

the other.” But the reality is that all Christians (100%) tend to “flip” back and forth between the Spirit and the flesh at times. Thank God for His forgiveness! When you are angry, is it the Holy Spirit or the flesh? If you have unforgiveness towards someone, is it the Spirit or the flesh? The answers are obvious. Even the apostle Paul struggled in this area. Look at Paul’s description of his own internal battle in Romans 7:14-25. Prior to learning the secret of YIELDING he describes his defeat: “For I do not understand my own actions [I am baffled, bewildered]. I do not practice or accomplish what I wish, but I do the very thing that I loathe [which my moral instinct condemns].” He goes on in verse 24 to say, “O unhappy and pitiful and wretched man that I am! Who will release and deliver me from the shackles of this body?” Wow! Even the apostle Paul went through it. Does his internal battle sound familiar or what? Then Paul discovered the SECRET OF YIELDING which is what Roman 8 is all about. Romans 8:1 says, “There is therefore now no condemnation to them who are in Christ Jesus, who walk not after the flesh but after the Spirit.” **The only way out of sin and the “self-life” is for you to learn how to yield and walk in the Spirit.** 1 John 2:27 says that the Holy Spirit will teach you to “abide” in Christ. You can either go through life struggling in your own power “trying hard” or you can let Christ live His life through you.

Before we leave this area, let me encourage you to make it a project to really study three key chapters – Romans 6, 7, and 8. Though these passages are a bit difficult, Paul makes it clear that the only way to live a victorious Christian life is by the help of the Holy Spirit. In Romans 6, Paul explains the realities of our new spiritual condition in Christ. **From God’s point of view, we have been set free from sin, resurrected, and given the “tools” to live in victory.** However, Romans 7 describes how all of us struggle in our Christian walk and tend to fall short of God’s design (just as Paul confessed his failure). Finally, Romans chapter 8 gives us the wonderful “how-to-truths” of the Holy Spirit empowering us with God’s ability and victory. Studying these chapters and the diagram we’ve included will truly revolutionize your life.



## Labor to Enter His Rest

A paradox is something that at first seems contradictory, nevertheless is true. Hebrews 4:11 gives us one of the great paradoxes of the Bible. It says, “Let us labor therefore to enter into His rest.” Our only “labor” should be RESTING! Most Christians “work hard” trying to please God in their own power, only to end up frustrated. We do endless church activities, attend seminars and, in general, wear ourselves out. **Yet, God is calling us to a life of YIELDING to Christ. You may find that you still “do” many of the same Christian activities as before, but your inner posture will be very different. Instead of “you” doing all the work, it will be Christ in you doing the work.**

When you run out of patience, then admit it! Be quick to YIELD to HIS patience! This is how you “labor to enter into His rest.” When you face problems and don’t know what to do, then admit it! Learn to YIELD to HIS guidance. Hebrews 4:10 says, “For he that has entered into His rest has ceased from His own works.” The exciting Christian life is found in resting in Christ’s ability and strength in you.

Dear friend, may the Holy Spirit draw you into a life of YIELDING to Christ. Let me encourage you to read through this Study Guide several times. My prayer is that you will be able to say with Paul, “Nevertheless, I live, yet not I, but Christ lives in me.”

■ -- Jason Peebles

## Key Memory Verse:

*“There remains therefore a rest to the people of God. For he that is entered into His rest, he also has ceased from his own works as God did from His.”*  
Hebrews 4:9.10

## Prayer for Yielding

*“Father, thank you for sending your Son, Jesus Christ, to die on the cross for my sins. I accept His sacrifice and commit my life to Him. Teach me to YIELD to your indwelling Holy Spirit. I want to learn how to “abide” instead of “strive.” Thank you for your great love. In Jesus Name – Amen.”*

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# The Secret of Yielding by Jason Peebles

As believers, God has called us to a life of yielding vs. striving. Yet, many Christians live in a frustrated state because they are “working hard” to do what they are powerless to do. In your own power, you cannot obey God, forgive those who offend you, or fulfill your destiny – unless you are empowered by the Holy Spirit. **The real secret to the Christian life is YIELDING to Christ and allowing Him to live His life through you.** Learning to “yield” will set you free from the self-life and give you the peace that you yearn for. YIELDING is the secret key to experiencing the fruit of the Spirit, the gifts of the Spirit, and every other aspect of the Christian life.

## Christ in You

In Galatians 2:20 Paul said, “It is no longer I who live, but Christ who lives IN me.” In another place Paul states that the grand mystery of life is, “Christ IN YOU, the hope of glory” (Col 1:27). Now pause a moment and let that sink in. **Do you have an awareness that Jesus Christ, the Son of God, actually lives IN YOU by the Holy Spirit?** Or, like most believers, is your version of Christianity a code of “do’s & don’ts” or a busy church schedule? You see, if that’s your view of Christianity, then you’ll surely end up frustrated.

All the apostles understood the wonderful

truth that Christ lives IN believers. **The apostle John said that he was writing his letters so that we could have “fellowship with the Father and with His Son Jesus Christ (1 Jn 1:3). He wasn’t just telling them to “try harder.”** No, he clearly understood that our calling is to fellowship with our Savior and allow Him to live His life through us. Your chief goal each day must be to “abide” in a vital relationship and union with Christ. This requires YIELDING. In truth, the only “work” that we are called to do is the work of resting in His strength and His ability (more on this later). Everything else will fall into place when you make this your first priority in life (Mt 6:33). Christ wants to commune with you, lead you, and help you fulfill His plan for your life. It will be a major step forward when you truly grasp the truth that Christ is IN YOU and that your first priority is to YIELD.

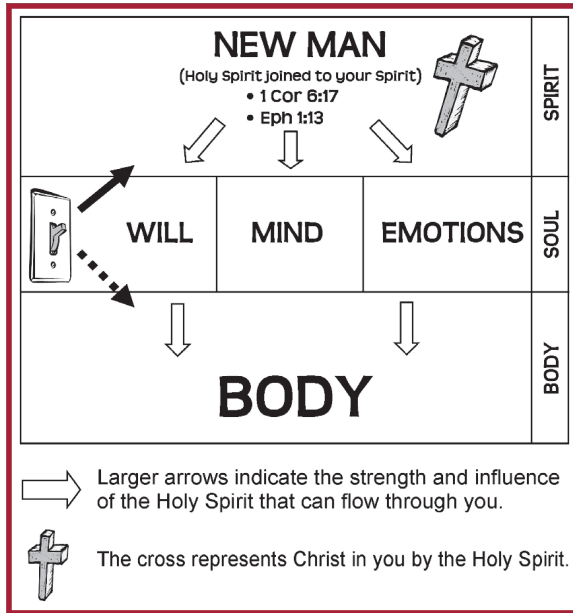
## Spirit, Soul, Body

It will help you learn the secret of YIELDING when you understand the three “parts” of your makeup – SPIRIT, SOUL, and BODY. **1 Thessalonians 5:23 says, “I pray God that your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”** Dear friend, this isn’t rocket science – you can get this. God is a Spirit (Jn 4:24) and you were created in His image – hence, first and foremost, you are an eternal SPIRIT being. Your body will die one day, but the real “you” will go on living. The Bible declares that at salvation, something wonderful happened to your human spirit! Your spirit was forever joined to the Holy Spirit, which transformed it instantly (Eph 1:13 & 1 Cor 6:17). Your spirit (which had been separated from God) was immediately made alive unto God! You passed from death to life in a moment of time. All this was possible because of the atoning work of Christ.

The Bible also declares that you have a SOUL -- which is the area of your mind, will, and emotions. Romans 12:1-3 says that we must be “transformed by the renewing of our minds.” God wants you to change the way you think. **His thoughts must become your thoughts. The way to do this is to begin studying God’s Word.** As you allow His Word and Spirit to change you, you

will have more power in your life. Renewing your mind is a life-long process.

You also have a “container” for all this which, of course, is your BODY. Thus, the Biblical view is that “you” are made of three basic parts – SPIRIT, SOUL, and BODY. Once you understand this, you must decide which part you will YIELD to as the “leader” of your life. Are you going to live by every impulse that your flesh desires? If it feels good then do it? Will that be the leader in your life? Or, perhaps you will allow your unrenewed mind to continue directing you? **The Bible makes it clear how we are to live. It says that we are to “walk in the SPIRIT.”**



## HELPFUL BIBLE CONCEPTS

**1. Spirit** – you have a human spirit which was joined to the Holy Spirit at salvation. This union renewed your spirit and made it alive unto God! This is what the Bible refers to as the New Man.

**New Man** - your renewed human spirit that has been joined to the Holy Spirit. This occurred at the moment of your salvation (Eph 1:13). We are called to “put off” the old man and “put on” the new man (Eph 4:22-24). This is what walking in the Spirit, abiding in Christ, and yielding are all about.

**Old Man** - your unrenewed spirit before you were a Christian, which was separated from God. As a Christian, your spiritual condition has been made new. However, you may still struggle with the old memories, habits, and program-mings from your previous life (Eph 4:25-32).

**2. Soul** – this is the NT term for your mind, will, and emotions. Though your spirit was instantly made new, your soul requires a life-long process of being renewed (sanctification). The Bible tells us to “put on” the mind of Christ. As you study God’s Word and yield to the Holy Spirit, it transforms the way you think and the way you view the world. The Holy Spirit helps this process by strengthening your mind, will, and emotions (Eph 3:16).

**Mind** – all your mental faculties of thinking, reasoning, imagining, planning, and organizing.

**Will** – your innate, God-given ability to make decisions and choose your own path. It is your “will” that must remain in a yielded state to Christ.

**Emotions** – the area of your personality that experiences happiness, joy, sorrow, and all the emotions known to man.

**3. Body** – your physical being and the five senses of sight, sound, taste, touch, and smell. Medical science is still discovering the wonders and intricacies of our physical body and how it interacts with all the other parts of our being.

**4. Yielding** - represented in the diagram by the “switch” of your will. Notice that your will, like a switch, is either flipped “up” to the Spirit or “down” to the flesh. Romans 6:13 says, “Neither yield your members as instruments of unrighteousness unto sin: but YIELD YOURSELVES unto God, as those who are alive from the dead.”

**5. Walking in the Flesh** – the term “flesh” in the NT refers to the spiritual condition of living life on your own terms and in your own power. As long as we are in these mortal bodies, we all have a tendency towards this due to indwelling sin (Rom 7:17,18). All unbelievers live “in the flesh” -- but

even Christians can “walk after the flesh” if they are not yielded to Christ. The spiritual condition of “flesh” is the result of living by an unrenewed mind and/or yielding to the desires and impulses of the physical body (Eph 2:3). Both will produce a life that falls short of God’s plan.

**6. Walking in the Spirit** - this phrase refers to the spiritual condition of actively YIELDING to the influence of the Holy Spirit and God’s Word in our lives. Other terms that describe this same condition are abiding in Christ (see below), being filled with the Spirit, and entering His rest. Romans 8:14 says, “For as many as are led by the Spirit of God, they are the sons of God.” You will find that the more you YIELD to the Spirit, the more it will become your lifestyle. However, we must all guard against the condition of the flesh (see above #5). The Bible is clear that the only way to please God and fulfill His plan is to walk in the Spirit (Rom 8:5-8). When you yield your heart and mind to the Holy Spirit, it allows Him to direct you.

**7. Abiding in Christ** – the condition of living in a vital relationship, union and fellowship with our Lord and Savior, Jesus Christ (Jn 15:1-7). This is only possible by the work of the Holy Spirit in our minds and hearts. In fact, 1 John 2:27-29 tells us that one of the main missions of the Holy Spirit is to teach believers how to “abide.”

**8. Grace** - this is the real “engine” behind yielding. **Though you have a “will” to choose, God’s grace (ability) will help you. Grace is God’s ability and enabling power that are imparted to your inner man by the Holy Spirit (Eph 3:16).** His grace will strengthen you -- and help your mind, will, emotions, personality, memories, etc. God’s grace will enable you to do what you seem powerless to do. Philippians 2:13 says, “For it is God who works in you both to will and to do of His good pleasure.” The Holy Spirit is our helper to overcome the flesh, abide in Christ, and walk in God’s plan.

## Paul’s Internal Struggle

Ok, let’s be very honest here. When you study the diagram, it almost appears like it’s “one or