



INSIDE THIS
MONTH'S ISSUE:

MR FLESH!

Written by IMA-OBONG EFFIONG IGANI-TIMOTHY

“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you are not to do whatever you want” (Galatians 5:17)

Many of us love God sincerely, pray passionately, and serve faithfully, yet we still find ourselves struggling with anger, pride, unforgiveness, lust, gossip, or the need to always be right. These are not mere “weaknesses”; they are signs that Mr Flesh — the old, carnal nature — is still very much alive. And until he dies, the life of Christ cannot fully shine through us.

This month, the Spirit of God is calling us to the altar — not just to be blessed, but to be broken; not just to receive, but to release; not just to pray, but to die to self. For only when we are crucified with Christ can we truly say, “It is no longer I who live, but Christ who lives in me” (Galatians 2:20).

Welcome to October 2025, the month of dying to self and living by the Spirit. May this revelation transform you from within and align your life with the image of Christ.

INTRODUCTION – MY JOURNEY WITH MR FLESH

I grew up as a pastor's child in a home filled with faith, the gospel, and sound teaching. From as far back as I can remember, Christianity was my life. I was raised on Scripture, church activities, and principles of holiness. Participation in church was not optional—I was in the choir, the Sunday school, and even represented the church in competitions where, more often than not, I came first. By every outward measure, I was doing very well spiritually.

But beneath the vibrant activity, there were areas of my life that did not align with the Christ I professed. When it came to anger, accepting wrong, or apologising, it was not second nature to me. I gave my life to Christ on 25th November 2008, and yet there were still principles, habits, and attitudes I held onto as immovable. My language was always, "That's just me," or "There's something about me." Without realising it, I was using those words as an excuse—a tool the enemy gladly handed me—to justify traits that God was asking me to surrender.

Did I mention how sensitive I was? I would read meanings into people's words, assume the worst, and hold onto offences for years—yet I was vibrant in church, speaking in tongues, serving faithfully, and outwardly zealous. Thank God for Jesus! Because the truth is, Mr Flesh very much exists even in a tongue-speaking believer or pastor. And when you see it manifest—even in the pulpit—it comes out as fury, gossip, hidden pride, and "little foxes" (Song of Solomon 2:15). Left unchecked, it can become a dent in our calling.

The Lord began to deal with those little foxes in me. I would not dare claim perfection, but as Paul says, "By the grace of God I am what I am" (1 Corinthians 15:10). I am certainly not the person I used to be.

Something happened recently that made this truth even clearer to me. I was in a meeting where someone said something that hurt deeply. I wanted to respond so badly, to defend myself, to speak my mind—but the Holy Spirit whispered, "Be still." By His grace, I obeyed and stayed quiet. Yet, when I went into my quiet place later, I poured out my complaint to God about what had happened.

And this is what the Lord said to me:

"Ima-Obong, you must die completely to self—completely. Not just to struggle not to respond, but to reach a place where it is your nature not to respond. That is what it means to crucify Mr Flesh."

That moment changed me. I realised God was not simply asking me to "try harder" or "behave better." He was calling me to die to self—to let the flesh be so crucified that my natural reaction would not be to retaliate, to sulk, to hold grudges, or to justify myself, but to respond like Christ, because Christ Himself lives through me.

This is exactly what Paul described when he said:

"For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want" (Galatians 5:17). Beloved, the war between the Spirit and the flesh is real—even for believers. Mr Flesh is subtle but deadly. He hides behind our "personality," our "temperament," our "rights," and our "justifications." But if we do not crucify him, he will dent our calling, poison our relationships, and stunt our spiritual growth.

This month's devotional, Mr Flesh, is my journey and my warning: until we crucify Mr Flesh, we will keep struggling with habits, attitudes, and sins that make us look nothing like the Christ we claim to serve. But if we die to self, if we surrender completely, then Christ's life will flow through us naturally—without striving.

WHO IS MR. FLESH

“Mr Flesh” is that old, carnal nature that lingers in man even after receiving Christ. It is the Adamic nature we inherited from the fall in Eden—a nature bent towards sin, selfishness, and rebellion against God. Paul calls it “the old man” (Ephesians 4:22; Colossians 3:9), and he makes it clear that this nature wars against the Spirit of God within us.

The danger is this: many believers think that once they have prayed the sinner’s prayer, everything about them will automatically become Christlike. But the truth is, salvation is both instant and progressive. The moment you believe in Jesus, you are justified—declared righteous before God (Romans 5:1). Yet, the old nature—the flesh—still remains, and unless it is daily crucified, it will keep pulling you back into your old patterns.

This is why Paul lamented in Romans 7:18–20:

“For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.”

That is the cry of someone wrestling with Mr Flesh. You want to forgive, but bitterness keeps rising. You want to live holy, but lust keeps drawing you back. You want to stay humble, but pride whispers for recognition. Mr Flesh is that voice within that seeks to override the Spirit’s leading.

And this explains why you sometimes see contradictions in the lives of Christians. You are shocked when a pastor refuses to forgive, when a believer speaks vulgar language, when a sister in Christ sees nothing wrong with immodesty, or when a Christian brother excuses sin under the label of “don’t judge.” You are puzzled when someone preaches powerfully on Sunday and gossips, slanders, or even commits adultery during the week. It is not that the person does not know Christ—it is that Mr Flesh has not been crucified. The Bible says there are two natures at war in every believer: the flesh and the Spirit. They both seek dominance. One pulls you toward self, the other toward Christ. Galatians 5:17 explains it clearly:

“For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.” Notice the word conflict. This means it is not a passive relationship—it is warfare. You cannot pamper the flesh; you cannot negotiate with it; you cannot hide it under religious activities. If Mr Flesh is not crucified, he will manifest, no matter how much you pray, preach, or fast. That is why Paul also warned in Romans 8:13:

“For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”

So who is Mr Flesh? He is that stubborn, hidden part of you that resists God’s will. He is the part that wants the applause of men, that seeks revenge, that insists “this is just who I am.” He is subtle, often cloaked in personality traits or culture. But at the root, he is enmity against God (Romans 8:7).

Beloved, Mr Flesh cannot be trained; he must be crucified. You cannot counsel him into holiness, you cannot polish him with titles, and you cannot hide him with ministry success. He will always betray you. That is why Paul declares in Galatians 2:20:

“I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

Until we come to this point—where self dies and Christ lives—we will keep struggling, falling, and failing. The presence of Mr Flesh is the reason many Christians live below God’s standard. But the cross provides the solution: crucifixion, death to self, and resurrection life in Christ. And so, let us not be deceived. Mr Flesh is real. He is alive in many believers. But he does not have to reign. Through Christ, he can be put to death—so that the Spirit may truly have dominion.

CRUCIFYING MR FLESH

The Meaning

To crucify Mr Flesh means to deliberately and consciously put to death the sinful nature, carnal desires, and selfish ambitions that constantly war against the Spirit of God within us. It is the act of saying “no” to self and “yes” to God—even when everything in you wants the opposite.

Paul explained this truth clearly in Galatians 2:20:

“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

This is not just a metaphor; it is the believer’s spiritual reality. To follow Christ is not simply to receive blessings—it is to die with Him. Jesus Himself laid down the standard for discipleship: “If anyone would come after me, he must deny himself and take up his cross daily and follow me” (Luke 9:23).

Notice the word daily. Crucifying the flesh is not a one-time altar call. It is not a prayer you pray once. It is a lifestyle of surrender. It is the conscious decision to put the old nature to death each day, so that Christ can fully live through you.

Galatians 5:24 sums it up:

“Those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

So, crucifying Mr Flesh is not optional—it is the evidence of truly belonging to Christ. If your faith does not touch your character, if it does not affect how you respond, how you love, how you forgive, then Mr Flesh is still alive.

The Process

Crucifixion is not easy. It is one of the most painful and humiliating forms of death known to man—and Paul deliberately uses this word to describe what must happen to the flesh. To crucify Mr Flesh is to willingly go through the discomfort of denying yourself, choosing the Spirit’s way over the flesh’s cry.

Paul confessed in 1 Corinthians 15:31:

“I die daily.”

That means every day, there is a cross to carry. Every day, there is a battle to win.

- You die when you forgive even though your heart screams for revenge.
- You die when you hold your tongue instead of returning insult for insult.
- You die when you choose integrity over convenience—even if it costs you money, status, or opportunities.
- You die when you choose holiness over the fleeting pleasure of sin.
- You die when you say “no” to pride and choose to walk humbly, even when you have every reason to boast.

Dying to self is not glamorous. It is often painful, lonely, and misunderstood. Just as crucifixion in Jesus’ time was public, shameful, and excruciating, so the process of crucifying Mr Flesh is often humiliating to our pride. But it is necessary for transformation.

Hebrews 12:2 reminds us of Jesus:

“For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

The cross was not pleasant. Jesus Himself prayed, “Father, if it be possible, let this cup pass from me” (Matthew 26:39). But He endured because of what lay beyond—the resurrection, the glory, the salvation of mankind.

Likewise, we must endure the process of crucifying Mr Flesh, knowing that it produces a far greater reward: intimacy with Christ, victory over sin, and the power to truly live as witnesses

The Aftermath

What happens after Mr Flesh is crucified? Transformation. You no longer respond as you used to because that version of you is dead.

Paul declares in Romans 6:11:

“In the same way, count yourselves dead to sin but alive to God in Christ Jesus.”

The aftermath of crucifixion is life—resurrection life in Christ. When Mr Flesh is truly crucified:

- Insults no longer control your emotions.
- Temptations lose their grip.
- Pride no longer dictates your choices.
- Anger, lust, bitterness, and jealousy lose their power over you.
- Holiness, peace, and love flow naturally—not as a struggle, but as fruit.

This is why Paul could boldly say:

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” (2 Corinthians 5:17).

The aftermath of crucifixion is freedom. You are no longer a slave to your impulses. You live under the power of the Spirit, not the demands of the flesh. You become a vessel through which Christ Himself lives and shines.

Beloved, crucifixion may be painful, but it leads to glory. Death comes first, then resurrection. Brokenness comes first, then usefulness. Surrender comes first, then fruitfulness. If you will crucify Mr Flesh, you will experience the joy of walking in true liberty—free to love, free to forgive, free to be all that God has destined you to be.

DEAD TO SELF

The final stage of crucifixion is death. Crucifixion is a process, but its goal is to bring you to a place where self no longer rules. A dead man has no opinion to defend, no pride to protect, no reputation to uphold, and no secret ambition to preserve. He is unmoved by insults, unprovoked by accusations, and unshaken by praise. That is the true picture of a surrendered Christian.

Paul expressed it plainly:

“For you died, and your life is now hidden with Christ in God.” (Colossians 3:3)

When you are dead to self, your life is no longer your own. You no longer live to please your emotions, your ego, or the expectations of people—you live to please Christ.

Jesus as the Perfect Example

Jesus modelled this perfectly. Throughout His earthly life, He consistently displayed the character of a man dead to self:

- When He was insulted, He did not retaliate. Peter testifies of Him: “When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly.” (1 Peter 2:23)
- When He was betrayed, He still loved. Judas kissed Him in betrayal, yet Jesus still addressed him, “Friend, do what you came for” (Matthew 26:50).
- When the weight of the cross overwhelmed Him at Gethsemane, He surrendered. He prayed, “Father, if You are willing, take this cup from Me; yet not My will, but Yours be done.” (Luke 22:42)

This is the essence of death to self—absolute surrender. Jesus had every right to call down legions of angels (Matthew 26:53), but He chose not to. He died willingly so that God’s will could be accomplished.

How do you know when you are truly dead to self? The evidence is in your responses:

- A dead man cannot be offended.
- A dead man does not argue to win.
- A dead man is not obsessed with being noticed, praised, or applauded.
- A dead man does not nurse grudges, because he has no pride to protect.
- A dead man can love freely, forgive quickly, and obey fully.

Paul captures this reality in Galatians 6:14:

“May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.”

To be dead to self is to be untangled from the world’s systems, unbound by its expectations, and unmoved by its applause or rejection.

SPIRIT VS FLESH

Rom. 8:5-6



DEATH PRECEDES LIFE

The mystery of the Kingdom is that death comes before life. Philippians 2:8–9 reveals this order:

“And being found in appearance as a man, He humbled Himself by becoming obedient to death—even death on a cross! Therefore God exalted Him to the highest place and gave Him the name that is above every name.”

Jesus’ exaltation was the result of His willingness to die. Resurrection power flows only where there has first been a crucifixion. Fruitfulness comes only when the seed dies. Jesus Himself declared:

“Very truly I tell you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much fruit.” (John 12:24)

Beloved, you cannot become until you first die. You cannot manifest the life of Christ while clinging to your own will, your own ego, and your own way.

Many believers today remain spiritually stagnant not because they don’t love Jesus, but because self is still alive. Mr Flesh still sits on the throne of their hearts. They pray, they fast, they even serve in church—but one insult can expose pride, one disappointment can unleash anger, one offense can uncover bitterness.

But when you are dead, these things no longer have a hold on you. Death to self makes you unoffendable, unshakable, and unstoppable. Only then can Christ’s life shine through you without hindrance.



PRAYER WITH ME!

Heavenly Father,

I thank You for reminding me that true life comes only through death to self. Lord, I confess that many times I have allowed Mr Flesh to rule over me—my emotions, my pride, my desires, and my will. But today, I surrender. I lay down every part of me that still struggles against Your Spirit.

Teach me, Lord, to die daily. Help me to crucify every habit, every thought, every reaction, and every hidden motive that does not bring glory to Your name. Just as Jesus humbled Himself to the point of death on the cross, may I also humble myself and fully surrender to Your will.

Father, I no longer want to live for myself. Let Christ live in me. Let my words, my actions, my responses, and even my silence reflect Jesus. Make me unoffendable, unshakable, and unwavering in holiness.

Holy Spirit, empower me to walk in victory, so that when men see me, they no longer see Ima-Obong, but they see Christ alive in me. May my life bear fruit that remains, fruit that glorifies You.

Thank You, Lord, for the cross, for the privilege of dying to self, and for the new life I now have in Christ. I declare today: I am crucified with Christ; nevertheless, I live, yet not I, but Christ lives in me in Jesus name Amen!

ACCEPT JESUS TODAY!!!

God's mercy is fully revealed in Jesus Christ, who gave His life so we could be forgiven and restored. If you haven't yet received Him, you can do so today. Turn to Him, confess your need, and invite Him into your heart as Lord and Saviour. His arms are open wide in mercy and love—waiting for you to come home. Accept Jesus Today!

If you need to discuss further or want someone to pray with you, please feel free to contact me on: +44 7448624608

PLEASE JOIN US!!!



JESUS CORNER

PRESENTS

PRAYER SUMMIT

DATE: **14** FRIDAY NOVEMBER 2025

6:00PM GMT 

7:00PM WAT 

Theme: **WHEN ZION TRAVAILED**

Isaiah 66:7-9

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