



### Life Through Death Worksheet

#### *Death is a necessity for spiritual growth*

Death of the old man and dominance of the flesh through the Spirit leads to life and fruitfulness in Christ (Rom 6:1-14, 22).

#### *A uniquely Christian dilemma*

The apostle Paul summed up the Christian dilemma when he said, *"I do not understand my own actions. For I do not do what I want, but I do the very thing I hate... For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin which dwells within me"* (Rom. 7:15, 19, 20).

#### *The harmony within the unbeliever*

Before a person becomes a Christian, his whole being is in sync; it is harmonious. Unbelievers move in one direction without conflict. By that I mean that the unbeliever is dominated by sin, in spirit, soul, and body. There is no resistance in their heart to the evil impulses that arise from our physical nature.

#### *The new birth creates conflict in the believer*

The new birth creates a tension between the bodily desires and those of the spirit that is now alive to God. There is, therefore, a true conflict in the believer that does not exist in the unbeliever.

#### *Do not let the conflict confuse you*

This dilemma also creates confusion and often makes true young believers wonder if they really are Christians.

### *The conflict prevents from doing good*

Paul described the conflict to the Galatians the following manner: *“For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would”* (Gal. 5:17).

### *Death to death*

The pathway to victory is to learn to live through death. Christians have to learn to put to death, crucify, as Paul sometimes says, the desires of the material nature (the flesh) and yield to the spirit through faith and earnest desire.

### *Repressing evil is good!*

This dominance of the sinful nature is the very thing Western culture demands that we do not do. However, it is always right to master evil through the Spirit when it rears its ugly head.

### *The spiritual mind leads to peace*

Paul tells us emphatically, in both Romans and Galatians to *“walk after the Spirit and you will not fulfill the lust of the flesh”*. We do not master the evil urges for “religious points”, we master them so that we can reap the life and peace that come from obeying the promptings of the Spirit (I Cor. 9:24-27; Rom. 8:5-6; Gal. 6:7-9).

### *Conclusion*

The more we learn to exercise death toward the evil that resides and wells up from the fleshly nature, the more we will walk in the Spirit, which leads to the fruit of holiness and, in the end, eternal life.

***Prayer:*** *Father, death is always unnatural and difficult and dying “daily”, as Paul said (I Cor. 15:31), seems more difficult than physical death. Teach me and strengthen me to live a living death so that I can truly know the life you give. Christ died so that I could live; help me to die so that Christ can live in and through me. I pray in Jesus’ name and for your glory.*