

April 24, 2026

Overcoming the Flesh

April Series: Living The Resurrection Life

Week Focus: Walking By The Spirit

Scripture – Galatians 5:16

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Devotional Reflection

Overcoming the flesh is not about fighting harder—it is about walking differently. Paul does not tell us to focus on defeating the flesh directly. Instead, he points us to a greater strategy: walk by the Spirit. When the Spirit leads, the flesh loses influence.

The flesh operates through impulse, emotion, and habit. It reacts quickly and often without thought. But the Spirit leads with intention, clarity, and alignment with truth. The more you follow the Spirit, the less control the flesh has over your responses.

Many times, we try to resist the flesh through effort alone. We attempt to control behavior without addressing what is leading us. But real change happens when leadership changes. When the Spirit leads, your responses begin to shift naturally.

This does not mean the flesh disappears instantly. You may still feel the pull of old patterns or familiar reactions. But you are no longer controlled by them. You now have the ability to choose differently, and that choice is where transformation takes place.

Today, shift your focus. Instead of trying to fight every impulse, choose to follow the Spirit. Let your attention be on alignment, not struggle. As you walk with the Spirit, you will begin to see real change in how you think and respond.

Focus for Today

I overcome the flesh by walking with the Spirit.

Practice

- Identify one recurring reaction
 - Pause when it arises
 - Choose a Spirit-led response
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Prayer

Lord, help me walk with You so that my responses reflect Your leading. In Jesus name, Amen.

Reflection Question

What changes when I focus on following instead of fighting?