

A man in a dark suit and tie is shown from the chest down to the waist. He is wearing a pair of red Everlast boxing gloves, which are positioned in front of his chest. The gloves have the word 'EVERLASTING' written on the wristband area. The background is plain white.

CONQUERING

the
Flesh

Andrew L. Singletary



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ARMOUR OF LIGHT
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CONQUERING the *Flesh*

A WEARINESS TO the *Flesh*

This is a book about you. This book will show you how to defeat the greatest enemy you have. It's a short book--only 32 pages. That's not because I don't have a lot to say about you--I do. No, it is a short book because I realize that I am dealing with a subject that is going to meet with a measure of resistance--from you. So I want to make it as easy as possible for you to receive.

I realize that I have two huge obstacles to overcome when it comes to you. First of all, there are a lot of books being published--an estimated 175,000 per year in America alone. You probably own more than a few of those books, and, if you're like me, you probably haven't read some of them yet. But that's okay. This book is about you. You know you want to read about you.

You see, there are almost seven billion people on this planet, and a reasonable number of them actually want to know how to defeat the greatest enemy they have. The fact that you have read this far encourages me that you just might be one of those people. Keep reading. And remember: This book is about you.



CONQUERING the *Flesh*

My second obstacle gets a bit more personal. This is a book about conquering *your* flesh. It is an actual attack on a part of *you*. I'm going to ask your mind and body to read and act on a battle plan against themselves. And yes, I know that the people who need this message most are the people who are least likely to take advantage of it. But I'm banking on you.

I'm banking on the fact that you are serious about your Spiritual life. I'm banking on the fact that you are serious enough about your Spiritual life to make your hands reach into your pocket and buy this book about you--for you. I'm banking on the fact that you are serious enough about your Spiritual life to make those same hands put this short book before your eyes. I'm banking on the fact that you are serious enough about your Spiritual life to make your eyes focus for less than an hour in order to change your life for eternity.

Jude said that *"it was needful for [him] to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints"* (Jude 3). I feel the same way. I'm writing this book for contenders. I'm writing this book for people who are willing to fight for the life they believe God promised them.

Solomon said that *"much study is a weariness to the flesh"* (Ecclesiastes 12:12). Well, this book has been crafted so that it shouldn't take much study. But it will take a commitment--because your flesh is going to fight back. Buying, reading, and obeying this book will take a commitment to conquer your flesh.

But you are a contender. You can do it. I know you can. I'm banking on the fact that you want to please God. And I'm writing this to tell you that the only way to please God is to conquer your flesh. You can do this. Fight back! I'm in your corner.

WHAT IS the Flesh?

Let me begin by asking you a question. What is the greatest enemy to the Christian's life?

Most everyone's first thought is--the devil. And there is no denying, the devil does hate you and me and all who name the name of Christ as savior. Peter warned us. *"Be sober, be vigilant;"* he said, *"because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world"* (1 Peter 5:8,9).

But for all his roaring, the devil is limited in his ability to harm us. His only power is the power to seduce or deceive. And he uses that power quite effectively to convince us to harm ourselves. His greatest weapon and our greatest enemy, then, is our flesh.



CONQUERING the *Flesh*

The flesh is one of the most misunderstood aspects of the Christian faith. So, in this book, I'm going to cover three critical areas:

- 1. What is the flesh?**
- 2. How to conquer the flesh.**
- 3. The works of the flesh.**

When I am done, you will have everything you need to contend effectively with your greatest enemy. And just so there is no misunderstanding, the greatest enemy to the Christian's life is--the flesh.

But what exactly are we talking about when we say "*the flesh*?" I was a sergeant in the military, and I can tell you with authority that you must know your enemy before you can conquer him. So I'll ask you another question:

Q. What is the *Flesh*?

A. The flesh is the mind and body disobeying God and functioning on their own.

I told you this was a short book. We don't have any time to waste. Now let me prove to you, scripturally, what the flesh is.

If you intend to become a part of any group, it is important to learn the lingo. All too often, however, people learn what to say and when to say it without ever really understanding the depths of what it is they are saying or responding to. Church is no different. So much of our conversation is just room noise. We are saying what we hear others say with no real understanding.

It is not uncommon in charismatic church circles, for example, to hear people say things like: "*Oh, he was just in the flesh.*" Or "*That wasn't anything but flesh.*"

WHAT IS the *Flesh*?

I'm sure you've heard such comments, but what do they really mean? I mean aren't we all *"in the flesh"* to a degree? We are human beings, and human beings walk around in suits of flesh. But Paul, the apostle, let us know that we are more than the suits we walk around in when he prayed for the church at Thessalonica. We are three-part beings--not just flesh.

"And the very God of peace sanctify you wholly;" Paul prayed, *"and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"* (1 Thessalonians 5:23). Thus did Paul identify us as part spirit, part soul and part body.

Paul also wrote to the Galatians, *"This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would"* (Galatians 5:16,17).

These are strong words--fighting words. Paul says the flesh lusteth against the Spirit and the Spirit against the flesh. To lust against is to fight or war against. And Paul is writing to born-again, Spirit-filled Christians here. He is saying that every believer has a war going on in his body. It is the war between the Spirit of God and the flesh. And what is the flesh?

The flesh is the mind and body disobeying God and functioning on their own.

For every Christian, there is a war going on inside them between the Spirit of God and the flesh. It's not the devil. It's the flesh. There is a war going on inside you. If there isn't, then you don't know Jesus and the devil already has you. So I ask you again: What is the flesh? How do we identify our enemy?

CONQUERING the Flesh



Andrew L. Singletary and his wife Cheryl live in Durham, North Carolina, where they are the founders and pastors of New Life Christian Center. Andrew is a pastor and a bible teacher who is known for his straightforward teaching of the Word of God.

He believes that the greatest need in the Body of Christ today is for believers to be established and rooted in the teaching of the Word of God.

Along with his pastoral responsibilities, Andrew L. Singletary produces the "Prevailing Word" which is a weekly television program, a daily radio broadcast and a quarterly magazine, and ministers around the world.



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