

Must Christians Struggle?

#0403

Study Given by W. D. Frazee—May 19, 1972

The last part of the last verse of Romans 7:

“...So then with the mind I myself serve the law of God;
but with the flesh the law of sin” Romans 7:25.

This verse puzzled me for many years. Recently, the Lord has given me a ray of light on it that I would like to share with you tonight, for I believe there’s something here that unlocks many a problem in the lives of earnest Christians who are seeking to be successful in the battle against sin but sometimes find themselves discouraged because they do not have the victories they think they ought to have.

Paul says a fact here. He says that with the mind he’s serving what?

“...the law of God, but with the flesh...” Romans 7:25.

What?

“...the law of sin” Romans 7:25.

Well, how can that be? Well, it depends upon which one then is ruling, doesn’t it? That’s the thing. Let me put it this way, friends. Satan is constantly seeking to reach the mind of the Christian through the flesh. God is constantly seeking to reach the flesh through the mind.

May I repeat that? Satan seeks to reach the mind, to dominate the mind, to control the mind, to rule the mind through the flesh. But God seeks to rule the flesh, to control the flesh, through the mind. Now, in our Christian experience, you and I have the choice of whether we will let Satan use our flesh to dominate the mind or whether we will let Jesus give us His mind which will control the flesh.

I want to read an interesting comment from the book *Adventist Home*, page 127:

“The lower passions have their seat in the body and work through it. The words ‘flesh’ or ‘fleshly’ or ‘carnal lusts’ embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God” *Adventist Home*, page 127.

Now, notice that. The flesh of itself cannot act contrary to the will of God. But what *can* it do? My dear friends, if we will listen to the flesh, if we will let the flesh control us, then the mind becomes dominated by Satan using our earthly, fleshly desires.

May I read this again?

“The lower passions have their seat in the body and work through it. The words ‘flesh’ or ‘fleshly’ or ‘carnal lusts’ embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God” *Ibid.*

So, it is possible for a Christian to be very conscious of the fact that he has the fleshly nature and yet to have victory in Jesus Christ.

And so, Paul says here in this verse that we introduced our study with, immediately preceding this, he says:

“I thank God through Jesus Christ our Lord...” Romans 7:25.

And he immediately says:

“...So then with the mind I myself serve the law of God; but with the flesh the law of sin” Romans 7:25.

I used to wonder why it's put together that way. It's very clear, friend. He's telling us that in Jesus Christ, we have the choice of whether we will let the flesh dominate the mind or whether we will choose to allow the mind to dominate the flesh. We have the choice. Is the mind going to rule the flesh, or is the flesh going to rule the mind?

Now, let's go back here to the 22nd verse:

“For I delight in the law of God after the inward man”
Romans 7:22.

Now, this is the converted man. The unconverted man finds no delight in the law of God, does he? Why, no. Turn to Romans the eighth chapter and the seventh verse. He says:

“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be” Romans 8:7

The carnal mind is what?

“...is enmity against God...” Romans 8:7.

And you'll notice that the margin there on the carnal mind is the minding of the flesh. If you and I mind the flesh, if we listen to what the flesh tells us to do and we do it, then we're dominated by this fleshly nature, and that carnal mind is enmity against God, and it is not subject to the law of God:

“...neither indeed can be” Romans 8:7.

All right. Back to Romans 7:22:

“For I delight in the law of God after the inward man”
Romans 7:22.

Tell me, friends, is there anything about God’s law, God’s way of life that in your inmost soul pleases you? Is there something there in your heart that you want to be like that? Who put that there? God put it there. He promised to do it.

Back there in Genesis 3:15, speaking to the serpent, He said:

“And I will put enmity between thee and the woman, and
between thy seed and her seed...” Genesis 3:15.

And thank God, Jesus is still putting enmity in you and me against sin. Isn’t He? Isn’t that why we’re here tonight? Isn’t that why we’re seeking a better experience?

But that, my dear friends, does not give us—don’t miss it—it does not give us holy flesh. It does not give us holy flesh. It doesn’t mean that every time we want to eat, it’s time to eat. It doesn’t mean that everything we see that we want to put in our stomachs, that’s the thing to put in. We have cravings, appetites, desires and feelings that come from our own hereditary and cultivated tendencies to evil, don’t we? And they take many forms.

With some people, it’s spells of discouragement, or perhaps a settled state of depression. They feel bad. They feel weak. They feel unworthy. They feel defeated. Well, what is that? Well, my friends, that’s this fleshly nature that we have to contend with, isn’t it? Sure. That’s what it is.

With many, it’s associated with poor health. It’s hard for a person who is sick, or half sick to be feeling like living on the mountain with God all the time. Well, does that mean he’s defeated? Not necessarily. That’s what I want to study with you, friend.

Take another example. Is it possible for a man to want a cigarette and yet be a Christian? Certainly, it’s possible. Certainly, it’s possible. And you can go right on down and up the list of fleshly desires and cravings.

Some people have a tendency to be foolish. They want to turn everything, even religious things, into some witticism to make people laugh. Well, what is that? Well, that’s their fleshly tendency. Well, can a person that feels that way, can he be a Christian? Well, he can if he’ll learn what we’re studying tonight.

Bless the Lord, dear friends, we do not have to have our minds in Christ dominated by these fleshly tendencies, whether they’re of lust, or appetite, or anger, losing our temper, gossip, criticism, depression, discouragement, just feeling sore at somebody, or feeling bad about ourselves. No, no, friends. But listen. The answer is not to get holy flesh today, nor tomorrow, nor next week.

“Oh,” you say, “of course, I know we’re not going to have holy flesh.”

But you know, it’s interesting how different names affect people. There are plenty of people that *know* they don’t have holy flesh. But really, if they only knew it, that’s what they want. That’s what they’re looking for. That’s what they’re groping for. And if they hear about some meeting where they can go and get the Spirit and feel happy and like shouting and singing all the time, what do they want? They want to be relieved of these feelings, these desires, these emotions that they know aren’t right.

Well now, listen, friend. Notice how the Bible deals with this. Let’s go back to the 18th verse of Romans 7:

“For I know that in me (that is, in my flesh,) dwelleth no good thing...” Romans 7:18.

Now, you may have known you were pretty bad, but I wonder if you knew you were *that* bad. And God’s program is not to improve and make holy all that which has been dragging you down. It’s rather—and don’t miss it—to give you the wonderful experience of a life in Christ that can live *with* a fleshly body the life of heaven on earth.

Now, let’s read this, Romans the eighth chapter beginning with the first verse. No chapters, the way Paul wrote it. He’s just writing right on:

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit” Romans 8:1.

What is Paul talking about here when he says “walk”? Well, he’s is talking about the manner of life. You know, a man in the old days, if he wanted a drink, he went to a saloon. In those days, he usually walked to a saloon. Now, people drive in to these liquor stores. All right.

Now, here’s a man. He comes and gives his heart to God. If he’s really converted, he’ll never want any liquor again, will he?

“Ah, but,” somebody says, “Brother Frazee, I know a man that was converted, and he had just been a terrible alcoholic. And he got down and prayed to God, and the minister prayed for him, and he never wanted liquor again.”

Yes, I know about those experiences. I’ve seen people delivered miraculously from liquor and tobacco. I understand that. But I want to tell you something, friend. That is not God’s ordinary, regular, typical way of dealing with that situation. Sometimes, God does it when people are so weak that that seems to be the only way out. But God knows when to do it and when not to. And if God does it, all right.

But I want to tell you two things. First, friends, that man that is delivered miraculously, suddenly in a moment, not merely from the power of alcoholism or any other sin, but from even the desire for it, the craving for it, so he loses that and never wants it again, He’s going to have the identical battle over some other point. Don’t

forget it. He's going to have it. He's going to meet it. He's going to go through Romans 7–8. Yes, he is.

Because, don't worry, the Devil has more than the hold of alcohol on the human. There are a thousand other things. Oh, yes. And God is seeking to give you and me an experience in living *in* human flesh, *sinful* human flesh, the life of victory. He wants us to demonstrate something that will help and encourage other poor souls that have a dead body to drag around with them. All right.

Romans 8:

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit” Romans 8:1.

In other words, they are not listening to the marching orders of the flesh, but the marching orders of what? The Spirit, working through the mind, instead of the Devil working through the fleshly desires.

Second verse:

“For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh...”
Romans 8:2–3.

Why is the law of God weak in making you and me righteous? Because of what? The flesh.

The law has no power to say to an alcoholic, “Now, here, I’m going to help you quit alcoholism.”

The law of God can thunder at him, “Thou shalt not kill.”

And if the man has any brain cells left that are functioning, he knows he’s killing himself fast. The law condemns him. The law points out his transgression.

But now, notice:

“For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That...”
Romans 8:3–4.

In order that, with this purpose in view, with this goal in mind. What is it?

“That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit” Romans 8:4.

Oh yes, friend, and this is not talking about after we get to heaven. This is talking about people that still have this fleshly body.

This is talking about the man that when he sees a liquor ad, he feels that craving in his soul and thinks, “Oh, I wish I could get it.”

That when he hears that cigarette announcement, he thinks, “Oh my, where are my cigarettes? Oh, that’s right, I gave that to Jesus, but oh, I want it, I want it.”

Does he have to yield? No. And what about the dear Christian woman that never wanted a drink or a cigarette in her life, but she has fits of discouragement. She just feels so down, and she wonders what’s the matter. Well, it’s the same flesh, my friends, just with a different cry. That’s all. Same flesh, same human nature, isn’t it? Yes, just with a different manifestation.

“For what the law could not do...” Romans 8:3.

It cannot lift us out of any of this.

“For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit” Romans 8:3–4.

You see, then, the Christian has two voices calling him. One is the voice of the Spirit from above. The other is the voice of the flesh, the voice of the flesh from below.

You remember, Paul says—keep your place in Romans but 1 Corinthians the 9th chapter verse 27:

“But I keep under my body...” 1 Corinthians 9:27.

Well, what was on top? His mind, his mind was on top. God put the mind right up here on top where it belongs, friends, but without Jesus, we are slaves to the physical appetites, aren’t we? But oh, in Jesus, man is given the privilege of self-mastery. Man is delivered from the bondage of being a creature of impulse.

Take this simple thing about eating between meals. How many a person is a slave. Here it is two or three hours after a meal, and they’re visiting somewhere, and somebody says, “Wouldn’t you like this,” or “Wouldn’t you like that?” “Here’s some candy, here’s some ice cream, here’s some cake, here’s an apple, here’s this and that.”

And somebody says, “Oh, I wonder, that wouldn’t be good for me, would it? But oh, it would taste good. I want it.”

Now, what’s the answer to that? Watch, is it this? I get down and pray and say, “Lord, I wish you’d take away that appetite to eat between meals out of me, so I’d never want to do it again.”

Is that the way to pray? Well, you can pray that way if you want to. And if God chooses to answer you, that's between Him and you. But friends, what about all the people that pray that way and it doesn't happen? Are they lost? Are they hopeless? Are they supposed to just jog along, hoping that someday lightning will strike and they're all right from then on? No, thank God, friends. The Christian life is simpler than that. There's a science to salvation.

It is your privilege to come to God and get down on your knees and say, "Lord Jesus, I know that of myself I cannot conquer my desires," whether it's the desire to eat between meals or the temper that bursts out in a flash of anger, or a mean, selfish disposition, or the disposition to criticize and judge and condemn, or this discouragement business, or fleshly lusts of impurity, all the dark catalog of perversions and excesses. No.

Whatever they are, "Dear Lord, I know that I can't conquer them of myself, but oh, I believe that my blessed Lord came down and took this human flesh and lived a life of victory that I too might have that experience through faith in Him. Therefore, I will choose by faith to do what the mind, directed by the Holy Spirit, says is right, instead of what the flesh, played upon by the Devil, is trying to get me to do to carry out my impulses."

That's the thing. That's the battle.

"Oh but," somebody says, "that's a struggle."

Well, sure. Paul says:

"For we wrestle not against flesh and blood..." Ephesians 6:12.

That is, other people. Our battle isn't against other people. But it's against wickedness, friends, in high places and low. Will you accept the battle? Will you fight the good fight of faith?

Or will you simply say, "Oh my, if God ever gets ready to give me the victory, He'll do it."

Did you ever hear the expression "Let go and let God"?

There's a grain of truth and a bushel of chaff in that kind of talk, my friends. Believe me. I know what I'm talking about.

Sometimes you hear people give a testimony like this, "I tried and I tried and I found I couldn't do anything about it, so I just turned everything over to God, and I asked Him to take it, and now I don't have to battle anymore."

Listen, friends. The Christian life is a battle and a march. The Christian life is a battle and a march. And if you do not have any battle, then I fear for your soul. It would be too bad if you were so tranquilized that you could sing while you were going to sleep on the Devil's enchanted ground, just have a lullaby and feel so happy

as the Devil just takes over. No, friends. The Christian life is a battle and a march. But thank God, He:

“...giveth us the victory through our Lord Jesus Christ”
1 Corinthians 15:57.

All right. We’re back in Romans 8:3–4.

“...What the law could not do... God sending his own Son
in the likeness of sinful flesh... condemned sin in the
flesh” Romans 8:3.

In order that:

“...the righteousness of the law might be fulfilled in us, who
walk not after the flesh, but after the Spirit” Romans 8:4.

Now, fifth verse:

“For they that are after the flesh do mind the things of the
flesh...” Romans 8:5.

And don’t they? Doesn’t the cigarette slave goes after that tobacco, the alcoholic goes after his whiskey, the lustful man goes after his fornication, adultery, or other perversions? The discouraged soul lingers on the dark pictures that make him feel more and more depressed?

“For they that are after the flesh do mind the things of the
flesh...” Romans 8:5.

That’s where their minds are. They’re dominated by the flesh.

“...but they that are after the Spirit the things of the Spirit”
Romans 8:5.

Oh friends, I’m so glad that we can have the choice in Christ of deciding which is going to rule. What do you say? Yes.

Brother Finley, I wonder if you’d bring that bouquet to me a minute. I want us to see something here.

Do you like that? Oh, yes. All right. That’s fine. Put it right there, will you?

Now, friend, I hear you folks talking about it, but I can’t see it at all. What’s the matter? Well, I’m not looking in the right direction to see it. Is that right?

And I can say, “Well, all the other folks, they see the beautiful flowers, but they’re not for me. They’re not for me at all.”

What do I need to do? Turn around. That's all. There they are. Why sure. I see now what you saw, and I'm enjoying now what you've been enjoying. Is that right? What made the difference? It wasn't that some new flowers bloomed. They were here all the time, friends. It's where I look that makes the difference.

Thank you. You may put them back.

Listen, friends. Which way are you looking for direction? Which way are you looking for your orders? Do you listen to the flesh and let it lead you? Do you know what it reminds me of? Did you ever happen to visit a home—I hope none of you have it without visiting. Did you ever happen to visit a home where some two or three-year-old was dominating the whole thing? Yes.

Get up in the morning. “Well, I wonder what little Johnny’s going to have for breakfast this morning. Well, let’s ask Johnny. What will he have this morning?”

So, Johnny decides what we’ll have for breakfast. He’s two or three years old, you understand. Who’s going to feed him?

“I want grandma.”

Well, grandma’s got to quit anything she’s doing and feed Johnny. Some other morning, he doesn’t want grandma. He wants daddy or he wants mama. And so, that’s the order of the day. And so on through the day.

It would be ridiculous if it weren’t so downright tragic, my friends. That boy’s on the road to hell already, isn’t he?

But I have used that to illustrate the life of the Christian who allows his fleshly appetites, desires, feelings, impulses to call the tune, see? You get up in the morning, and you roll out of bed, and for some reason, or no reason in the world, you say, “Oh, I just don’t feel good this morning. I wonder where the Lord is. Yesterday morning I felt so good, and I just felt like I could meet the Devil and all his host. But this morning, I sure hope he doesn’t come around because I’m down.”

Or do you know what I’m talking about? Do you? How many of you do? All right, friend. What are you going to do about it? Why, take Romans 7 and 8, friends, and rejoice in this fact, that your salvation, your eternal salvation, your salvation this very day does not depend upon your feelings, your emotions. It is not your feelings or emotions that make you a child of God. It is what Jesus has done for you and what you accept and choose to be your life. You do not have to be dominated by any of these things.

Notice, seventh verse:

“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh...” Romans 8:7–8.

That is, dominated by the flesh, living the life of the flesh.

“...cannot please God” Romans 8:8.

I told you there was a grain of wheat and a bushel of chaff in something I quoted a while ago. Do you remember? Well, the grain of wheat, the grain of truth along with the bushel of chaff, is this, friend. It’s a good thing to let go and let God if by that you mean giving up your human efforts without God. Yes, let them go, friends, let them go.

But that doesn’t mean that from now on, you lie back passive and just say, “Well, Jesus has done it all. He died for me, and all I have to do is accept Him and come to the altar and believe in Him. And then pretty soon, He’ll come and get me and take me to heaven. And then I won’t have these fleshly cravings anymore. And in between now and then, I’ll just have to get along with them the best I can.”

Listen, friend:

“...They that are in the flesh cannot please God”
Romans 8:8.

If you’re going to let the flesh dominate you, you cannot please God no matter how many times you come to the altar. You can’t do it, friend. If the flesh is going to call the tune, if you’re going to sigh and groan when you feel discouraged, if you’re going to reach for a cigarette when you feel that impulse, if you’re going to get a glass of whiskey when you feel that craving, if you’re going to lose your temper when you feel anger coming on, and you’re going to tell off your husband, or your wife, the children or the neighbors, no, friend, that isn’t Christianity.

And coming to the altar, if that’s all you do is come to the altar and then go back and *hope* those cravings won’t come, but when they do, you let off the steam, that’s defeat. That isn’t victory. You see that, don’t you?

“...They that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you...” Romans 8:8–9.

And this doesn’t mean, friends, that we’re lifted out of these bodies, does it? Why, every one of us has got a body here tonight. And do you know, friend, every one of you has a body that can’t be trusted from here to the corner without Christ? If you don’t know that, then you are in dangerous situations.

Oh, Paul says:

“...In me (that is, in my flesh,) dwelleth no good thing...”
Romans 8:7.

Where is the victory? Why, Paul says:

“...Ye are not in the flesh...” Romans 8:9.

That is, not dominated by the flesh,

“...if the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his” Romans 8:9.

Which is ruling in your life? The Spirit, reaching your body and controlling it in spite of its cravings through your mind, or is Satan calling the tune, working through your fleshly desires and dominating the mind? Which is it? Who has the choice? You do.

Everything depends on the right action of the will. You cannot do it without Christ. If you try to do it, you'll faint and fail. But God won't do it without you. No, He won't, friend, He won't. Why? He gave you choice. If He'd wanted to do it without your choice, He could have made you that way in the beginning and saved all these 6,000 years of sin and suffering. He could have saved the cross.

Oh, I thank God that He made me a being with a choice. What do you say? And I'm sorry I've used that choice so often on the wrong side. I'm sorry that so many times I have allowed this life to be dominated by feelings, impulses, desires, emotions. I thank God tonight that there is victory in beholding my Lord and choosing that His way shall be my will, whether I feel like it or not.

And friends, you know, it's so good—I say this personally, and in a practical way, it's so good to be able to look up to God and say, “Lord, no, I don't feel so victorious today as I did last week, but I'm so glad to know that has nothing to do with it. This moment I choose to be my Lord's. This moment I choose that my will shall be His will. And no matter what cravings there are in the body, no matter what discouragement, or appetite, or anger, or anything else that may seem to be aroused, thank God, I choose to let Jesus Christ live in me and rule on the throne of my heart. What do you say?

Now, may I ask you something, friend? Do we this moment, this moment, mind you, not what you did yesterday, not what you're going to do tomorrow, but will you this moment, *do* you this moment, choose to let Jesus rule in your life no matter how you feel? May I see your hands, if that's your response? Thank God.

What's the first one of those three words? “I.” What's the second one? “Die.” What's the third? “Daily.” Now, you students of grammar, tell me what is “I” there, as far as the sentence is concerned? It's the subject. All right. What's the second word? Yes, it's the verb or the predicate. And what's the third word? It's the adverb. It modifies the verb. And what's the verb? Die. And how does the adverb modify it? What does it tell here? It tells how often.

“Oh, but I don't like that. I like to do it once and get it over with.”

And do you know, friends, there are multitudes of people that are hunting some kind of religion that will get it over once for all. If they hunt long enough, they'll find something they think is it, but it'll be a devil's deception, a devil's deception.

As long as we are in this world, there will be adverse influences; there will be provocations to test the temper. Inspiration says:

“Repentance is a daily, continuous exercise and must be so until mortality is swallowed up of immortality”
Manuscript 35, 1903.

That’s not tonight. That’s not tomorrow. That’s when the trumpet sounds. That’s when Jesus comes. And don’t misunderstand me. I don’t mean we have to go on halting and being defeated, sinning and repenting. That isn’t the point. You know, if we could just settle down to this battle, if we could just settle down to this battle, if we could just understand that if we lose the appetite for cigarettes, there’ll be some other one crop up. If we get the victory over discouragement, why then maybe criticism, or anger, or another one will begin to assert itself.

Somebody says, “That’s just the trouble, Brother Frazee. I no more get halfway with one than two others spring up.”

Well, never mind. Jesus knows all about that. Look at the comment on this verse that we just had. Look at it here in *Ministry of Healing*, page 453:

“The life of the apostle Paul was a constant conflict with self”
Ministry of Healing, page 453.

Oh, Paul, you mean that good man? You know, after Paul met Jesus on the road to Damascus, I don’t know of any sin that’s recorded against him. Do you?

“Well, he must have had an easy time.”

No. He had to die every day. Would you be willing to die every day to keep from losing your temper, or some other sin? Would you be willing to actually die, be burned at the stake, and then come back to life and have to do it over again the next day? Be crucified and then have to do it again the next day? Friends, it’s worth it to live above sin, not above feeling, but above sin.

“The life of the apostle Paul was a constant conflict with self. He said, ‘I die daily.’ His will and his desires every day conflicted with duty and the will of God. Instead of following inclination, he did God’s will, however crucifying to his nature” *Ibid*.

So, if you get to the place where you don’t have *this* program, then you’re farther ahead than Paul ever got. And I hardly think that’s going to happen next week. I think you and I have got a battle on our hands.

Well, there’s nothing discouraging about that. It’s a good thing to face the facts and talk courage. What do you say, friend? God has made full provision to give us victory. He’d send every angel out of heaven to fight for us if necessary. There’s nothing to be discouraged about, or downhearted. Let’s just face the facts. We’ve got a battle with ourselves.

“But of all the foes we meet,
None so apt to turn our feet;
None betray us into sin,
Like the foes we have within.”
[Source Unknown.]

Here’s the problem, isn’t it?

“Oh,” somebody says, “I wish I could have surgery and get rid of it.”

No, no, because it would take too much. What would there be left? Thank God, there’s something better. Jesus comes into your life and dominates the flesh instead of the flesh dominating you.

“The strongest evidence of man’s fall from a higher state is the fact that it costs so much to return. The way of return can be gained only by hard fighting, inch by inch, hour by hour. In one moment, by a hasty, unguarded act, we may place ourselves in the power of evil; but it requires more than a moment to break the fetters and attain to a holier life”
Ministry of Healing, page 452.

You know, I read that again today, and it just leaped out of the page at me.

And I thought, “There it is. This idea of instantaneous sanctification, it just isn’t in the inspired writings.”

And There are a lot of people that know that as a doctrine that instantaneous sanctification is not correct, but that’s what they *want*. They call it by some other name. They think if they’d pray long enough and hard enough, then they wouldn’t have a battle anymore. But the purpose of praying long and hard isn’t to get rid of the battle. It’s to give you strength to fight the battle; quite a different thing, friend.

“...It requires more than a moment to break the fetters and attain to a holier life. The purpose may be formed, the work begun; but its accomplishment will require toil, time, perseverance, patience, and sacrifice” *Ibid*.

Well, we’ve enlisted for it, haven’t we? All right.

I want somebody that got something tonight that settles this thing in your soul, in your determination, not what you *want*, but what you *will*, I want you to express it, for expression deepens impression. Don’t tell us how bad you are. You’re worse than you think you are. No, I mean it, friends, I mean it, you are, you are. But don’t tell us that. That won’t help us, and it won’t help you. Tell us how good God is, and tell us that your decision, your determination is that tonight you’re going to let Jesus reach and dominate your flesh through the mind instead of allowing the flesh to dominate you.

Thank you, brethren. This is fine. The brethren will give you a microphone and you can speak and everybody will hear. And if you're timid, you can just whisper. That'll be all right, too.

[Testimony service followed.]

[Comments by Elder Frazee during testimony service.]

Thank you so much for that witness, sister. Someone was telling me that there are many people that find the battle against overeating, overweight harder than the alcoholic has the battle with whiskey. Well, I don't know how you measure everything like that, but the point is this, friends, from the promise that our sister quoted:

“...A life of victory... is possible to every one who will unite his weak, wavering human will to the omnipotent, unwavering will of God” *Counsels on Diet and Foods*, page 170.

Isn't that wonderful? If I put my will on God's side—I was intending to say this at the close, but I'm going to say it right here lest I forget it.

Somebody says, “Yes, but suppose I fall tomorrow trying to do this?”

Well, get up. Get up, whatever the failure. If your will got out of gear, the flesh took over, come right back to Jesus and ask Him to forgive you and put your will in gear and go on again. And that's the program.

Somebody else has a witness God wants you to give tonight?

...God bless your life. This is good, sister. Do you know there was a man here a few months ago and he lost 62 pounds while he was here? We had a lady that was here, I've forgotten now how much she lost, 69 and a half pounds, Sister Cook says. But the weight is incidental. It's the victory, it's the victory.

...Now, listen, brother. I want to be very practical with this. You see, you're still trying to lick it. If by licking, you mean getting rid of it, how are you going to get rid of it? No, no, brother. Let him bark at the door but don't let him in. Don't ask him what to have for breakfast, see. You just don't let him move. But you're not going to make him good overnight. That isn't the program. You don't have to wait for that. You don't have to wait till you feel like a saint to live like one.

Isn't that the message tonight? That's right. But Jesus is good. And your choice is His, right?

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