Romans 13:14 (NKJV): “

> But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”

Shalom! May the name of our Lord Jesus Christ, the Almighty, be forever praised. I welcome you once again to reflect together on the life-giving words of our Lord.

As the scripture above advises, we should not focus on the body. Focusing on the body means prioritizing it excessively, which leads to stirring up its desires. And when the body’s desires are inflamed, we become slaves to them. The body begins to demand satisfaction, and without it, we face trouble and struggles.

1) SLEEP (A Desire of the Flesh)

The body desires rest, and that’s why sometimes you may find yourself suddenly feeling sleepy, even without planning for it. Sleep is a natural desire that God placed within us. But we all know that not every moment is meant for sleep. If we were to sleep all the time, we would miss out on many important

responsibilities and opportunities.

Proverbs 20:13 (NKJV): “

> Do not love sleep, lest you come to poverty; open your eyes, and you will be satisfied with bread.”

This verse speaks to the importance of balance. While sleep is necessary for physical rest, laziness or overindulgence in sleep will lead to poverty, both materially and spiritually. We are reminded here to be good stewards of our time and energy, and to prioritize our responsibilities and obligations. In

Ephesians 5:16 (NKJV),

> *we are urged to* “redeem the time, because the days are evil.”

Proper stewardship of our time includes managing our sleep

patterns, ensuring that we maintain a healthy work-life balance.

Theological Insight:
Sleep is a gift from God, but like all gifts, it is meant to be used wisely. The desire for sleep itself is not inherently sinful. However, when we allow it to dominate our lives, causing us to neglect our responsibilities and spiritual commitments, it becomes a form of idolatry. We are called to “watch and pray” (Matthew 26:41), not just physically, but also spiritually, ensuring that our desires for comfort and rest do not lead to complacency in our spiritual lives.

2) FOOD (A Desire of the Flesh)

Another strong desire of the body is hunger. Everyone feels hunger and thirst. There are times when you simply feel the need to eat or drink, and there’s a certain pleasure in satisfying that desire. But if we don’t have self-control, this desire can lead to overindulgence, causing us to overeat, gain weight, or even develop health problems.

Proverbs 23:20-21 (NKJV): “

> Do not mix with winebibbers, or with gluttonous eaters of

> meat. For the drunkard and the glutton will come to poverty, and drowsiness will clothe a man with rags.”

The Bible speaks clearly about the dangers of overindulgence in food and drink. While food is a gift from God

(see 1 Timothy 4:4-5 (NIV): “

> For everything God created is good, and nothing is to be rejected if it is received with thanksgiving.”*),*

the sin lies in using food or drink as a means of escape or comfort rather than nourishment.

Theological Insight:
The desire for food is legitimate, but we are called to exercise moderation. Jesus Himself fasted for forty days (Matthew 4:2), showing us that we can survive and thrive spiritually even without indulging in excessive food. Overindulgence in food can be a form of worshiping the flesh, rather than honoring God.

1 Corinthians 10:31 (NIV)

> *teaches,* “So whether you eat or drink or whatever you do, do it all for the glory of God.”

Our eating and drinking should honor God, and we should learn to control our appetites for His glory.

3) SEXUAL IMMORALITY (A Desire of the Flesh)

Sexual desire is another powerful urge within the body. Like sleep and food, it is a natural desire that God placed in every person. But it must be controlled and used at the right time — within the bounds of marriage. It is easy to control when we keep it in its proper place.

Song of Solomon 3:5 (NKJV):

> “I charge you, O daughters of Jerusalem, by the gazelles and by the does of the field, that you stir not up, nor awake my love, until he please.”

1 Corinthians 7:2-5 (NIV): “

> But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband.”

God created sexual desire as a beautiful expression of love between a husband and wife. However, when this desire is indulged outside the bounds of marriage, it becomes sin.

Hebrews 13:4 (NIV) says,

> “Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.”

Theological Insight:
Sexual desire is not inherently sinful; rather, it is a gift from God

that should be expressed within the marriage relationship. In

1 Thessalonians 4:3-5 (NIV),

> *Paul writes,* “It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable.”

We must exercise self-control over this powerful desire, especially in a world that encourages sexual immorality. Jesus Himself, in Matthew 5:28 (NIV), warned that even looking at someone with lustful intent is sinful. Therefore, Christians are called to honor God with their bodies and to control their sexual desires.

How Do We Stop Giving In to the Desires of the Flesh?

We can stop by distancing ourselves from all the temptations that lead to sin. This includes avoiding conversations about lust or engaging in inappropriate discussions with friends.

Ephesians 5:3 (NKJV): “

> But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints.”

Proverbs 26:20 (NIV): “

> Without wood a fire goes out; without a gossip a quarrel dies down.”

Similarly, by cutting off the triggers or “fuel” for sinful desires, they will eventually die down within us.

Matthew 18:8-9 (NIV): “

> If your hand or your foot causes you to stumble, cut it off and throw it away. It is better for you to enter life maimed or crippled than to have two hands or two feet and be thrown into eternal fire.”

We must also avoid watching movies or TV shows with romantic or immoral themes.

Philippians 4:8 (NIV)

> *reminds us,* “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Conclusion:

The battle against the desires of the flesh is not a one-time victory, but a continuous process of sanctification. We are called to live lives that focus on the Spirit, not the flesh.

Romans 8:5-6 (NIV)

> *teaches,* “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the

> Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

May we, through the power of the Holy Spirit, overcome these desires and live holy, self-controlled lives, honoring God in everything we do.

God bless you,,

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