

# Overcome the flesh!

If we could control the demands of the flesh there would be no more selfishness, hatred or war.

In the meantime we have three Christian remedies.

**First**, we can *amputate!* Jesus said, “If your hand or foot causes you to sin, cut it off and cast it from you.” Matthew 18.8. This is in fact how thieves are punished in the Middle East! But is this what Jesus really wants for a Christian's body, which is the Holy Spirit's sacred temple? 1 Corinthians 6.1.

No, he's using sensation to grab attention – cut out ordinary, legitimate things if they cause us to go astray.

**Second**, “walk in the Spirit to *counteract* lust of the flesh.” Galatians 5.16.

To escape from Earth our astronauts need a counteracting power that exceeds gravity's pull – an escape velocity of 24,200 miles per hour!

And God's counteracting power can make a foul person clean, set a drunkard free, and keep marriage partners faithful.

**Third**, we can become *weightless* – “lay aside every weight, and the sin which so easily ensnares us.” Hebrews 12.1.

But being weightless brings new problems of balance and control, and lack of exercise. Ask the astronauts. We still need God's daily help.

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**The average man is so conventional, it may be positively painful for him to be daring or resourceful.**

**Ken Packer**