Romans 8 v 6

For the mind set on the flesh is death but the mind set on the spirit is life and peace.

This scripture speaks of "a mind set on the Spirit". Does this mean our minds should be set like concrete? No, a renewed mind gives us life and peace.

Psalm 58 v 1-5

Do you indeed speak righteousness, O gods? Do you judge uprightly, O sons of men? No, in heart you work unrighteousness; On earth you weigh out the violence of your hands. The wicked are estranged from the womb; These who speak lies go astray from birth. They have venom like the venom of a serpent; Like a deaf cobra that stops up its ear, So that it does not hear the voice of charmers, Or a skilful caster of spells.

Our minds and carnal nature were with us from birth. We were "Estranged from the womb."

Matthew 26 v 36-46

Then Jesus came with them to a place called Gethsemane, and said to His disciples, "Sit here while I go over there and pray."

As we war in the spirit we will have to go through Gethsemane. It was at the cross that the flesh was crucified. Jesus spent three days in the belly of the earth. Jonah also experienced this. It's a picture of the death of our old character's structure followed by the inner being figuratively in the heart of the earth.

Matthew 12 v 38-40

Then some of the scribes and Pharisees said to Him, "Teacher, we want to see a sign from You." But He answered and said to them, "An evil and adulterous generation craves for a sign; and yet no sign will be given to it but the sign of Jonah the prophet; for just as Jonah was three days and three nights in the belly of the sea monster, so will the Son of Man be three days and three nights in the heart of the earth.

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No Sign will be Given

Galatians 3 v 11.

Now that no one is justified by the Law before God is evident; for, "The righteous man shall live by faith."

Hebrews 11 v 1

Now faith is the assurance of things hoped for, the conviction of things not seen.

Romans 10 v 17

So faith comes from hearing, and hearing by the word of Christ.

Hearing Christ- not looking for signs, which is a sign of unbelief.

Matthew 12 v 40

For just as Jonah was three days in the belly of the sea monster so shall the son of man be three days and three nights in the heart of the earth.

Jesus spent three days in the belly of the earth; we must learn to wait on God.

Psalm 40 v 1

I waited patiently for the Lord; And He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God.

Waiting patiently knowing He will favour me is to walk in the Spirit.

Jonah 1 v 17

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Jonah was three days in the belly entombed, suffering. Maybe that's where you feel you are, for maybe just one minute or hours or days or even months but He will bring you out. When you say: I feel so tired. I don't know what's happening to me, I haven't felt this way before. I feel like a bowl of jelly inside, I just can't get hold of this thing, I didn't know it was going to be like this.

Jesus has the answer to all of these.

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Matthew 11 v 28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

It's like when you go on holiday, you need a few days to unwind. All of our old nature is in unrest; God has disturbed it to crucify it. All our energies have been used to strive, to work at being good, even after being saved. The flesh has to be crucified not pampered or made good.

Let's look at what happened in the Garden of Gethsemane. Jesus faced up to the reality of death even though He was grieved and distressed.

Matthew 26 v 38-46

Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, He fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from Me. Yet not as I will, but as You will." Then He returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" He asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may Your will be done." When He came back, He again found them sleeping, because their eyes were heavy. So He left them and went away once more and prayed the third time, saying the same thing. Then He returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!"

Jesus needed fellowship, yet he also needed to be alone. We also need fellowship. The disciples let him down - they slept like us, they were weary. The spirit is willing but the flesh is weak. The flesh is weak, all flesh is weak, but not all flesh is dead.

When Jesus was arrested all his disciples left him and fled in fear-sin.

Romans 14 v 23

But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin.

We can expect better things in our lives if we believe and trust Jesus, by really knowing Him as a risen, living Lord.

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Mark 16 v 15-18

He said to them, "Go into all the world and preach the gospel to all creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."

There are Four Sacrifices

1 Our Bodies

Romans 12 v 1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

2 The Sacrifice of Praise-Worship

Hebrew 13 v 15

Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.

3 Good Works

Hebrews 13 v16

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

4 Giving

Hebrews 13 v16 (again).

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

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