

PLAY 5 : C3-Technique

...walk by the Spirit, and you will not gratify the desires of the flesh

Galatians 5:16 - ESV

Use the C3-Technique when you are in your personal BattleZONES.

Call a timeout and resist the tempter/temptation. *(James 4:7, 2 Timothy 2:22, Psalm 119:37)*

Confess the temptation to God in prayer and ask the Holy Spirit to show you the way of escape. *(Mark 14:38, 1 Corinthians 10:12-13)*

Choose by faithful obedience to consciously yield to the Holy Spirit's Play Call, resulting in perfect execution of God's will. *(Romans 6:16, 8:12-14, Titus 2:11-12)*

C1 *Therefore submit to God. Resist the devil and he will flee from you. — James 4:7 - NKJV*

Run from anything that stimulates youthful lusts. — 2 Timothy 2:22 - NLT

Turn my eyes away from worthless things; preserve my life according to your Word. — Psalm 119:37 - NIV

C2 *Keep awake and watch and pray [constantly], that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak. — Mark 14:38 - AMP*

If you think you are standing strong, be careful, for you, too, may fall into the same sin. But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it. — 1 Corinthians 10:12-13 - NLT

C3 *Don't you realize that whatever you choose to obey becomes your master? You can choose sin, which leads to death, or you can choose to obey God and receive his approval. — Romans 6:16 - NLT*

For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age. — Titus 2:11-12 - NASB

So then, brethren, we are debtors, but not to the flesh [we are not obligated to our carnal nature], to live [a life ruled by the standards set up by the dictates] of the flesh. For if you live according to [the dictates of] the flesh, you will surely die. But if through the power of the [Holy] Spirit you are [habitually] putting to death (making extinct, deadening) the [evil] deeds prompted by the body, you shall [really and genuinely] live forever. For all who are led by the Spirit of God are sons of God. — Romans 8:12-14 - AMP

In Galatians 5, Paul emphasizes the ministry of the Holy Spirit, because it is the Spirit who makes the life of faith work. A life of faith wouldn't work any better than a life of legalism if it weren't for the indwelling Holy Spirit who empowers us. Consequently, Paul calls us to yield to the spirit's control through such statements as: "We through the Spirit wait for the hope of righteousness by faith" (v. 5); "Walk in the Spirit" (v. 16); "If ye be led by the Spirit, ye are not under the law" (v. 18); and "If we live by the Spirit, let us also walk in the Spirit" (v. 25). It is necessary for those who have been justified by faith to implement a life of faith in the energy of the Holy Spirit.

John MacArthur (from his message "Fallen from Grace" Part 1)