Greetings in the name of our Lord Jesus Christ.

This is a question many people ask: *Is it really possible to overcome the desires of the flesh and its temptations?* Can someone truly stop sins like adultery, masturbation, pornography, drunkenness, or worldly habits?

From a human standpoint, the answer is no we simply can’t. But God’s answer is yes, because “

> with God all things are possible.” *(Matthew 19:26)*

Your mind may tell you it’s impossible because you haven’t yet understood the spiritual principle that makes it possible. I used to think that way too. But I later discovered that God’s Word is true and that living in victory is possible. God never lies.

So then, how does it actually happen?

First, understand this: no human being was created with the

natural power to overcome the desires of the flesh. Anyone who tries to do so by their own willpower will only deceive themselves. They may succeed for a while, but eventually, they'll fall back into the same pattern.

If you've been struggling in your own strength, you'll only end up frustrated. But today, I want to show you the *right principle* for victory.

The Secret to Overcoming the Flesh

The principle is clearly laid out in Scripture:

> *Galatians 5:16–17 (NIV)*
> *"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."*

Paul says, *"Walk by the Spirit."* In other words, *live your life in*

step with the Holy Spirit.

Many Christians receive the Holy Spirit and are even filled with Him, but only a few actually walk with Him in their daily lives.

It’s like inviting a guest into your home. You welcome them warmly, but then you leave them there while you go about your business. That guest knows you only in the context of your house not your life.

That’s how many believers treat the Holy Spirit. We acknowledge Him at church, but outside of church, we live as if He isn’t there. That’s why temptations and desires often overpower us because we’re not walking with the Spirit in our everyday lives.

The truth is, it’s the Holy Spirit who gives you the strength to overcome sinful desires. You need His presence with you continually, not just occasionally.

Think of it like anesthesia given to a patient. As long as the anesthesia is active, the patient feels no pain. But once it wears off, the pain comes back, and they need another dose.

That’s what it’s like with the Holy Spirit. You need to stay “under His influence” daily if you want to live in victory.

From today onward, stop trying to fight sin in your own strength you’ll never win that way. Instead, focus on being filled with the Spirit and walking closely with Him in everything.

How Do We Walk in the Spirit?

There are three key principles to walking in the Spirit:

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1) Be a Person of Constant Prayer

When most people think of prayer, they think only about presenting their needs to God. But prayer isn’t just about asking it’s a place where we are filled with the Holy Spirit.

As a child of God, every time you pray, seek not only answers to your requests but also the filling of the Holy Spirit. Ask Him to guide you, strengthen you, and build your inner life. Go beyond surface-level prayer or routine recitations enter into deep fellowship with the Spirit.

The more you pray, and the more consistently you do it, the more room you give the Holy Spirit to fill you with power. Eventually, the things that once tempted you will seem small and powerless because His presence within you is so strong.

This should be your *daily practice*.

> *Ephesians 6:18 (NIV)*
> *“And pray in the Spirit on all occasions with all kinds of prayers and requests.”*

If you’re not a person of prayer, your spiritual strength will remain low, and your flesh will easily take over even if you’ve been saved for fifty years. That’s why the Bible urges us to *pray without ceasing* (1 Thessalonians 5:17).

Pray in your understanding, and also pray in the Spirit as He enables you. But always let your main goal be to be filled with Him.

If you only pray once a week at church, or once a month, you’re

not walking in the Spirit.
A true sign of someone walking in the Spirit is that they are a daily person of prayer.

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2) Keep the Word of God in Your Mind and Heart

The Word of God continually stirs and strengthens our spirit. The enemy knows this, so he works hard to keep us distracted to fill our minds with everything *except* Scripture.

He knows that when your thoughts are filled with God’s Word, you’ll stay far from sin.

When temptation comes, and you remember Joseph fleeing from adultery, you gain courage. When you recall how God honored Job’s faithfulness, you find strength. When you meditate on Daniel’s loyalty, you’re inspired to remain steadfast.

But the enemy wants your mind filled with entertainment, gossip, sports, politics, or worldly worries — anything but the Word of God.

If you train your mind to dwell on Scripture and God’s promises, you are, in effect, allowing the Holy Spirit to fill your thoughts and influence your life. The result? He energizes your spirit, and you find victory comes naturally.

Remember, the Word of God and the Holy Spirit are inseparable.

> *John 6:63 (ESV)*
> *“It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.”*

Read the Bible often, but even more importantly — let it live in your mind and heart all day long. That’s your greatest protection and your strongest weapon against sin.

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3) Make a Genuine Decision to Repent

True repentance is a matter of obedience. If you’re double-minded — wanting to follow Jesus but still holding on to the world — you hinder the Holy Spirit’s work in your life.

You might pray regularly, but if your heart hasn’t made a firm decision, your efforts will not bear fruit.

> *1 John 2:15–17 (NIV)*
> *“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.”*

When you decide to follow Jesus, understand that the world is no longer your portion. Its pleasures are no longer your friends.

That’s when you take clear, practical steps of faith:

- Throw away indecent clothes that promote sin.
- End immoral relationships.
- Stop watching ungodly movies or keeping company with those who lead you astray.

Don’t pity yourself — do it because of Christ. He will give you the

grace to overcome.

At first, it may feel difficult because your flesh will resist. But through your obedience, the Holy Spirit will take over. Once you've surrendered every part of your life to Him, His power will fill you completely — and the desires of the flesh will lose their grip.

If you practice these three things daily — prayer, the Word, and true repentance — you are walking in the Spirit. Nothing will be too hard for you, because your victory won't come from your own strength, but from the power of the One who lives within you.

> *Galatians 5:25–26 (NIV)*
> *"Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other."*

May the Lord bless you.

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