



Lesson 88 Overcome Your Flesh

May 23, 2012

05/20/12 MEETING: PRESENT – I AM, Bob and Cindy

BT – Come before me with humble hearts. Bow low before me your King. You must accept your place. I must be the King you must be the servant. There is no room for your will on the path (journey). You must become one in purpose with me. It is my will, my plan that must be followed. Man's ways will not succeed. I have victory. I have already won. Will you join me? You must overcome your flesh. You must master it. You have discipline. You must overcome your desires and your wants and focus on me. This is now. It takes time to overcome your flesh. It takes time to bring about change. Think about me. Read about me. Talk with others about me. Pray, pray, pray. Do the work. No one said it would be automatic. You must do your part. You must come to me. Ask me what must change, I will show you. You know in your heart what must change. Change it. Grow with Me. I call you to grow in me. Be disciplined do what you know must be done.

CT – Don't forget the lessons I have taught you, "Negativity begets negativity," compassion and love; empathy and sympathy; refinement - keep working on your refinement. Keep working on purifying your heart through the lessons you have learned. Now is a good time for you to go back over your flow book. Read it and grow. Get rid of anger. Get rid of resentment. They do not benefit you. Speak what I put in your heart not what Satan puts there. Your assignment for this week is to read, read, and read some more. Fill your heart with my food. Isolate yourself from the world and it's influence. Read, read, read and read some more. Do not forget to touch others with my love and light. This helps to get rid of that which is unwanted – anger, resentment, frustration etc. Be at peace I AM with you. I love you. I feel your heart. I AM – Amen!

Introduction

This week the Lord is encouraging us to overcome our weaknesses whether they be our flesh, emotionalism or desires. He then lays out a plan for our success. We just have to follow His plan. Therefore without any further hesitation let's follow where He leads.

Overcome Flesh

Our Lord Jesus has spoken to us in the past about overcoming our flesh. He explained, that our flesh is weak. It causes us to let our guard down. It causes us to open the wrong doors. Ultimately, we end up making poor choices that are not for our best. Jesus warned us like this:

Matthew 26:41 *"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."*

This message was in fact repeated several times throughout the bible. Here are a few examples:

Romans 8:12-13 *Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die but if by the Spirit you put to death the deeds of the body, you will live.*

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

Galatians 6:8 *For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.*

This, however, is not just a message of the past. No, the Lord continues with this same message today. He said it like this in our meeting of the 20th:

You must overcome your flesh. You must master it.

We have just read a lot about “flesh” but what does the term really mean? When this word is used in the above passages it seems rather broad even vague to me! However, the bible can help us out, it defines “flesh” this way:

Galatians 5:19-21 *Now the works of the flesh are evident which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish, ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like:*

Adultery, fornication, selfish, ambitious, etc. etc. etc.- none of those things are good. They all appear to be hurtful and perilous. Therefore, I think walking in the “flesh” must be similar to walking in “self” because walking in “self” is perilous as well. I think walking in the flesh is about fulfilling ones desires whatever they may be.

THH says this in regard to walking in the “flesh” <http://www.takehisheart.com/finelines.htm>
The Lord said plainly that we cannot have "self" and walk hand in hand with Him. This does not mean we do away with our wills, but instead is a redirecting of our wills. The Lord showed me the power of the will of man. **Controlling our own spirits, bringing our flesh and will into obedience to Christ is part of not having "self."**

Paul said he had to put his flesh down everyday. I know that many times I have had to come against my own spirit and fleshly will in order to do the will of the Lord.

This means giving up what you want for what the Lord wants. This means letting go of unhealthy desires. The Lord said, **You must overcome your flesh. You must master it.**

05/20/12 DP - **Focus your mind onto Me. Be aware of your surroundings, be not led astray.**

05/21/12 DP - **Honor My ways, be steadfast, do not go the way of the world.**

Overcome Emotionalism

Yet the flesh is not the only area we need to work on. This week the Lord said that in addition to dealing with our flesh we also need to deal with harmful emotions, specifically, those of anger and resentment. These were the emotions that were laid out by the Lord when he said, **Get rid of anger. Get rid of resentment. They do not benefit you.** In many instances we allow our emotions to control our actions. This can be wonderful. It is not always a bad thing. For example, everyone loves getting a hug or a kiss, a word of praise or thankfulness but there is also a dark side to our emotions like those mentioned by the Lord. We are talking about those of anger and resentment. These can be harmful. Let me take time here to repeat what the

Lord said, **Get rid of anger. Get rid of resentment. They do not benefit you. And from the bible:**

Psalm 37:8 *Cease from anger, and forsake wrath; do not fret—it only causes harm.*

Proverbs 14:17 *A quick-tempered man acts foolishly...*

Proverbs 15:18 *A wrathful man stirs up strife, but he who is slow to anger allays contention.*

Matthew 5:21-22 *“You have heard that it was said to those of old, ‘You shall not murder, and whoever murders will be in danger of judgment.’ But I say to you that whoever is angry with his brother without a cause shall be in danger of judgment...”*

1 Corinthians 13:4-5 *Love suffers long and is kind; love does not envy; loves does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil...*

Ephesians 4:26,27,31 *“Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil...Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*

However, from THH we learn that **anger can be a spirit operating within you.** Yes, spirits can affect you and your walk.

A spirit can affect a person in three ways: from the inside, from the outside, and through other people. No matter what the source, **its purpose is to adversely affect you, your mind, and your ability to obey God, therefore your function in life.** All evil spirits **come against God, His plan, and His ways.** They are against you, **God is for you!** God is for the function of your mind, the enemy wants to control it!

Anger (or any other spirit) can arise at **its will, in any situation,** and at the oddest times. Haven't you ever been angry about something and looked back on the situation and thought, "Why did I get so upset over that?"

Spirits love to make life miserable by rising up in situations, functioning, and then drawing back, leaving the individual to deal with the aftermath.

Spirits act as filters for both incoming messages and outgoing messages. If you have a spirit affecting you, understand that it can filter what comes in from other people. You get the wrong impression of what someone says, in the light of the particular spirit that affects you. **Spirits do this by giving you thoughts, by distorting the tone of voice you hear, and by giving you feelings.** They filter (block and change) completely what was really said, or really happened! Understand it is a spirit operating and not the person **or not you.**

Understanding this actually wipes out the need for forgiveness in many situations. This is because there is suddenly nothing to forgive, as far as the person is concerned. **The person didn't do it!** Jesus said,

Luke 11:35,36

Take heed therefore that the light which is in thee be not darkness. If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give the light.

Notice here that Jesus said we could have light in us (our bodies) and still have a part that was dark, **...be full of light, having no part dark....** He would not have said, "having no part dark," if it were not possible **to have darkness in with the light.**

Yes, we as Christians can have spirits that are operating in us (our flesh) and even controlling our lives. If the anger in you rises up and causes trouble with others, **it has altered your life** and changed the path you were on. **It changed the path, not you!**

If you have a deep seed of anger, it's there for one of two reasons. Either it is there because it has been passed down from a previous generation, or it is there because of something that happened to you. However, it doesn't matter. What matters is the fact that you have anger in you, and it is a spirit. It is influencing and changing your life, whether you believe this or not!

You can see why the Lord is encouraging us to get rid of anger, get rid of resentment. These are doors that should remain closed. They are harmful. They benefit no one. To read more about the spirit of anger go to <http://www.takehisheart.com/satananger.htm>

The Lord also said this regarding emotions:

05/17/12 DP - **Forgive and forget, dwell on the things concerning Me. This is My time to do with you as needed. Changing wrong mindsets - A new heart and a new mind.**

05/19/12 MVA - **Composure keep always. Trials are temporary My Kingdom eternal. Always keep perspective. Think eternal.**

05/20/12 CT - **Get rid of anger. Get rid of resentment. They do not benefit you.**

Overcome Desires

The next area we are going to look at in regards to overcoming is that of desires. The Lord said, **You must overcome your desires and your wants and focus on me.** Overcoming your desires, here in this regard, I think the Lord is speaking of the worldly desires. I do not think he is speaking of the desires of the heart because after all the bible does say this:

Psalm 37:4 *Delight yourself also in the LORD, and He shall give you the desires of your heart.*

No, I believe the desires He is speaking of here in this instance are "wants". They could be thought of as lustful desires I guess. However, the Lord did refer to them as "wants" himself. So whether it is stereo equipment, new wheels or an attractive person; this desire that takes your focus from the Lord is to be overcome. Yes, we are to put these desires down and **focus on** the Lord instead.

Colossians 3:2 *Set your mind on things above, not on things on the earth.*

Lamentations 3:25 *The LORD is good to those who wait for Him, to the soul who seeks Him.*

2 Timothy 2:15 *Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.*

When I was a small girl I saw many things I wanted. It may have been when we were out shopping or it may have been from the toy section of the Sears Christmas Catalog but I definitely remember there were lots of things I wanted. My dad always had the same response, "I give you what you need not what you want." Yes, he did provide for all of my needs and he gave me a few of my wants as well. I think my dad was like the Lord in this. The Lord provides for our needs, He even gives us some of our wants but we humans tend to go crazy overboard with wants. And if we are really honest about it, the satisfaction we receive from our wants, never really lasts. However, the satisfaction, the joy and happiness, the peace

we receive from the Lord never fades. And whether we realize it or not, our true needs, are met only through the Lord.

05/17/12 MVA - **Think Spiritual not physical for your needs. I AM your abundant great supply.**

Corrective Measures

This week the Lord defined several areas we need to work on as a part of our refinement. He stated that we are to overcome flesh, overcome desires, and overcome harmful emotions like anger and resentment. However He didn't just list our problems and stop there. No our God is an awesome God. He helps us by guiding our steps. Thus the Lord has lined out several measures or steps we can take that will help us deal with our desires and emotions. They will help us overcome our issues. They will help us become victorious but our success is dependent upon our obedience. These are the steps He suggested:

Food for Your Soul/Read - Your assignment for this week is to read, read, and read some more. Fill your heart with my food. Read, read, read and read some more.

The Lord meets our needs in various ways but one of the most important is through words, through a "thing of the Spirit". His words guide us. They help us to stay on track. From THH:

A "thing of the Spirit" is a dream, vision, a word, something we can point a finger at. Keeping track of all of these "things of the Spirit" that come down the *River of Life*, line upon line, precept on precept, **helps us discern** when we are running in our own spirit, flesh, or soul.

It is just as the Lord said, **Now is a good time for you to go back over your flow book. Read it and grow. Get rid of anger. Get rid of resentment. They do not benefit you.** The Lord's words are food for our soul. They sustain and nourish us. They help us to be victorious.

Approach life with a humble heart - Come before me with humble hearts. Bow low before me your King. You must accept your place. I must be the King you must be the servant.

05/16/12 BN - Offer praise.

05/16/12 SN - Rise up, Glory to God HalleluYah, You may be seated, be careful in your approach, many have come to find out I AM in the midst of them.

05/16/12 DP - Honor me in all. Singleness of heart, honor Me in all, flee unrighteousness.

05/18/12 SN - Bow before Me.

05/18/12 DP - Take time to honor in silence, keep your mind focused on the words that I speak. This is My meeting I AM in charge, humble before Me, (bowed).

05/19/12 BN - Enter into My presence, kneel, bow before Me, and continue to follow Me. Have everyone kneel, and offer up praise.

05/19/12 SN - Bow before Me.

05/19/12 DP - Praise Me for My activities.

05/20/12 DP - Find the time to worship it is of great importance, soul delivering taking place during this time.

05/21/12 SN - Be humble. Stay thankful.

05/21/12 DP - Honor and obey, keep in covenant.

Be one in purpose with the Lord - You must become one in purpose with me. It is my will, my plan that must be followed.

05/17/12 MVA - Continue to look to Me Jesus for instruction and guidance.
05/17/12 SN - Be on guard, watch for the enemy, he will set traps for you. Go in the way of the Lord, now and forever more.
05/18/12 MVA - Harmonize together as one in Me Jesus. Sing as one united in Me Jesus. Beautiful song. Sing Praise Sing Hope Sing Glory to your God Jesus. Sing as one in Harmony. Reconcile bring together be fitly joined together.
05/18/12 BN - Continue to pay attention to the three spots. Do not let them creep back into your life.
05/19/12 MVA - You have done well to follow My leading yes Jesus. Beautiful sacrifice. Stay wholeheartedly devoted to your God Jesus.
05/21/12 MVA - Purpose guidelines rules restrictions are for purpose. This leads you to My perfect purpose in all. Not meant to be burdensome but for protection and guidance. A learned thing. I AM Holy be ye Holy. The cleaner the vessel the more I AM able to use. Refinement. My power is released into a clean vessel. It would damage a unclean vessel. New wine is poured into a clean new vessel. I AM the fullers soap. I AM cleaning refining My Beloved. Following My guidance is all that is required. I reveal needed cleansing. Walk step in step hand in hand with your God Jesus.
05/21/12 SN - Walk with Me, follow Me in uncharted waters on a new path. There you will be greeted by fellow travelers.
05/22/12 DP - Be as I AM, be one with Me in all things, I lead you into oneness, perfect in peace, united in Me Jesus. I AM the way there is no other way but through Me. So much life I give to those who let Me, feel Me residing in you, I keep you from harm.
05/23/12 MVA - I AM Holy be ye Holy. Stay on track walking in purpose. My purpose.

Keep your focus on the Lord - Will you join me? focus on me. Think about me.

05/16/12 BN - Focus on Me, The end is near...but still in My time...not yours, The calm before the storm, All things in My timing, Be prepared by focusing on and following Me.
05/16/12 SN - Keep focusing.
05/16/12 DP - Focus, take time with Me to grow.
05/17/12 MVA - Stay focused on your God Jesus do not worry. Keep My priorities in the forefront.
05/17/12 BN - Focus on Me.
05/17/21 DP - Fellowship often with Me I desire your companionship.
05/18/12 BN - Remain faithful.
05/18/12 SN - Belong to Me in a new way. Focus on Me. Keep your eyes centered on Me. Focus on what I say.
05/19/12 BN - Eliminate the distractions from your life. How can you be a priest for Me if you are constantly distracted?
05/19/12 SN - Focus and use your tools.
05/19/12 DP - Bring your attention to Me, focus on the things I'm doing.
05/20/12 DP - Focus on Me, follow closely. Treasure where your heart is, I can explain, When your mind is on Me that's where your heart is, Keep Me treasured in your heart.
05/21/12 MVA - Stay focused and attentive.
05/21/12 SN - Focus on Me. Focus in all you do.
05/22/12 MVA - Understanding Michael is given in parts to be assembled. Those who seek Me with their whole hearts will see what is shown. Diligence wins the race. Keep single focus on your God Jesus into Victory.
05/22/12 MVA - Stay focused on My agenda.
05/22/12 BN - Keep your eyes on Me and focus on Me and all will be well.
05/22/12 DP - Spend time focused on Me, My Word, My will.
05/23/12 DP - The time is now to focus on Me many things coming to pass soon.

Speak of Him - Talk with others about me. Speak what I put in your heart not what Satan puts there.

05/19/12 SN - Tell them the truth about Me. You will see the difference in them. Each one leans on themselves. It is not so with Me.

05/21/12 SN – Go now and tell them all that you know.

Pray - Pray, pray, pray. You must come to me. Ask me what must change, I will show you.

05/16/12 CB - Say prayers.

05/19/12 MVA - Pray always continually. Neglect not. Prayer is power. My power released. Many try to accomplish in the physical what can only be done by Prayer. Pray. I AM teaching you My truths. Study forget not. Keep before your eyes. Many types of Prayer. Prayer of Praise, Prayer of Thanksgiving, Prayer of Remembrance, Prayer of need. Pray always Pray often.

05/20/12 MVA - Pray continually for all. Prayer moves things unseen. Learn the power of prayer.

05/20/12 DP - Time of prayer.

Study the lessons of the past - Don't forget the lessons I have taught you, "Negativity begets negativity," compassion and love; empathy and sympathy; refinement - keep working on your refinement. Keep working on purifying your heart through the lessons you have learned.

05/21/12 BN - Take heed to what you read today for there is much truth (I had read the lesson on Zephaniah 2:1-3).

Study your flow book - Now is a good time for you to go back over your flow book. Read it and grow.

05/16/12 MVA - Keep your eyes on the flow chart. Pictures are starting to form. Instruction given. Protection, gifts, correction and Love are revealed in your flow chart. Study see My Love poured out to you.

05/16/12 BN - Review and write...review and write...things will be illuminated to you, Listen with your entire being.

05/16/12 SN - In all you do gather together the things of the spirit, Trust Me in this, I will not lead you astray.

05/17/12 BN - Work on your flowchart, help Sarah with this when she needs it.

05/18/12 BN - Go back through your dreams.

05/22/12 MVA - Understanding Michael is given in parts to be assembled. Those who seek Me with their whole hearts will see what is shown. Diligence wins the race. Keep single focus on your God Jesus into Victory.

05/23/12 MVA - Continue to look to the flow chart for guidance and instruction from Me Jesus. Connections make. My truths revealed. Untruths dispelled.

05/23/12 MVA - Truth is life giving. Truth dispels error unknown error. Study -many truths are revealed in study time. Log book write down discoveries revealed truths shown. Parchment. Inscribe. Capture truths record. Truths must be established to keep error out. I AM revealer of all truth. Stay attentive.

Isolate yourself from the world - Isolate yourself from the world and it's influence.

05/16/12 SN - All belongs to Me. You know the way. Choose it and belong to Me in a new way. Time and again I come to many. Choose this life.

05/20/12 MVA - Be in the world not of the world. Think Kingdom of your God Jesus in all. Purpose in all.

05/21/12 BN - Go forth out into the world in peace. This world lacks peace though I offer it abundantly. The deceiver offers only death and they eagerly accept it out of pride and laziness. Set yourself apart for Me. Be not like the world. Be peaceful and disciplined...MEEK. Have I not said the MEEK shall inherit the earth. There is no pride or self in the MEEK. They are My people. Think upon this and share it with others.

05/22/12 MVA - Look to Me Jesus not the world. I AM your abundant provision not the world. The world's ways are not My ways. I give gifts to My Beloved. You need only receive them.

Touch others - Talk with others about me. Do not forget to touch others with my love and light. This helps to get rid of that which is unwanted – anger, resentment, frustration etc.

05/17/12 MVA - Help those around you. My abundance spread out.

05/18/12 MVA - Spread abroad yet united in Me Jesus. Sending hope and Love to those in need. Compassion for those in need. Many have fallen be My Loving hand of compassion lifting up.

05/18/12 BN - Help those who need it. I have you set aside My money to do so.

05/19/12 MVA - Show My Love to others.

05/20/12 MVA - Words Michael always be aware of what you speak. Words have power of good and evil. Be careful in all your words to speak good -blessings.

05/20/12 DP - Fellowship is important spend time together with your brothers and sisters. See the need of others, help were needed.

05/22/12 SN - Go out into the world and preach the good news.

Be disciplined – You know in your heart what must change. Change it. Grow with Me. I call you to grow in me. Be disciplined, do what you know must be done. Do the work. No one said it would be automatic. You must do your part. You must overcome your desires and your wants and focus on me.

05/16/12 DP – Take time to build discipline. Diligence is the key to success. He who is faithful in least is faithful in much. I AM the way follow My path.

05/17/12 SN - Begin with Me each day. Why is this so hard? You know what to do...do it, don't delay! Be all you can be, now and forever more.

05/17/12 CN - Be pleasing Me. Do all I say, for I AM and I know who you are. I know your heart and your soul.

05/17/12 DP - Follow My instructions. Honor Me in all things, obedience brings blessings. Center your mind, be led of Me. I guide you in the way you should go, follow after My principles, stay focused the time is now. Example you are to be, stay faithful and true, Know you are able. My call, My way.

05/18/12 MVA - Continue to walk in the ways of your God Jesus. Love in all purity.

05/18/12 BN - Be diligent and be obedient. I keep repeating Myself but I do not want you to forget...it is that important. Be faithful, Be true.... (All of the things that I AM to you) so that we can be one in marriage...so that you can be My bride.

05/18/12 CN - For what I say you must do.

05/18/12 DP - Disobedience is the cause of much grief, follow My plan for your life things will go smoother. Discipline yourself to do things pleasing to Me the time is now. Focus your mind on the things above the eternal things, those things well established. Change taking place, be all I need you to be. Listen carefully for My instruction that which I say is to be done must be done.

05/19/12 SN - Do all I say. Remember to listen. Get it all down.

05/19/12 CN - Be a faithful servant, focus is your key, and be obedient.

05/20/12 MVA - Words Michael always be aware of what you speak. Words have power of good and evil. Be careful in all your words to speak good -blessings.

05/20/12 DP – Take heed to follow My commands. A day of wrath awaits all those who would not heed My Word. I warn you because I love you. Many caught off guard sinking under pressure. Many lives lost because of disobedience, be focused fall not away follow My leading I have the way.

05/21/12 SN – Do all I have said. Keep going forward, Don't lose sight, Do all I say, We can be finished, Use your tools.

05/21/12 CN - Go forth, follow Me, do in My will, be in My path, which it will lead you into My great place, where you never have to go out.

05/22/12 MVA - Understanding Michael is given in parts to be assembled. Those who seek Me with their whole hearts will see what is shown. Diligence wins the race. Keep single focus on your God Jesus into Victory.

05/22/12 BN - Always remember I love you...and all...and take no pleasure in pain or destruction. I AM mercy and peace but I AM also fair and righteous. I ask only for your love and obedience and for this I will bestow more riches and blessings upon you than you can imagine. Not through your worth...but through My grace. The time is drawing near, be ready, be vigilant, and be prepared.

05/22/12 CN - Obey Me. I know that some days you are gonna forget but some days you will remember.

05/22/12 DP - Obedience is key follow My commands and it will be well with you, The way is made for My people.

05/23/12 DP - Diligence is key, be obedient in all things. Be not led astray stay anchored in what you've been taught. Many are those who will be destroyed for the lack of knowledge, I have given you the tools to survive. Use them wisely and in faith.

Remember He is always with you - Be at peace I AM with you. I love you. I feel your heart. I AM

05/19/12 DP - Know that I love you.

05/20/12 DP – My heart is with My saints. I AM with you My child even when you think not. Ever with you till the end. I AM with you My son, ever with you.

05/21/12 SN - Know that you are not on your own.

05/22/12 BN - Feel My peace, though there will be times of great trials I will be with you through it all.

If we follow these steps as outlined by the Lord I am sure we will be victorious. The Lord will help us to overcome. He will help us to be disciplined. He will help us to become one in purpose with Him. Apply these steps to your life.

Do the work. No one said it would be automatic. You must do your part. You must come to me. Ask me what must change, I will show you. You know in your heart what must change. Change it. Grow with Me. I call you to grow in me. Be disciplined do what you know must be done.

And don't forget Read, read, read and read some more.

May the Lord Bless and Keep You,
Cindy

<http://www.takehisheart.com>