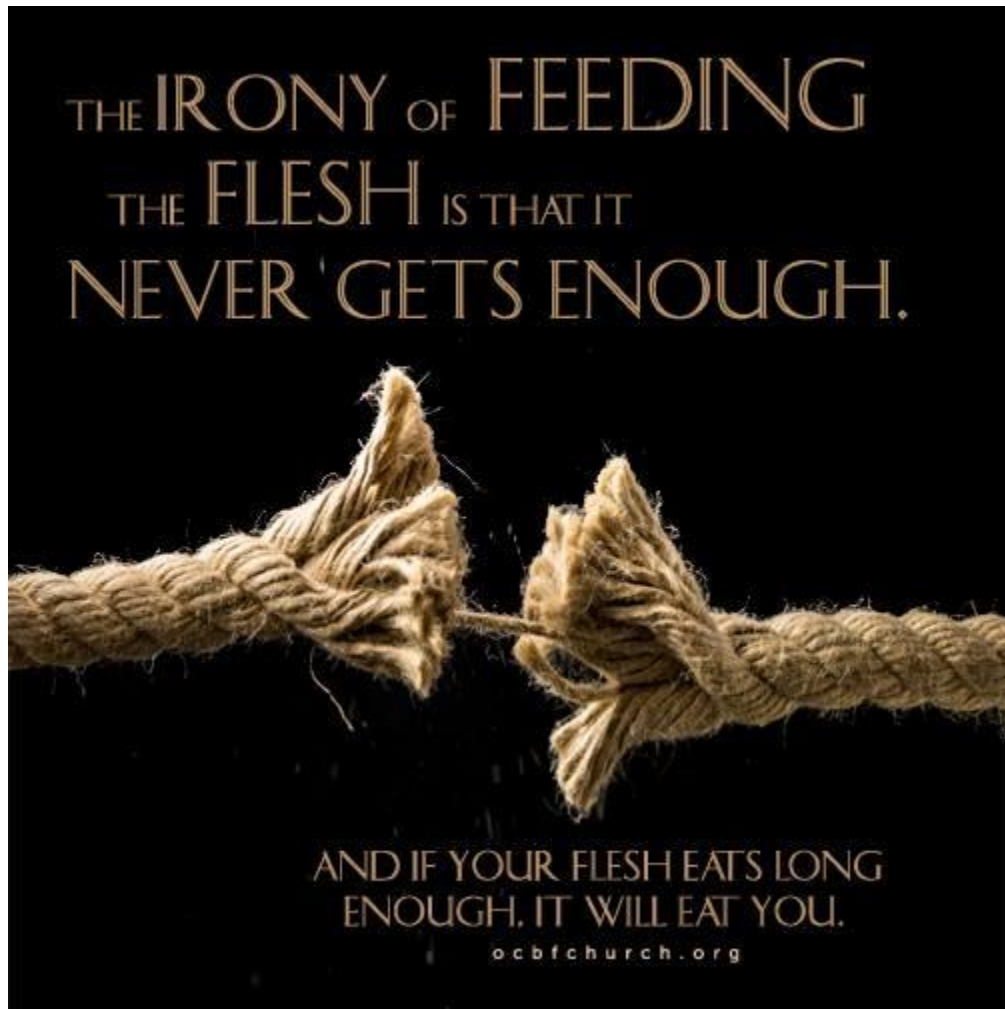


## Feeding or Fighting the Flesh



### [Audio Version of Message](#)

Hello, Precious Saints.

It's been a while since I released a podcast. Actually, last Friday, Saturday, Sunday, the Lord downloaded what I felt was a really important message. On Sunday afternoon, I was getting ready to record it for you, and He said to me, "Wait, you don't have the full picture yet". And I thought, "Okay, great, that's fine. Not quite sure what I'm not understanding..." but from Sunday afternoon, through the whole of Monday into Tuesday morning, I really struggled to spend time with the Lord, even though I knew that He had said there was something more I needed to understand - and obviously that required an impartation from Him because I couldn't work that out on my own. What do I mean 'I struggled to spend time in the presence of the Lord'? Well, every time I had an

opportunity. I would choose to go and do something else. I would go and walk in my garden. I would pick veggies, I would feed my chickens. I would sit and read my emails, have a cup of tea, any number of things. But there was something in me that just was resisting going and sitting in the presence of the Lord.

Eventually on Tuesday at lunchtime, I took myself by the scruff of the neck and went and sat before the Lord in the place where I normally have my quiet time. And I said to him, "Lord, why have I been struggling like this for the past couple of days?" And the Lord said to me, "You've been feeding your flesh and it has grown stronger than your spirit." And I knew that what he said was true because in my mind's eye, whenever I stopped to think, there were images of news items I had read, a movie I had watched, what was happening with my chickens out in the garden... And I knew that I had wasted time. Then the Lord gave me a scripture.

*Galatians 6:8 He who sows to the flesh reaps corruption.*

And most certainly in me, having heard from the Lord that I needed to press in for more revelation, inspiration and for greater understanding before I released the message I wanted to release, the flesh in me had risen up and was trying to halt the progress of the spirit. And look, I knew it wasn't an all-out horns-poking-me Satanic attack. It was more something within me that just didn't want to do what I considered to be the work of sitting before the Lord. My flesh wanted to do that which was restful, that which blessed my eyes, that which fed my mouth. And as I sat down that Tuesday before the Lord and began to repent, He showed me a picture of Moses at the top of Mount Sinai, feeding his spirit as he heard the words of God. And then he zoomed down to the bottom of the mountain where the rest of the Israelites were, and they were feeding their flesh and had gotten into idolatry - straight after making their covenant with God.

Galatians 5:13 says, '*You were called to freedom, only do not let your freedom be an incentive to your flesh*'. In verse 16, it says, '*Walk in the spirit and you will not gratify the desires of the flesh*'. And then in verse 19, it lists the doings of the flesh: '*Immorality, impurity, indecency, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, divisions, party spirit, envy, drunkenness, and the like*'. And it says those who do such things will not inherit the kingdom of God. Well, I knew that none of the things that were listed there except for selfishness were what I was guilty of in that time of struggling -

putting self first, self on the throne, instead of immediately obeying the Lord and going into His presence and saying, “Yes, Lord, what do You want to show me?”

So, when repenting of feeding the flesh as I prepared to break bread that Tuesday lunchtime, I kept seeing images from the dream of trying on the wedding dresses which I shared with you in my last podcast and I couldn't understand why this depicted feeding the flesh. Then the Lord said to me, “Put on the Lord Jesus Christ and make no provision for the flesh to fulfil its lusts”. Now, that's Romans 13:14. So, He showed me pictures of me trying on wedding dresses donated by other people and then told me to put on the Lord Jesus Christ. So, I began to dissect that verse because I know I'm not the only one that struggles every so often with this. What is translated as ‘put on’ is the word ‘enduo’, and it means ‘to sink into a garment’. So, the Lord Jesus Christ is a form of garment. It's not an outward adorning, but an inward garment that clothes the heart. And what did the Lord Jesus Christ say? “Here I Am. I delight to do Your will”.

Where it says ‘make no provision for the flesh’, that word ‘provision’ means ‘to consider in advance’. In other words, you prepare in order to feed your flesh, whether you're making a meal or looking for a movie to watch or a TV program. It's something you considering in advance it. It's not like a meal falls out of heaven onto your table and you begin to eat it. You actually make provision for the flesh to fulfil its lusts and appetites.

So, putting on outer garments in the natural... Why do we do this? Well, we do this to keep ourselves warm and to be modest, but also to appeal to and satisfy the five senses. We want to look good, feel good, and we want to be attractive to the natural eye. Do you know that this was Eve's sin? She looked at that apple.... Let's read it in Genesis 3:6.

*‘When the woman saw that the tree was good (Pleasant for food, the Amplified says) and delightful to look at, and a tree to be desired to make one wise, she took and ate and gave some also to her husband and he ate’.*

So Eve brewed on the suggestion of the serpent. Then she used her natural eyes and she leaned on her own understanding after what her natural eyes told her brain. That tree was delightful to look at. It couldn't possibly be harmful. And it had fruit and she was hungry and therefore didn't seem to be any harm. And the serpent had said it would

make her wise like God. Of course, we all know the story that followed; when their eyes were opened and they saw they were naked and they hid from God.

The snake was sentenced to lie on its belly from then forward and to eat dust. Now, dust or mud or clay is always a type of the flesh. So, Satan feeds on flesh and fleshly behavior. He wants you to indulge in fleshly behavior. Obviously, we all need to drink liquid and eat to keep ourselves alive, but you know what I mean when I say 'feeding the flesh'. In that verse where it says, *'Put on the Lord Jesus Christ and make no provision for the flesh to fulfil its lusts'*, that word 'lusts' actually means in the Greek 'a longing, especially for that which is forbidden'.

So, I began to have a conversation with the Lord. "What are you saying, Lord? Is your Bride eating of the tree of the knowledge of good and evil instead of eating of the tree of life?" **"Yes,"** He said, **"Instead of coming to My presence and allowing Me to refresh her when she is hungry and tired, she goes to the world to feed her flesh, to stroke her emotions, to entertain her and to lift her - and her flesh grows strong. But the spirit grows weak."**

There were two trees in the garden with fruit. And when God was giving the Deuteronomy 28 instructions to His people, He said, **"I set before you life and death blessings and curses. Choose life that you and your children may live"**. Two trees in the garden with fruit, and inside every fruit is a seed. The first scripture God gave me when He began to deal with me on this thing is don't sow to the flesh. If you sow to the flesh, you reap corruption. So, at this time, at this crucial juncture when tribulation like we've never known before, is about to break out, the Lord said to me, **"The flesh is risen up to prevent your progress forward"**. And that's not just a message for me, but a message for the Bridal Company. And as He said this, I saw a giant like Goliath straddling the path and mocking the remnant. And this is what he said, "I am stronger than you and I will destroy you. You will not move forward. You will not ascend up into the glory realm. I know your weaknesses and I will bring you down to the lower slopes. I will even bring you to the valley. And there you will bow down and make offerings of worship to the gods of Egypt. You hear the call to come up, but the call of your flesh is stronger and will bring you down!"

So Beloved, even as the serpent is sentenced to eat dust, which represents fleshly behavior, so too, the enemy desires to bring you down to his level, to feeding on fleshly things, to satisfying your natural appetites and cravings. 1 John 2:15 to 17 says that the lust of the flesh, the lust of the eyes and the pride of life are not of the Father, but of the world. And we are at a juncture right now where God is calling us more than ever to be positioned and dwelling in heavenly places, to be firmly attached and aware of spiritual realities. We have to bring our souls into subjection to our spirit. We have to bring our natural appetites into subjection to our spirit, and to the Father of spirits.

Now, I know that even the title of this podcast, Feeding or Fighting the Flesh, would put some people off listening on it. It doesn't sound like something that's going to give you a thrill, give you goose bumps and make you feel like you've had an encounter with God face to face. It sounds like there's going to be some rebuking, some discipline and some hard work involved there. And yes, it is hard work fighting the flesh, as I discovered in-between God calling me to press in for more understanding and the time when He sat me down and began to speak to me about what was actually happening and what I'd experienced for a brief period of time, **but which I know is something that has risen up to challenge and arrest the progress of the remnant.**

You know, when the Israelites came to Mount Sinai, God told Moses to put a boundary around the bottom of the mountain that no one was to go past. They weren't supposed to touch the mountain or they were had to be stoned to death. Then. In Exodus 24, he called Moses, Aaron and Aaron's two sons, Nadab and Abihu and 70 elders past that boundary at the bottom of the mountain. And in Exodus 24:10, it says *'they saw the God of Israel and under His feet was a work of the pavement of Sapphire, and the same as the essence of the heavens for clearness, and He did not stretch out His hand to the nobles of the Sons of Israel. And they saw God and ate and drank.'* Now. when those 70 elders and the priests came past the boundary, up a little bit higher to the lower slopes of the mountain, they must have brought food and drink with them, because there is no record of God providing a banquet at this juncture in the Word of God. So, they saw God and they ate and drank. Now who, when seeing God walking on a sapphire pavement, would feel the need to feed their flesh? Yet these elders did. So, God appeared to them and their lives were preserved... and they want a bite to eat? The testimony is not, "We saw God and worshiped at His feet". It's "We saw God and ate and drank and lived to tell the tale". Well, temporarily at least, because a number of

those who saw God with their own eyes after making a covenant with Him were bowing to the golden calf 40 days later. Hur, whom Moses put in charge in case there were altercations while he was higher up the mountain, was actually killed trying to prevent the Israelites from worshipping the golden calf. So strong was their desire to practice the idolatry they'd learned in Egypt that they killed the godly man who tried to remind them that they were in covenant with the real and only true God that 75 of them had seen with their own eyes on the lower slopes of the mountain.

They wanted a statue to bow down to and dance around. And those who had seen God with their own eyes did not stand together and stop it happening. Those 70 elders did not say, "We have seen the true God. Do not sin by breaking the covenant you've made with Him". Why did they not do that? Because they, too, were ruled by the flesh. They were the ones whose memory of their encounter with the God of the universe was that they ate and drank in His presence and it didn't kill them. God called them higher than the boundary set for the general population. They were privileged to be granted to see God with their own eyes. They didn't see a thunder cloud with a Voice coming out, but they saw God Himself standing on a sapphire pavement. And yet this astounding spiritual experience did not set them apart from the pack. They saw God, and yet they were not changed from glory to glory. Why? Because a priority for them was meeting the appetites of their body, their flesh. They ATE AND DRANK. '*They saw God, they ate and drank*' it says in verse 11 of Exodus 24.

Moses, on the other hand, ascended higher and spent 40 days face to face with God and did not eat and drink. He was feeding his spirit on the words that came from God's mouth. He was getting blueprints. He was getting instructions. He was being given information about what was going to unfold in the next chapter. In Exodus 32:6, it speaks about the people at the bottom of Mount Sinai who had desired a golden calf. God. And it says, 'And the people sat down to EAT AND DRINK and rose up to play'. Look at this contrast: In Exodus 24, the elders ate and drank IN GOD'S PRESENCE and lived. In Exodus 32, the people ate and drank in THE GOLDEN CALF'S PRESENCE and danced and played -.and they died!

So, after the Lord had spoken to me about this, the flesh resisting the spirit, and it's risen up like a giant straddling the way, He called me to a three day fast; water only. Now, I haven't done a three day fast only on water for a really long time. I normally do

juices or tea and coffee, or if I do a longer fast, I'll often do a Daniel fast of vegetables and water. It's a very, very long time since I did a water-only fast. Today is my first day. And, honestly, I am seeing how strong my flesh has become, because the urge to just have something to eat, "just break the fast - it's not that important, break the fast", is there all the time! I'm a 'two cups of good coffee a day' girl. So, as you can imagine, I have quite a headache as a result of the detoxing, which is fine, because the flesh must suffer a bit! But I want you to know that even today, when I began my fast and I knew I wasn't to eat or drink anything except water, I still wasted time getting into the Lord's presence. I still chose to do other things. I did my washing, I hung it up. I quickly visited my mother, who's in hospital. I watered my new seedlings. Honestly, I was appalled at myself and the fact that I was actually avoiding the work of coming into the Lord's presence. And I wondered to myself, "Why do I feel like it's work to come into the Lord's presence? Why is it not my greatest joy and longing? And I can't wait to do it and I will gladly leave anything else and put it aside for later and do it?" And I realize that, without me being aware of it, for a long time now. I have allowed my flesh to be in charge instead of my spirit and the Spirit of Truth being in charge.

You're probably quite shocked because some of you think I am super-spiritual, but I'm just an ordinary person and I'm sharing my struggles with you because I know that out there, there are those of you that are really struggling, and the enemy is deliberately laying across your path the opportunity to choose something other than pressing into the presence of God. And why is he doing this? Because of the crucial juncture we're at. And that's why I really believe the Lord had me wait and not release the first message, (which is now going to be the second message) because He wanted me to understand this other layer of the wedding dress dream - putting an emphasis on the outer things, not only the things that are seemingly spiritual, but the outer things that are the needs of the body, the things that the soul cries out for, the things that refresh our emotions.

You know, we're all tired. All of us. Since the whole COVID thing happened, it's been a long spiritual battle, just standing with Truth and we're all tired. And the enemy knows this. And he knows, just as that giant said, "I know your weaknesses and I will bring you down to the lower slopes. I will even bring you to the valley". Now understand, he was alluding to the whole thing of the Israelites in the valley below Mount Sinai and Moses at the top, face to face with God and the difference. But when he speaks of bowing to the gods of Egypt, we must remember that there is going to be an arising of this one world

government and that no one will be able to buy or sell. And that we will be required to bow down to an idol in order to live. Now, if we don't deal with the idolatry that our flesh struggles with now, if we don't break the yoke of that thing now, the enemy knows our weaknesses, he knows the path we've taken, that weakness will be our downfall. I don't know what your weakness is, as far as the flesh goes, as far as your soul goes. It could be self-pity. And just to tip with that, the root of self-pity is a lack of gratitude. So, if you deal with the root, the fruit of self-pity will frizzle up and disappear. Selfishness is one of the works of the flesh. Self-centredness is basically what selfishness is - seeing to the needs of our self; our bodies, our souls.

Galatians 5:24 says *'Those who belong to the Lord Jesus Christ have crucified the flesh with its passions, appetites and desires'*. I looked at that and I thought, "Is my flesh crucified? Well, I think one arm seems to have come loose from the cross, because my appetites and desires have been met in the last few days". Those who belong to the Lord Jesus Christ have crucified the flesh. The word says it's no longer I who live but Christ who lives in me. And unfortunately, with what we faced in the last few years, the flesh has insidiously risen. The enemy knows our weaknesses. Whichever area you struggle with, concerning the soul and the flesh, know that the enemy wants to use it to bring you down - not only from the lower slopes, but into the valley to cause your knee to bow to that man who has a number and a name that everyone must use or no one can buy or sell.

We have to deal with our own self-centredness! Paul said he buffeted his body, so that after saving others, he himself would not be lost. Now this is a real call for awareness by the Spirit. It's a real call to be alert and understand what the strategy of the enemy is. We are not unaware of his schemes. **PUT ON THE LORD JESUS CHRIST AND MAKE NO PROVISION FOR THE FLESH TO FULFIL ITS LUSTS.** You know, when they came to Mount Sinai, God told Moses to tell the people to prepare themselves today and tomorrow, because on the third day, God would be coming down on top of the mountain. So, it seems like the three-day fast that the Lord has put me on appears to be a type of that. And what did the people do? They sanctified themselves and they washed their clothes. They washed their clothes - cleanliness of heart and life; the inner garments of the heart is what needs to be attended to.



We cannot, as we go into the chapter ahead, be governed by our five senses any longer. They cannot rule us. Yes, we use them because we still live on this earth, but they cannot be in charge, because if you are governed by your sense of natural sight, then the terrible things that are coming on the earth will cause your heart to fail you for fear! You have to be able to see into the spiritual realm. So, your spiritual sight has to be stronger than your natural sight. Your spiritual hearing has to be stronger than your natural hearing. You cannot be governed by the terrible reports that you're going to hear of what is unfolding. You have to be governed by the words you hear coming from the mouth of God. There WILL be times when you will be hungry in the days ahead. You cannot be governed by your stomach. Because if you're governed by your stomach, then the enemy is going to send someone your way, that offers to meet your natural hunger in exchange for the selling of your soul.

We have to bring our natural senses into subjection to our spirits, and into subjection to the Lord of spirits. That Scripture that Jesus spoke, *'Seek ye first the Kingdom of God and all these things will be added unto you'* has never been more important. *'Do not say what shall we eat or what shall we drink, or what shall we wear? The Lord knows you have need of all these things. Seek first the kingdom'*. You see, my mistake has been that I don't get out of bed and go straight into the room where I have my quiet time. I think, "Oh I just quickly going to do this; I can hear the ducks quacking, they must be hungry..." Seek first the Kingdom of God and all these things will be added unto you.

So, I wanted to share that with you, and the Lord wanted you to hear this before I share the important message that He gave me on Friday, Saturday and Sunday. So, I really pray that as I've opened my heart and shared my own vulnerabilities and weaknesses with you, that it would help you to be honest with yourself before the Lord, whichever area you struggle in. You might struggle with gossip. It's one of the works of the flesh. Our tongues need to be brought into subjection to the Lord of Spirits. Whatever area you struggle in with, be honest with yourself. Be honest before the Lord and repent. And ask Him to show you what you need to do in order to break the yoke of that thing in your life. He may also call you to fast for a day or two. Whatever He tells you, do it quickly. Do it joyfully and trust that the yoke-breaking power of God will bring your flesh into subjection to the Spirit of Truth. Amen.