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GRACE**

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**Sins
of the
Flesh**

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Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

Sins of the Flesh.

Introduction: Sins of the flesh generally, refer to anything that gives pleasure to, or satisfies some need in the body that is against God's law and moral code, and damaging to our health and well-being. Following are some examples:

Adultery: a married man or woman who has illicit intercourse with another person.

Arrogance: believing one is superior or better than others.

Boasting: frequently talking about one's own accomplishments, possessions, talents, gifts etc., with the intention of seeking validation or admiration from others.

Covet: means to set the heart upon, to long for, greatly desire and lust after to crave a pleasant or precious thing that is good or forbidden, and delight in beauty (rightfully or otherwise). It reveals and exposes:

- Our selfishness, pride, lust, and greed etc.
- Our self-centredness in our desires for more than we need
- Our self-interest, our excessive avariciousness toward materialism
- Our overeating of tasty foods the craving to be important or esteemed
- Our sensual and lustful thoughts, the desire to be rich and have abundantly more than we need etc.
- Our lack of willingness to give to those less fortunate and those in need
- Our degrading, resentful, bitter, and jealous thoughts of others and the list goes on.
- Our dysfunctions and aberrations that are imbedded within our fallen corrupted human nature that hinder us from attaining to the perfection of God's Holy law.

In summary the command, "You shall not covet" embraces all those attitudes and thoughts that dwell within our members that are contrary to the law of love and the holiness of God, which means the entire human race is held guilty before the law.

Defensiveness: when confronted with constructive criticism or feedback, becoming extremely defensive.

Drunkeness: having an intoxicated woozy, unsteady, dizzy and inebriated mind due to excessive drinking, it carries the idea of not being in one's right mind.

Emulations: rivalry, competitiveness, jealousy, and the desire to be superior to others.

Envy: being resentful or jealous of others' successes, possessions, abilities, gifts, and talents etc., and in some cases the size of another minister's church.

Envyng: to be covetous of, to desire to have, a talent, quality, possession, or some other desirable thing belonging to someone else, it embraces the following:

- To be jealous, begrudge, and resent others, because they have something we envy.
- To have a hostile feeling toward a person that has an advantage, a benefit, a position, or something else we do not possess, but would like to have.
- To feel resentful and unhappy because someone else possesses, or has achieved, what we wished we had, or achieved (i.e., wealth, beauty, esteemed position, friends, fame, and popularity etc.).
- To have an awareness of an advantage or possession enjoyed by another, and feeling a painful or resentful desire to possess the same thing.

Fornication: premarital or extramarital sex, before or outside of marriage.

Gluttony: Scripture tells us our body is a temple of the Holy Spirit, and that we are to glorify God in our body (1 Cor. 6:19–20), and in Proverbs we read: “Be not among gluttonous eaters of meat, for the glutton will come to poverty” (Prov. 23:20-21), and, “a companion of gluttons shames his father.” (Prov. 28:7). Concerning food, gluttony is overindulging in food, it is considered a sin, because it harms our health, and eating to excess leads some to self-destruction.

Hatred: is a strong emotional dislike, disgust or loathing toward something or someone, that usually starts from negative assumptions (called stereotypes) concerning images and beliefs about a certain person or group, or from fear, and anger, or a sense of injury. A deep hatred is an intense hostility and dislike of a person, a group or something, so strong that the person experiencing it would risk their safety to harm the object of their hatred, and take great joy in the downfall of their enemies. There are seven things God hates, and that are detestable to Him:

1. Haughty eyes.
2. A lying tongue.
3. Hands that shed innocent blood.
4. A heart that devises wicked schemes.
5. Feet that are quick to rush into evil.
6. A false witness who pours out lies.
7. A person who stirs up conflict in the community. (Prov. 6:16-19).

Heresies: an opinion, doctrine, or practice contrary to a truth or truths of God’s word

Idolatry: the worship of someone or something other than God as though it was God.

Ingratitude: embraces people who take God’s blessings for granted and fail to acknowledge or express gratitude to God and to those who support and bless them. People who fit into this category often have a victim mentality.

Judgmental attitude: those who quickly find fault with others’ preaching, leading, personal lives, etc., and criticize and condemn them without showing empathy, or taking the time to understand their circumstances.

Lasciviousness: sexual desires driven by lustful cravings.

Pornography: is a construction of the two root words, porneia and graphe, and the Greek word porneia appears many times in the New Testament. It is often translated in English as whoredom, fornication, adultery, or sexual immorality. It could be said, the word Porneia is a catch-all word

for any type of sexual immorality or perversion. Jesus said, "You have heard it was said, 'You shall not commit adultery, but I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.'" (Matt. 5:27-28), these words of Jesus clearly show, lust is a sin, and pornography consumption is one way that sin manifests itself. It was common for people in biblical times to marry between their early and mid-teens, so by the time their sex drives became fully developed, they would already have a stable sexual relationship with their marriage partner. But now in our modern times, the average age of marriage is somewhere between the mid-20s and 30s in most countries, so it seems unreasonable to expect single people now living far longer (1-2 decades) with fully developed sex drives to suppress such a strong fundamental biological urge for such a long time, because of this some will have no choice but to live with it for the time being, with the understanding though lust is a sin, it is not an unforgivable sin.

Murder: taking the life of an innocent person.

Pride: is manifested in people who:

- Have an extreme love and focus on themselves, and believe they are superior to others.
- Think they know better, and refuse to listen to others, because they believe they are always right.
- Elevate their own opinions and thoughts above others, and have an inflated self-reliant attitude.
- Have an excessive sense of self-importance, and extreme love of their own talents, gifts, beauty, wealth, rank, and accomplishments.
- Set themselves in first place, and have difficulty accepting feedback, advice, and criticism from anyone.
- Tend to look down on others, and prioritize their own interests over those of others.
- Have a high and exalted attitude of themselves, and have an unfitting self-esteem, commonly known as conceit and arrogance.
- Excessively boast of their own superiority achievements, talents, beauty, wealth, possessions, and social status etc.
- Refuse to admit to mistakes, and have a constant need for validation.
- Are self-centred, unwilling to apologize and have a judgmental attitude.
- See themselves at the top of the tree and are therefore reluctant to serve others.
- Have an obsessive self-preoccupation of themselves, and think about themselves so much they are oblivious to the needs of others around them.
- Do not have a teachable spirit, for they reject counsel or guidance from others, because they believe their ideas are always superior.

- Expect others to help and serve them, but do not to serve or help others, because they feel it is beneath them.
- Seek attention, praise and recognition for their actions and deeds, and feel spiritually superior in biblical knowledge and consider themselves more righteous and holy than others.

Revelling: excessive drinking and noisy singing etc., at parties or in public, that extends late into the night, and usually ends in sexual immorality.

Seditious: creating a revolt, disturbance, or violence against lawful civil authority, or within a church with the intent to cause its overthrow or destruction, it carries the idea of disloyalty and inciting resistance toward lawful authority.

Selfishness and self-centeredness: is manifested in people who:

- Focus excessively on their own needs, achievements, desires, and interests to the exclusion of others, and consistently seek their own personal advantage and gain at the expense of others.
- Are excessively and exclusively concerned with themselves, and solely focused on their own advantage, pleasure, and well-being without any regard to how it affects others.
- Love themselves above all others, and think only of themselves, prioritizing their own needs and well-being over others with a total disregard for the feelings of those around them.

Self-righteousness: can often stem from a sense of insecurity and inferiority, which drives a self-righteous person to make themselves look better than they are by putting others down. It is manifested in people who:

- Have confidence in their own righteousness, and often show superiority above others, especially if they have a different opinion to theirs.
- Act in a way that conveys a sense of moral superiority, and are quick to judge others, dismiss differing viewpoints, and believe that their own beliefs and actions are inherently superior.
- Go about with a "holier-than-thou" attitude, believing their judgment is infallible, virtuous, and, godly, and judge and scrutinize everyone else, thinking they can do no wrong, convinced they are right in their beliefs, attitudes, and behaviour and all others are wrong.

NOTE: in the book of Isaiah we read, "we have all become like one who is unclean, and all our righteous deeds are like a polluted garment" (filthy rags in KJV) (Isaiah 64:6). To be righteous in God's sight, we must die to any hope of earning righteousness that leads to eternal life by the law and by works, and believe God sees all the redeemed in Christ as righteous, we must have faith that Christ's righteousness is imputed to us, and that in this way we are counted righteous before God. It is only by faith that we can receive righteousness that leads to eternal life.

Strife: embraces, conflict, quarrelling, competition, heated disagreements, aggressive opposition, bickering, resentment, rivalry, aggression, bitterness, and all sorts of things that offend people, or produce an angry undercurrent in a conversation or meeting.

Uncleanness: embraces any form of moral or spiritual impurity and defilement.

Unwillingness to apologize: refusing to admit mistakes or ask for forgiveness when a wrong has been done.

Variance: embraces strife, discord, contention, and arguments.

Witchcraft: the exercise or invocation of alleged supernatural powers to control people or events by sorcery or magic.

Wrath: a strong feeling of anger, and rage, often with a desire for vengeance. NOTE: the wrath of God is not like human anger, for God's wrath is the just and measured response of His holiness towards evil, whereas human anger is often unpredictable, petty, and disproportionate.

NOTE: though all things listed are manifestations of the flesh and in direct opposition to Christ's character and God's Holiness, we should all regularly examine our attitudes for signs of any one of them, for not one of us are immune from all of them including the apostle Paul for he wrote:

- Now it is no longer I who do it (the things he does not want to do), but sin that dwells within me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. (Romans 7:17–20)

As the founder of Bible House of Grace, I would like to thank the many Christian scholars, commentators and theologians who have gone before me, and the many today, who have freely made available their works to enhance the knowledge of the Bible to all people worldwide. It is only with the help of these faithful writers that much of Bible House of Grace exists as it does today.