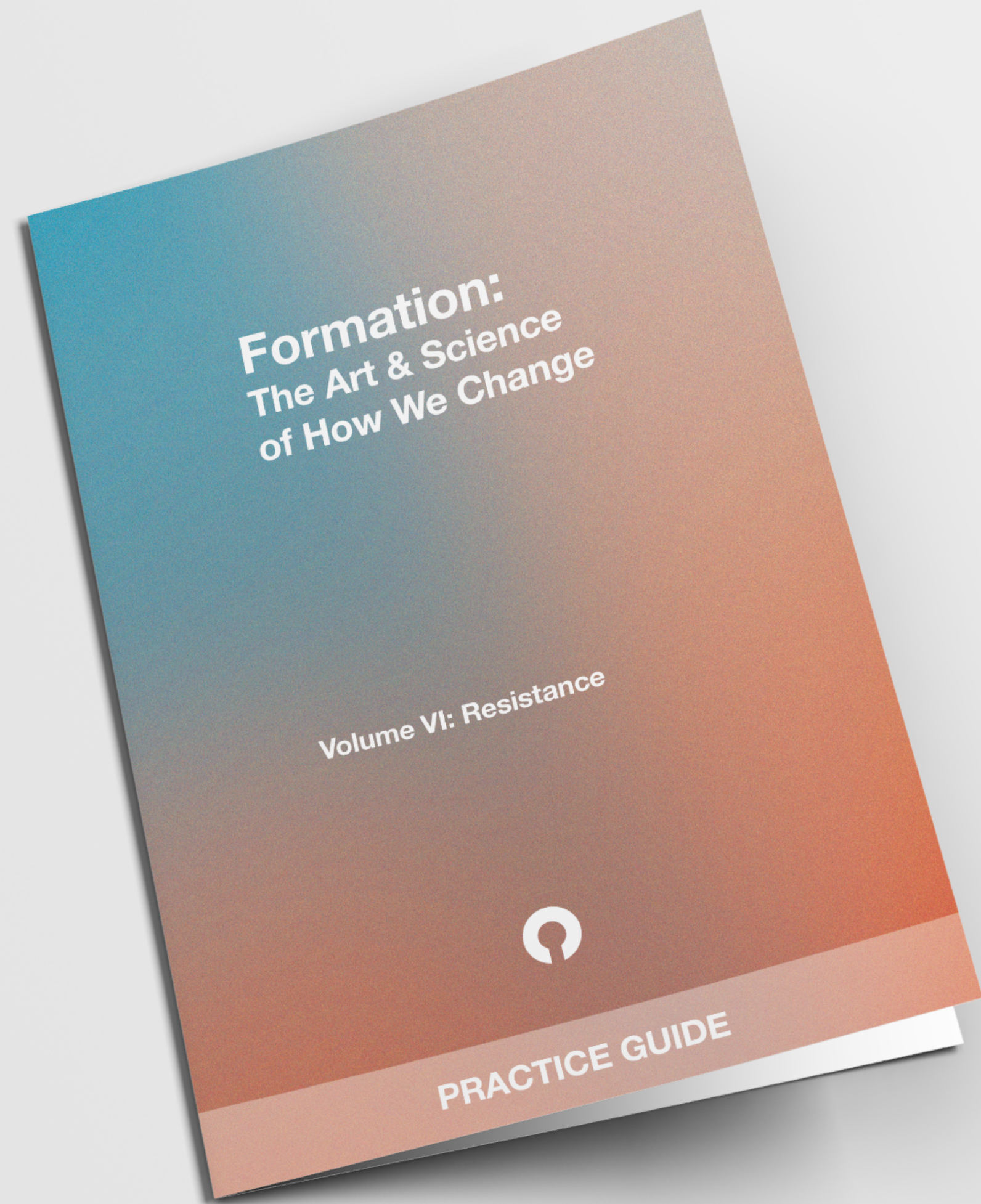


**Don't Fear Failure**









# Practice Guide

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