

The Refuge
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Villains
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Fighting the Flesh
Romans 7:15-20

Our Enemy

Read Romans 7:15-20

1. What is the flesh?
2. Have you ever felt like Paul? Have you ever felt this civil war in your soul?

The Defense

3. Read Romans 8:13. What does it mean to mortify the flesh?
4. Read Romans 13:14. What does it mean to “make no provision for the flesh?”
5. Read I Corinthians 9:27. What does Paul mean when he says, “I buffet my body?”
6. So, how can a believer defend himself against the flesh?

Your Gameplan

7. What is fasting?
8. How does fasting fight the flesh?
9. If you wanted to fast, where would you begin?