



*TELEIOS International School of Ministry (TEISM) is a division (DBA)
of Upper Room Fellowship Ministry (URFM).*

The FLESH – The Major Obstacle towards Spiritual Maturity

Learning Objectives:

1. Defining the Flesh (False-Self)

- Providing an overview of the concept of flesh (false self) and explaining its negative implications on spiritual health.
- Gaining a deeper understanding of the flesh and its nuances: *The proud flesh, The controlling flesh, The idolater flesh, The rejecting flesh, The self-protective flesh, The victim-type flesh.*

2. Two Patterns of Living

- Learning about the two patterns of living: *according to the flesh, or according to the Spirit.* Understanding that living according to the flesh is dangerous. It not only halts spiritual growth but also keeps believers in a state of spiritual immaturity.
- Learning to live according to the Spirit (Romans 8:5b) is a daily choice, a responsibility that each believer must take up. This choice fosters spiritual growth and maturity, and it's the only way for believers to experience victory.

3. Overcoming the Flesh/The Process of Transformation

- Learning practical steps to self-assess the patterns of the flesh and learn to obtain victory over it. (See Ephesians 4:22-24).
- Teaching practical steps in putting on the new self. (See Colossians 3:10) and learning how to “*walk in newness of life*” (Romans 6:4), and “*serve in newness of the Spirit*” (Romans 7:6).

4. Walking in the Newness of Life and Serving in the Newness of the Spirit

- Gaining a deeper understanding and providing scriptural guidance on how believers can achieve real victory over the flesh. (See 2 Corinthians 5:17 to Galatians 5:16).
- Encouraging disciples to continually seek growth by choosing to live according to the Spirit. Challenging believers to recognize their own flesh patterns or coping mechanisms and see them as significant obstacles to spiritual maturity.