

Make no Provision for the Flesh

"But put ye on the Lord Jesus Christ, and
make no provision for the flesh,
to fulfil the lusts thereof."
Romans 13:14

Day 1

Pray, write out the following verses, and answer any questions following the verse.

Read **2nd Samuel 11:1-5**

Did David exercise self-control or not? _____

1st John 2:16 _____

What are 3 areas in our own lives that need to be and must be controlled? _____

Psalm 101:3 _____

What should you not put before your eyes? _____

In your daily life what are you putting before your eyes that should be removed?

Of the things you set before your eyes, which of these things would you invite Jesus to see? _____

In light of your answers to the above questions about **Psalm 101:3**, what changes are you willing to make in your life? _____

2nd Timothy 2:22 _____

What should you flee? _____

What would youthful lusts be in your own life? _____

In pursuing righteousness, faith, love, and peace, how would you do this? _____

Who calls upon the Lord from a pure heart? _____

What is a pure heart? _____

Read **Romans 7:14-25**. In this passage Paul tells us of his struggle with sin, but also of his victory in Jesus Christ. How does this passage give you hope for your walk with Christ? _____

Galatians 5:22-23 _____

Notice that part of the fruit of the Spirit is self-control or meekness, which is power under control. Self-control is just one part of Christian character, it is produced by the Holy Spirit, not by the mere moral discipline of trying to live by the law. One of the things that the Spirit promises to do for the child of God is to enable him or her to master self, weaknesses, and areas of temptation, but we must choose to obey and do the things the Holy Spirit has shown us.

Scripture Memory: This week's passage will be **Romans 13:14**. Review it several times each day with prayer, and by the end of the week you'll have it memorized. If your Bible is a different version than the New King James, please memorize it according to the version you use everyday.

"But put on the Lord Jesus Christ and make no provision for the flesh, to fulfill its lusts."
Romans 13:14 NKJV

Day 2

Pray, write out the following verses, and answer any questions following the verse.

Galatians 2:20 _____

Who lives in you? _____

How then should you live? _____

In knowing Who lives in us and living by faith, the deeds we did before coming to Jesus are to be crucified. Many times this is a daily, even minute by minute task. Jesus said if anyone wishes to come after Me, let him deny himself and take up his cross and follow Me. (**Matthew 16:24**) Crucifixion is probably the slowest and most painful death ever devised by mankind. As we put to death the deeds of the old man he will cry out, that is our sinful nature, yes it will be a daily discipline to follow after Jesus.

1st Corinthians 6:18 _____

What are you to flee? _____

1st Corinthians 6:19-20 _____

What is your body to God? _____

Who owns you? _____

What was the Price paid for you? _____

How would you glorify God in your body? _____

What changes will you make to glorify God in your body? _____

Galatians 5:16 _____

What is the key to conquering sinful desires? _____

Scripture Memory: Fill in the missing words below, by memory if possible. Review the passage several times today.

"But put on the Lord _____ and make no provision for the flesh, to fulfill it's _____." **Romans 13:14** NKJV

Day 3

Pray, write out the following verses, and answer any questions following the verse.

Read the story of Joseph and Potiphar's wife in **Genesis 39:1-12**.

How did Joseph show self-control? _____

Matthew 26:41 _____

What does Jesus direct us to do according to **Matthew 26:41**? _____

The way to overcome temptation is simply to watch and pray. To watch would be to know of the possibilities of temptations, being aware of the subtle ways that it can come, and preparing yourself spiritually ahead of time to fight it. It will strike when we are vulnerable, through prayer and God's Holy Spirit enabling us, we can overcome.

James 4:7 _____

What are you to do when temptation comes? _____

Give a specific example of how you would submit to God. _____

1st Timothy 2:1 _____

What can you do when sinful thoughts or temptations enter your mind? _____

God has placed many people around us who need prayer, believers and non-believers alike. It is no accident that you are where you are in life, you now belong to Jesus and

therefore can seek His kingdom no matter where you are at. As we deal with temptation every day we can begin to pray for those around us thereby we glorify God and give our mind and heart to Him instead of sin.

Who would you pray for? _____

2nd Chronicles 20:21-22 _____

What did Israel do when facing their enemies? _____

What did the Lord do as they sang to Him and Praised Him? _____

When faced with temptation, what can you do? _____

Scripture Memory: Fill in the missing words below, by memory if possible. Review the passage several times today.

"But put on the _____, _____, and make no _____ for the flesh, to fulfill it's _____." **Romans 13:14 NKJV**

Day 4

2nd Corinthians 10:5 _____

What are we to be destroying which comes up against the knowledge of God? _____

What speculations and lofty things in your own life are contrary to the Word of God?

What are we to take captive to the obedience of Christ? _____

This means good thoughts and vile thoughts. Jesus is our high priest, very loving and compassionate. Though some thoughts are shameful, do not be afraid to take them to Him. He is ready and able to help you to deal with these thoughts, remember the verse says every thought captive, Jesus already knows our thoughts. The Lord says to us in **Jeremiah 29:11**"For I know the plans I have for you declares the Lord, 'plans for welfare and not for calamity to give you a future and a hope.'" **Romans 8:1** states "There is therefore now no condemnation for those who are in Christ Jesus."

Scripture Memory: "But put on the _____, _____, _____, and _____ no _____ for the _____ to fulfill it's _____."

Romans 13:14 NKJV

Day 5

Romans 13:12 _____

What are you to lay aside? _____

What deeds of darkness in your own life which Jesus has shown you, do you need to stop doing or lay aside? _____

According to **1st John 1:5** God is light, in view of that we are to put on the Armor of Light.

What would the Armor be according to **Ephesians 6:10-18**? _____

Romans 13:13 _____

As a Christian, how are you to behave? _____

What are you not to be participating in anymore? _____

Romans 13:14 _____

What would be the flesh's lusts? See **Galatians 5:19-21** _____

How would you put on the Lord Jesus Christ? See **Ephesians 4:24, Colossians 3:10, Galatians 5:22-23** _____

Scripture Memory: "But _____ on the _____, and _____ for the _____, to _____ it's _____."

Romans 13:14 NKJV

Day 6

Philippians 4:6 _____

What are we to be anxious about when faced with temptation? _____

When faced with temptation what should you do? _____

Philippians 4:7 _____

What will be the result of prayer? _____

Philippians 4:8 _____

What should you let your mind dwell on? _____

The Word of God is True, Honorable, Right, Pure, Lovely, of Good Repute, Excellent, and Worthy of Praise. God is faithful, who will not allow you to be tempted beyond what you

are able, but with the temptation will provide a way of escape also, that you may be able to endure it. (**1st Corinthians 10:13**) God Himself will not allow you to be tempted beyond what you can handle. Does this mean we are to play around with sin? No, of course not, but even when we are in over our heads if we cry out to Jesus, He will open the way of escape. We must choose to take it!

Philippians 4:13 _____

Who strengthens you? _____

What can you do through Him? _____

If you have fallen to sin the following verses are true and applicable. You have but to apply them in your Life. **1st John 1:9, James 5:16, Psalm 32:5, Psalm 51, Psalm 103:12-14**

Scripture Memory: " _____

Romans 13:14

Describe how this study helps you to overcome sin in your life. _____

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