

## ***“Smothering the Flames of the Flesh”***

### **The Cosmic Supremacy of Christ**

Col. 2:20-23 • pt. 22

#### INTRODUCTION

- the ceaseless battle with the flesh

“I have had more trouble with myself than with any other man  
I have ever met!”  
– D.L. Moody

1 Pet. 1:16

#### PROBLEM: *Smothering the flames of the flesh*

- license?
- legalism?

#### PROPOSED SOLUTION: *Asceticism*

- asceticism defined
- characteristics of asceticism:
  - 1) increasingly restrictive (2:21)  
1 Tim. 4:8; Lk. 9:23
  - 2) only of temporary benefit, if any at all (2:22)

3) only appears to be wise

– *logos* = “appearance”

– “self-made religion”  
Jn. 4:24

– self-humiliation; harsh treatment of the body

#### ANALYSIS: *Utterly of NO value*

- value of discipline  
Col. 2:5
- no value in restraining the flesh

#### REAL SOLUTION: *Resurrection power of Christ*

- Jesus is sufficient  
Col. 2:9-10; Heb. 4:15-16
- my death with Christ (2:20)  
Gal. 4:8-9
- gaining victory over the flesh  
Rom. 6:1-4

Gal. 5:16; Col. 3:1-3