

Week 13: Breaking the Flesh

“The secret to breaking a bad habit is to love something else more than the bad habit.”

There is a curious story that illustrates what it means to break the flesh. A potter once gave a young apprentice a lump of clay, telling him to make a beautiful vase. The apprentice tried to shape it quickly, pressing hard and forcing the clay into perfection. But each time he did, the clay cracked, crumbled, or formed awkward bulges. Frustrated, he asked the potter, “Why can’t I make it right?” The potter smiled and said, “The clay breaks only when you try to force it. But when you soften your hands and allow it to yield, it becomes pliable. Only then can you shape it into what it is meant to be.” In a multitude of ways, our flesh acts in the same way as the clay. When we attempt to control or break our weaknesses with sheer willpower, we tend to fail the hardest. So, how do we fix that? We surrender – simple.

Breaking our bad habits is not about trying to beat ourselves into submission. It is about learning to loosen our grip on the parts that demand instant relief, control, and validation. As I have progressed in my mental health journey, I have realized that at times this can feel like an extremely radical task. The flesh that we are constantly trying to break is at the forefront of telling us that we are supposed to feel numb. It suggests that we are supposed to try to escape reality. It is the voice in our head that demands perfection, yet it knows that we cannot achieve it. Then, when we fall, it makes us feel shameful & full of guilt. Sounds familiar?

Let’s consider Jesus when he was in the wilderness. He faced hunger, exhaustion, and temptation. However, he did not let these emotions define him. He acknowledged this and chose

truth over desire. It didn't happen all at once. It took a series of small, faithful acts that led him to fully surrender to the Lord. For us, that might mean that we choose to rest when our anxiety tells us that we need to push forward with work. It might mean that we speak honestly with our loved ones even when it feels like we should hide our feelings. These are not acts of weakness, although our flesh wants to tell us that they are.

Today I want you to ask yourself a couple of questions – and answer them extremely honestly. Am I gripping life so tightly that it is slowly crushing me? What areas of my life do I need to release control and allow God to guide/shape my life? If we are honest with ourselves, we can finally make the first step toward healing our mental health. This just means that we can finally stop feeding the part of us that resists healing and growth.

God invites us to a life where our strength comes not from domination over ourselves, but from gentle trust in the Lord. Keep choosing truth over impulse. Quit letting fear dictate our decisions that we make in our lives. When we do this, the clay can soften, and the vase begins to truly take shape. This will allow our spirit to be peaceful and aligned with God's true design as the architect of our life

GOD BLESS AND HAVE A GREAT WEEK – TY