

Building the Flesh

Monday, January 17, 2022

3:45 PM

Matthew 26:41 ESV

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

What causes the flesh to be weak?

- Too tired
- Burned out
- Given up
- Can't see any progress
- The struggle becomes real
- Bad choices

? REFLECTION ?

When do you feel weak, discouraged or tired?

We can reach a point in our walk that **the sin we love is stronger than our flesh.**

Our sins are never stronger than the spirit.

STORY TIME: David & Bathsheba

2 Samuel 11 AMPC

IN THE spring, when kings go forth to battle, David sent Joab with his servants and all Israel, and they ravaged the Ammonites [country] and besieged Rabbah. But David remained in Jerusalem.

Up to this point in David's life he's lived a exemplary life by our standards and God's. Everyone looked up to him. But now everyone knows what he did.

He doesn't want to go to church anymore. And not just church 😞, David is the commander in chief. What do you think his generals are thinking?

What does David do?



1. Repents
2. Pray

David's Prayer:

Psalms 51:10-12 ESV

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit.

What did David pray for?

- 1) A clean heart 
- 2) The Joy of Salvation 
- 3) A willing spirit

What is the Joy of Salvation?

- Salvation through faith in Jesus Christ.
- An experience that brings deliverance, restoration and preservation.
- A U- turn from sin

? REFLECTION ?

How do you restore your joy?

1. Repent.
2. Strengthen the flesh

Prayer for Joy

Isaiah 12

The LORD Is My Strength and My Song

You will say in that day: "I will give thanks to you, O LORD, for though you were angry with me, your anger turned away, that you might comfort me.

"Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation."

With joy you will draw water from the wells of salvation. And you will say in that day: "Give thanks to the LORD, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.

"Sing praises to the LORD, for he has done gloriously; let this be made known in all the earth.

Shout, and sing for joy, O inhabitant of Zion, for great in your midst is the Holy One of Israel."