SO I SAY, WALK BY THE SPIRIT, AND YOU WILL NOT GRATIFY THE DESIRES OF THE FLESH. FOR THE FLESH DESIRES WHAT IS CONTRARY TO THE SPIRIT, AND THE SPIRIT WHAT IS CONTRARY TO THE FLESH. THEY ARE IN CONFLICT WITH EACH OTHER, SO THAT YOU ARE NOT TO DO WHATEVER YOU WANT. BUT IF YOU ARE LED BY THE SPIRIT, YOU ARE NOT UNDER THE LAW. THE ACTS OF THE

GALATIANS 5:16-25

FLESH ARE OBVIOUS: SEXUAL IMMORALITY, IMPURITY AND DEBAUCHERY; IDOLATRY AND WITCHCRAFT; HATRED, DISCORD, JEALOUSY, FITS OF RAGE, SELFISH AMBITION, DISSENSIONS, FACTIONS AND ENVY; DRUNKENNESS, ORGIES, AND THE LIKE. I WARN YOU, AS I DID BEFORE, THAT THOSE WHO LIVE LIKE THIS WILL NOT INHERIT THE KINGDOM OF GOD. BUT THE FRUIT OF THE SPIRIT

GALATIANS 5:16-25

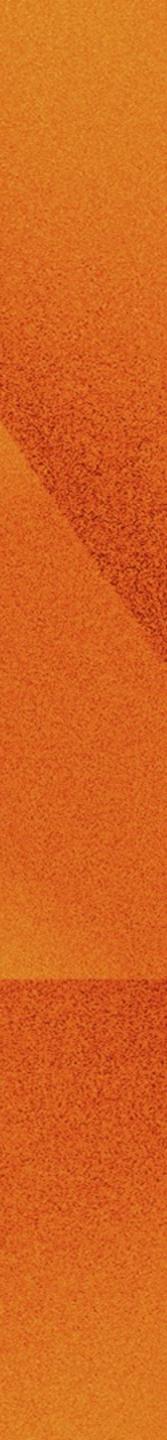
IS LOVE, JOY, PEACE, FORBEARANCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL. AGAINST SUCH THINGS THERE IS NO LAW. THOSE WHO BELONG TO CHRIST JESUS HAVE CRUCIFIED THE FLESH WITH ITS PASSIONS AND DESIRES. SINCE WE LIVE BY THE SPIRIT, LET US KEEP IN STEP WITH THE SPIRIT.

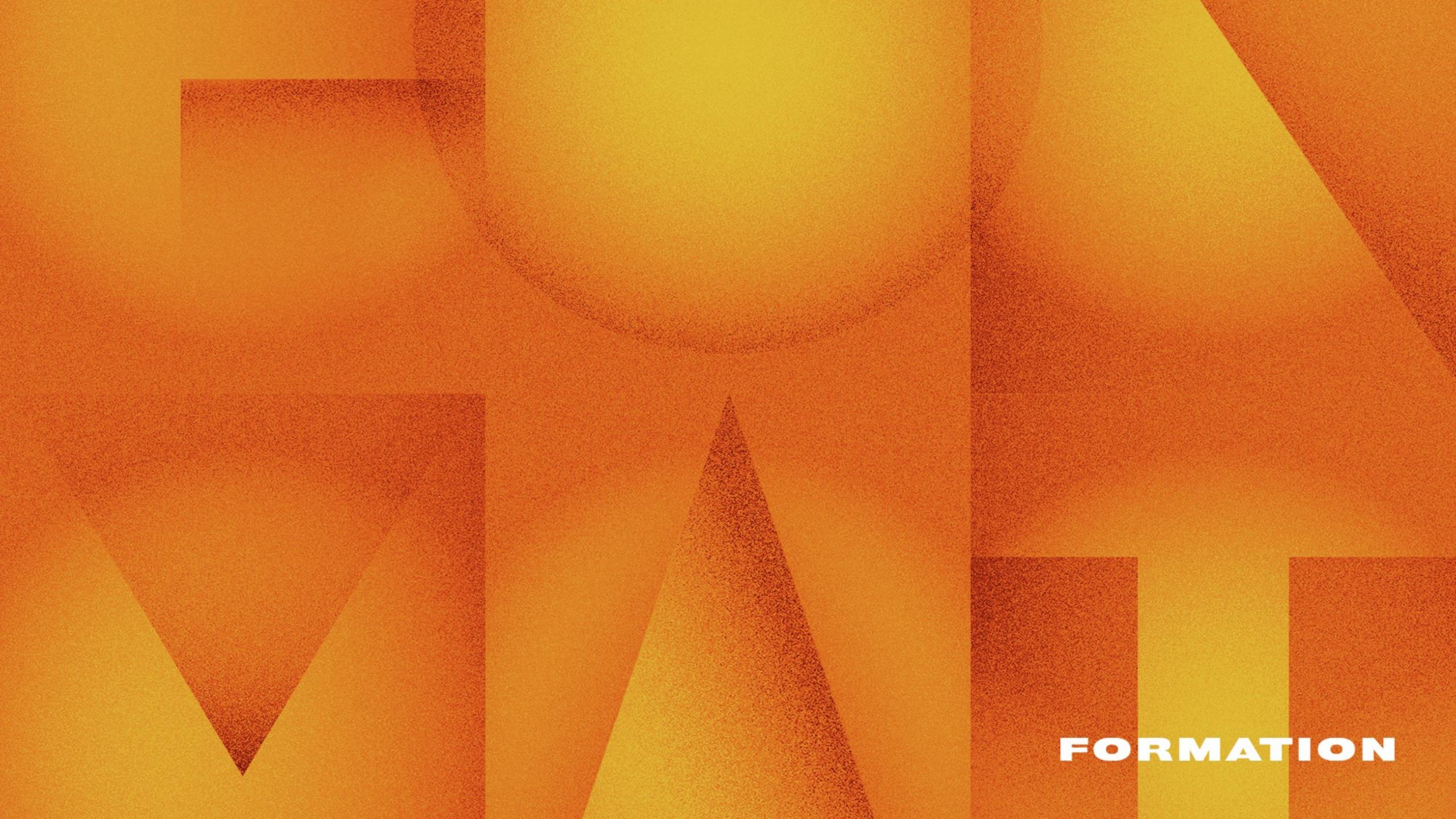
GALATIANS 5:16-25



THE ART & SOIENOE

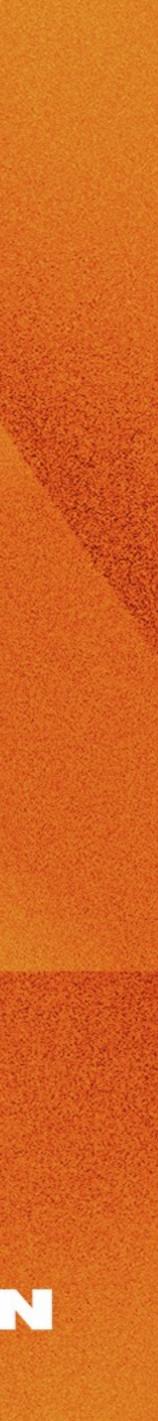
OF HOW WE OHANGE





LIKE A CITY WHOSE WALLS ARE BROKEN THROUGH IS A PERSON WITHOUT SELF-CONTROL.

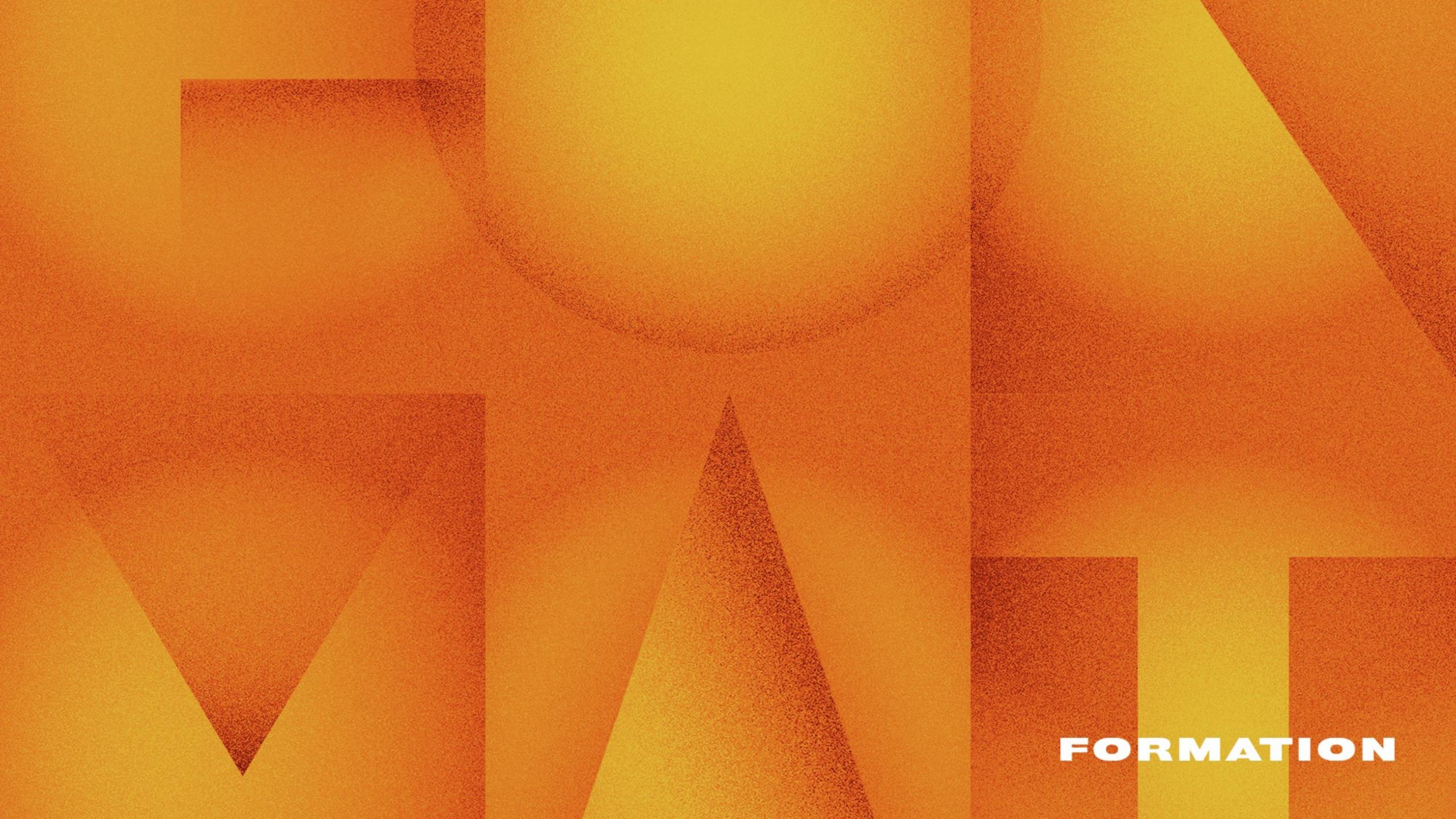
PROVERBS 25:28



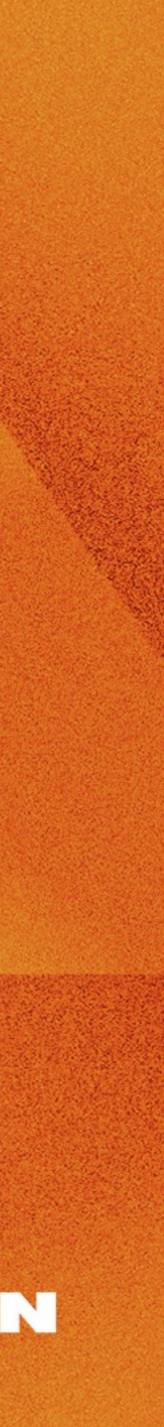


GALATIANS 5 V. 16-25



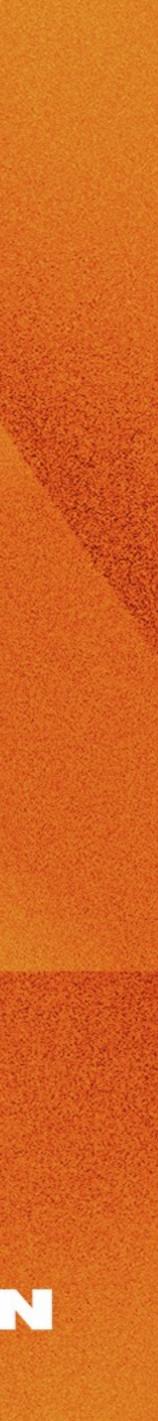


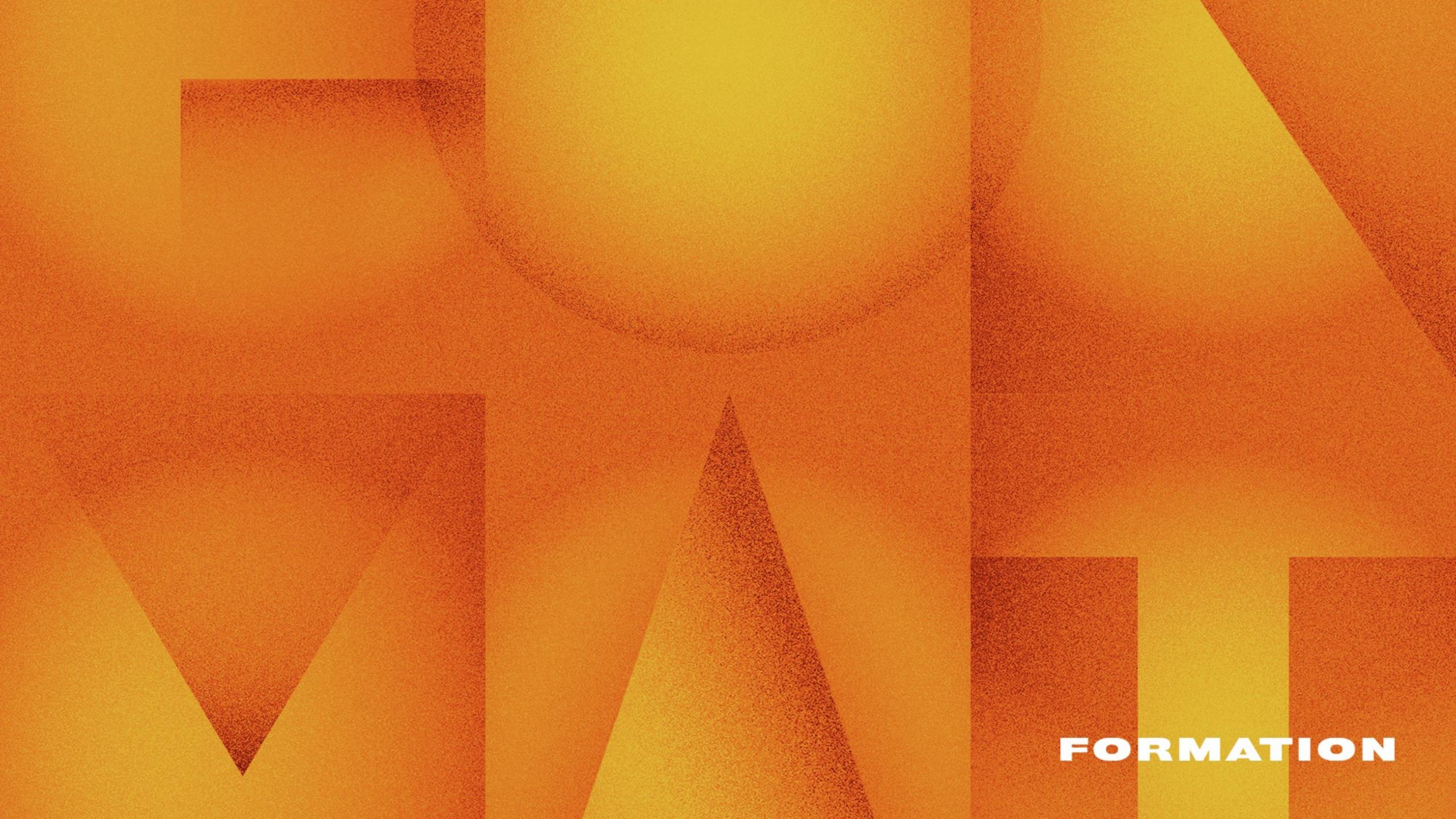




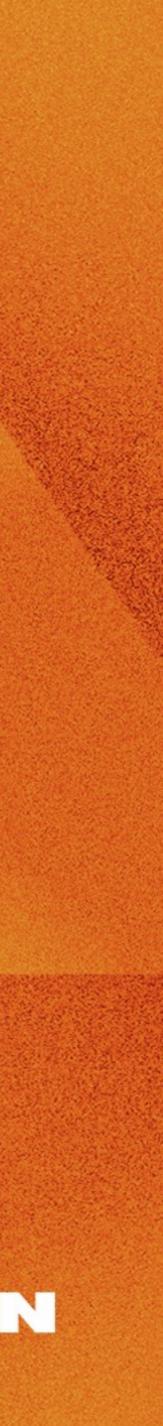
FASTING REVEALS THE THINGS THAT CONTROL US [...] WE COVER UP WHAT IS INSIDE US WITH FOOD AND OTHER GOOD THINGS, BUT IN FASTING THESE THINGS SURFACE. IF PRIDE CONTROLS US, IT WILL BE REVEALED ALMOST IMMEDIATELY [...] ANGER, BITTERNESS, JEALOUSY, STRIFE, FEAR-IF THEY ARE WITHIN US, THEY WILL SURFACE DURING FASTING.

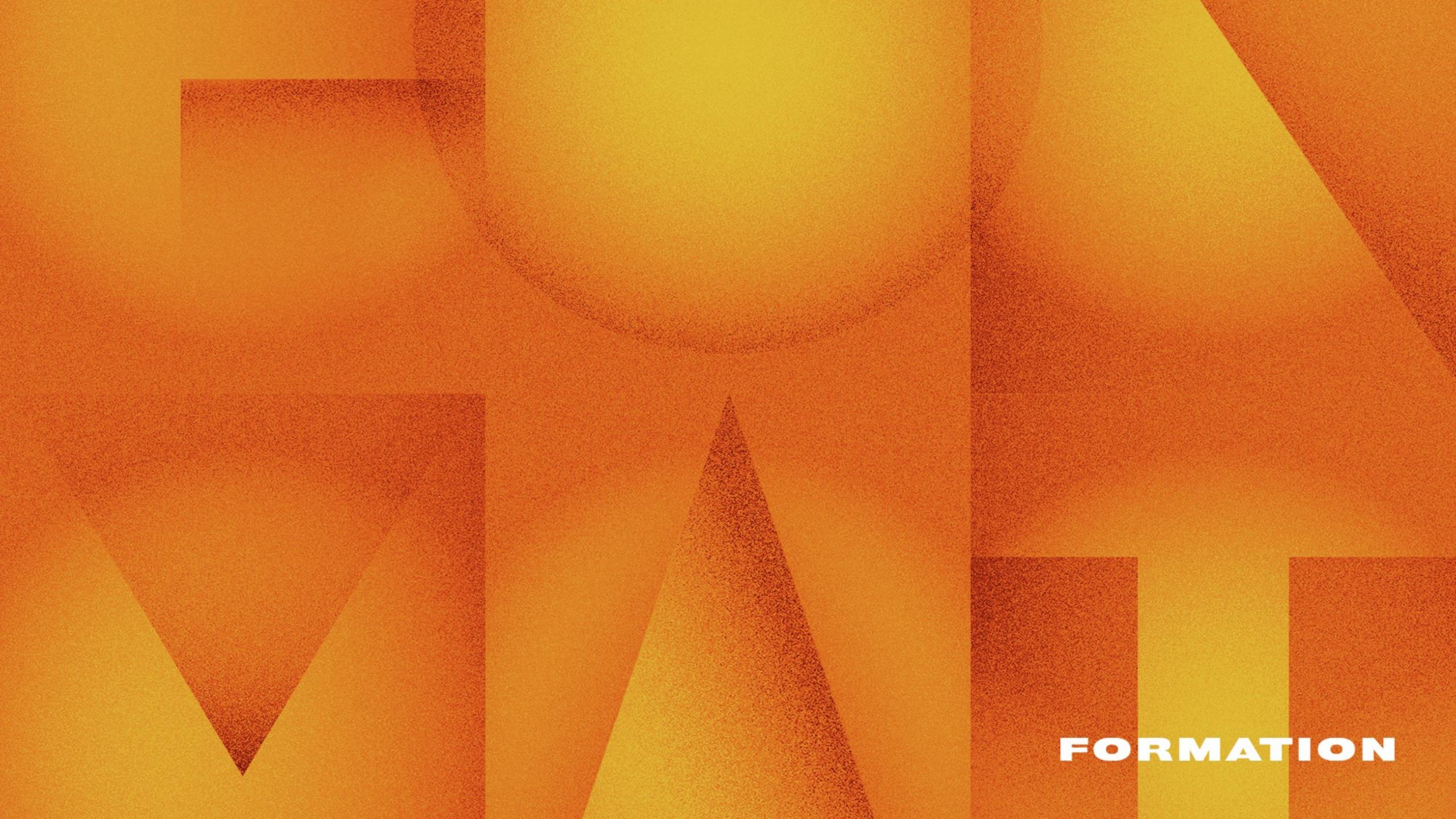
RICHARD FOSTER









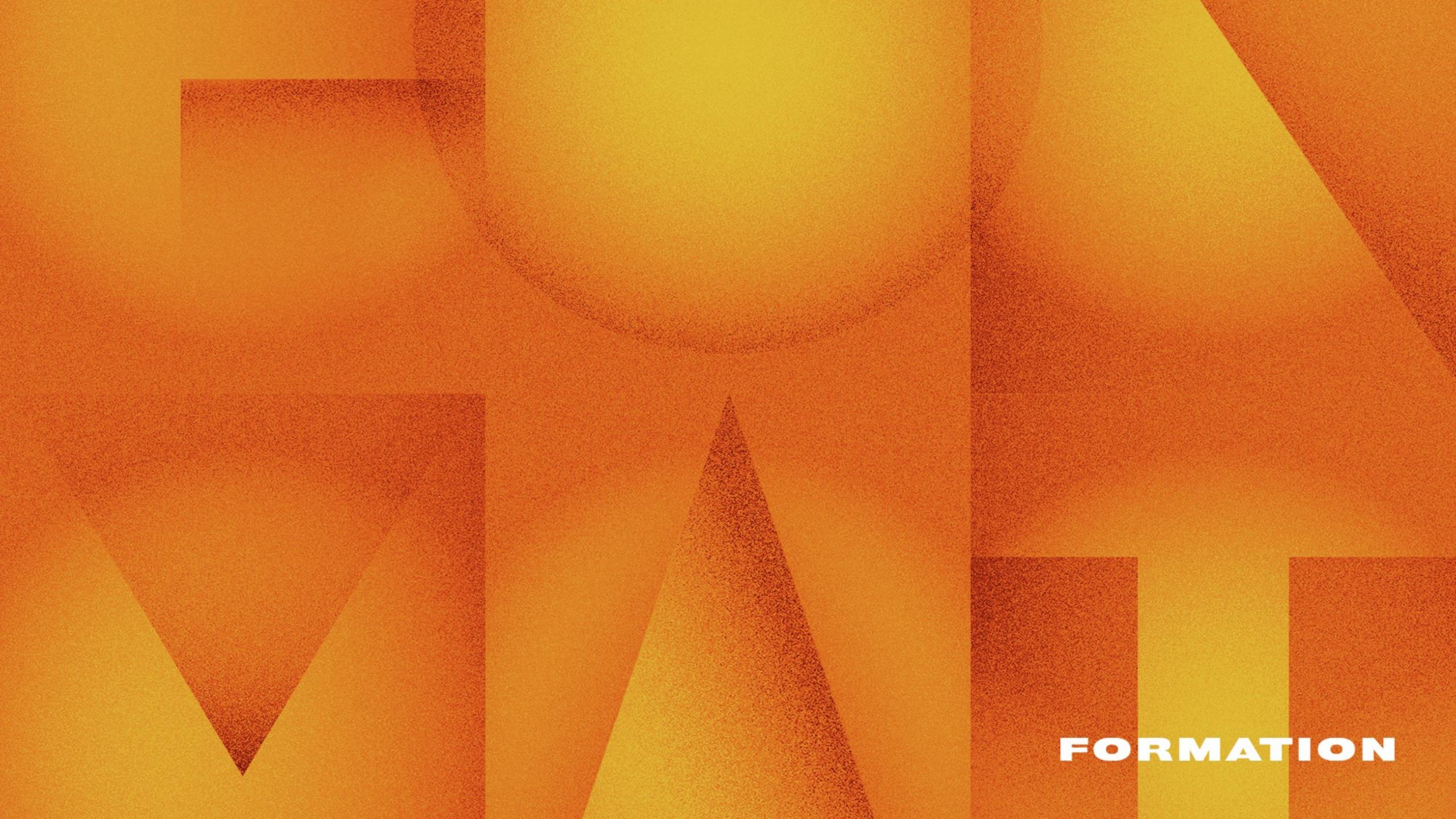


... IT IS SOMETIMES NECESSARY TO CHECK THE DELIGHT OF THE FLESH IN RESPECT TO LICIT TO ILLICIT JOYS.

ST. AUGUSTINE

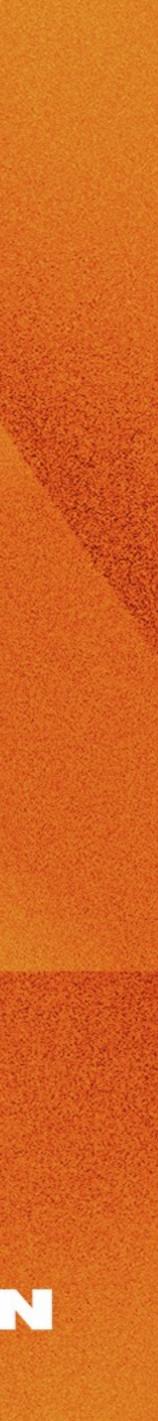
PLEASURES IN ORDER TO KEEP IT FROM YIELDING

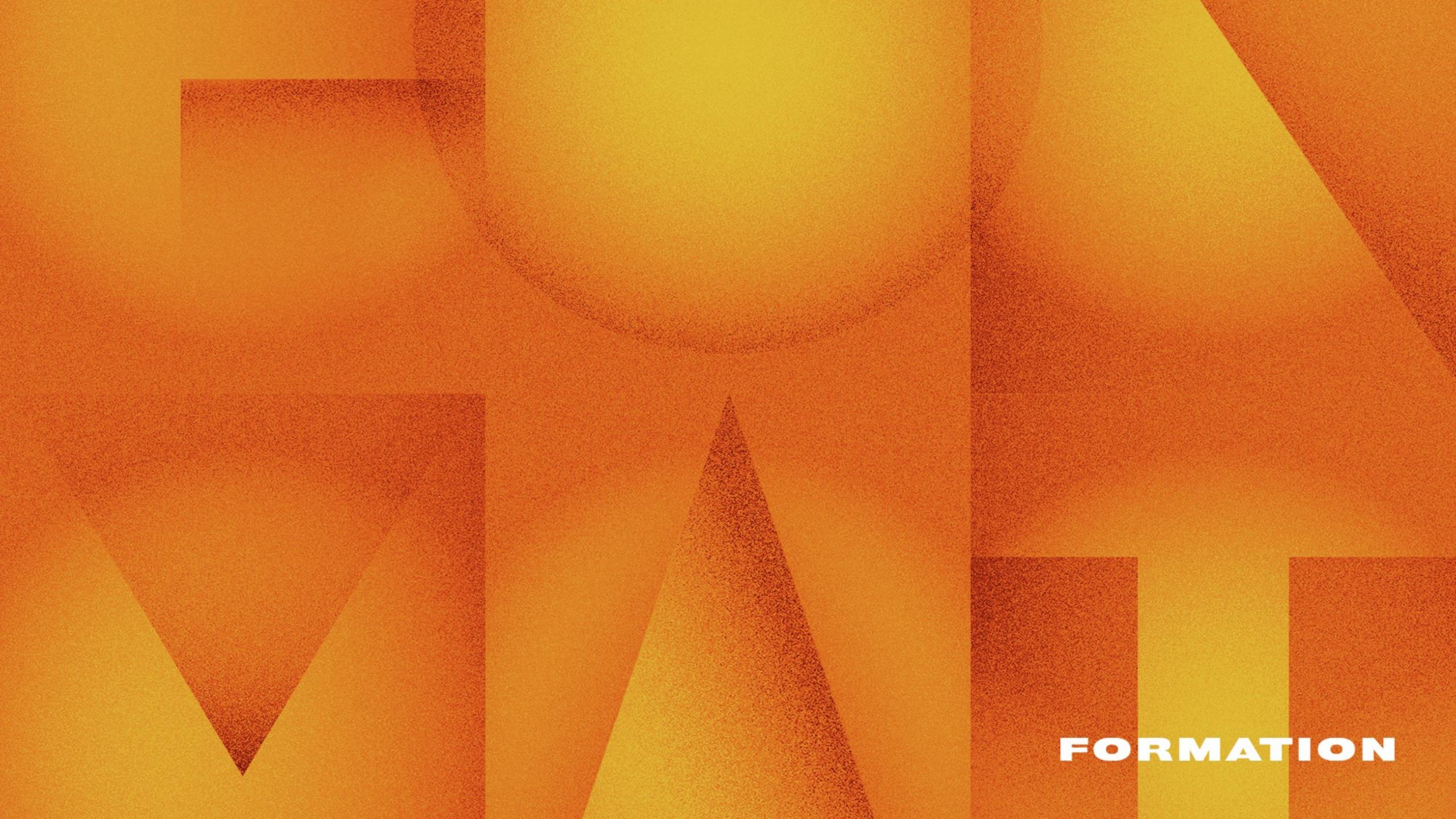




THE SPIRIT GOD GAVE US DOES NOT MAKE US TIMID, BUT GIVES US POWER, LOVE, AND SELF-DISCIPLINE.

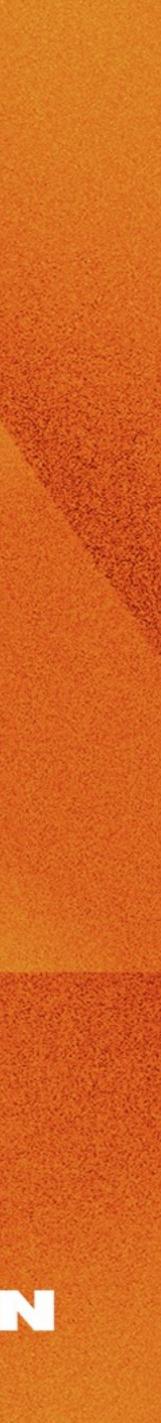
2 TIMOTHY 1:7

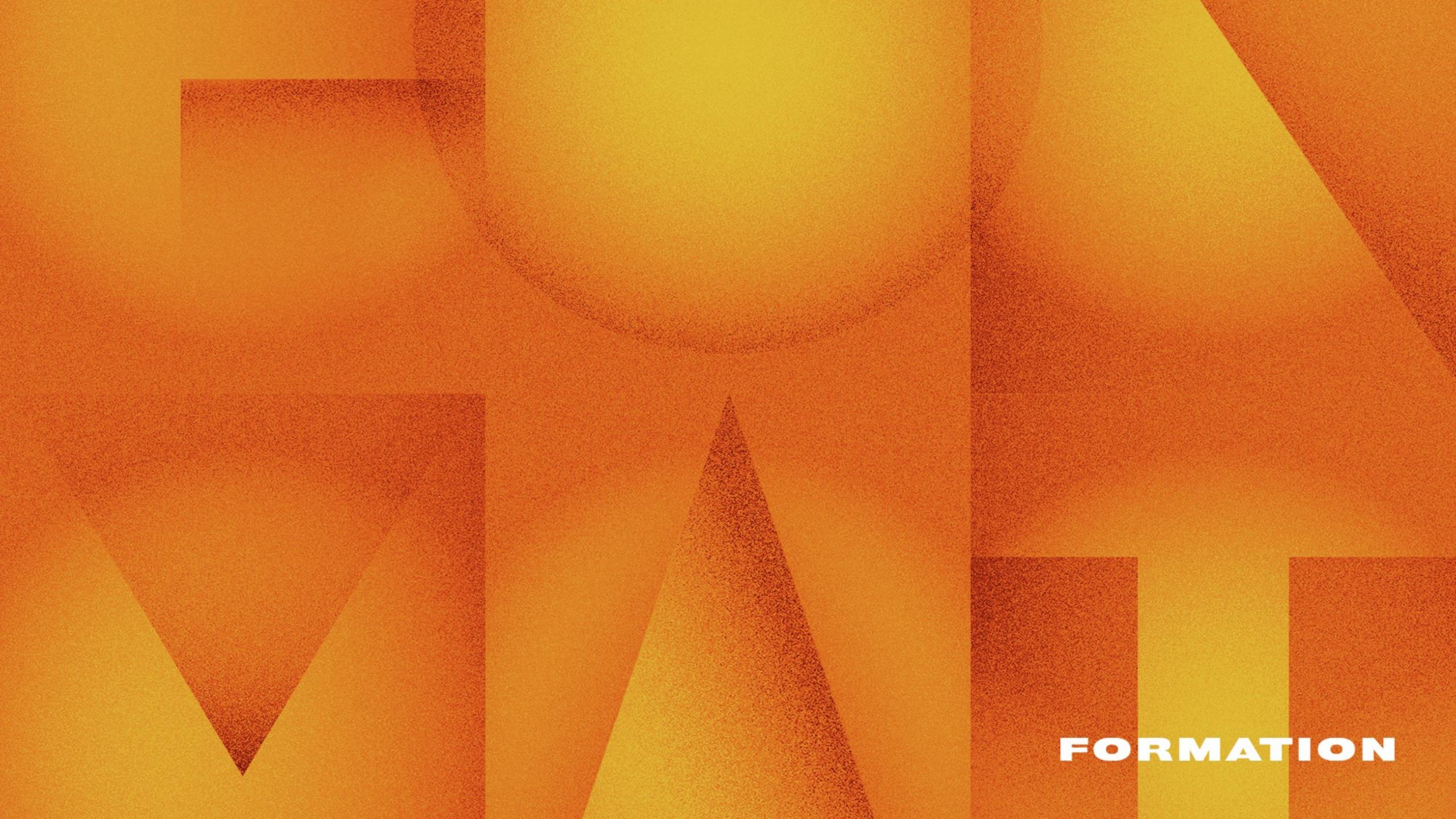




FOR THE GRACE OF GOD HAS APPEARED, THAT OFFERS SALVATION TO ALL PEOPLE. IT TEACHES US TO SAY "NO" TO UNGODLINESS AND WORLDLY PASSIONS, AND TO LIVE SELF-CONTROLLED, UPRIGHT AND GODLY LIVES IN THIS PRESENT AGE...

TITUS 2:11-12





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