

# Spirit Flesh Zones

How to  
Sustain  
the Spirit  
& Famish  
the Flesh  
Not Starve  
the Spirit  
& Feed  
the Flesh



Dan & Dave Davidson

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1 Spirit Flesh Zones



# SPIRIT-FLESH ZONES

		SPIRIT	
		SUSTAIN ↓	STARVE ↓
F L E S H	FAMISH ⇒	1 Devotion	3 Depletion
	FEED ⇒	2 Destruction	4 Depravity

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2 Spirit Flesh Zones

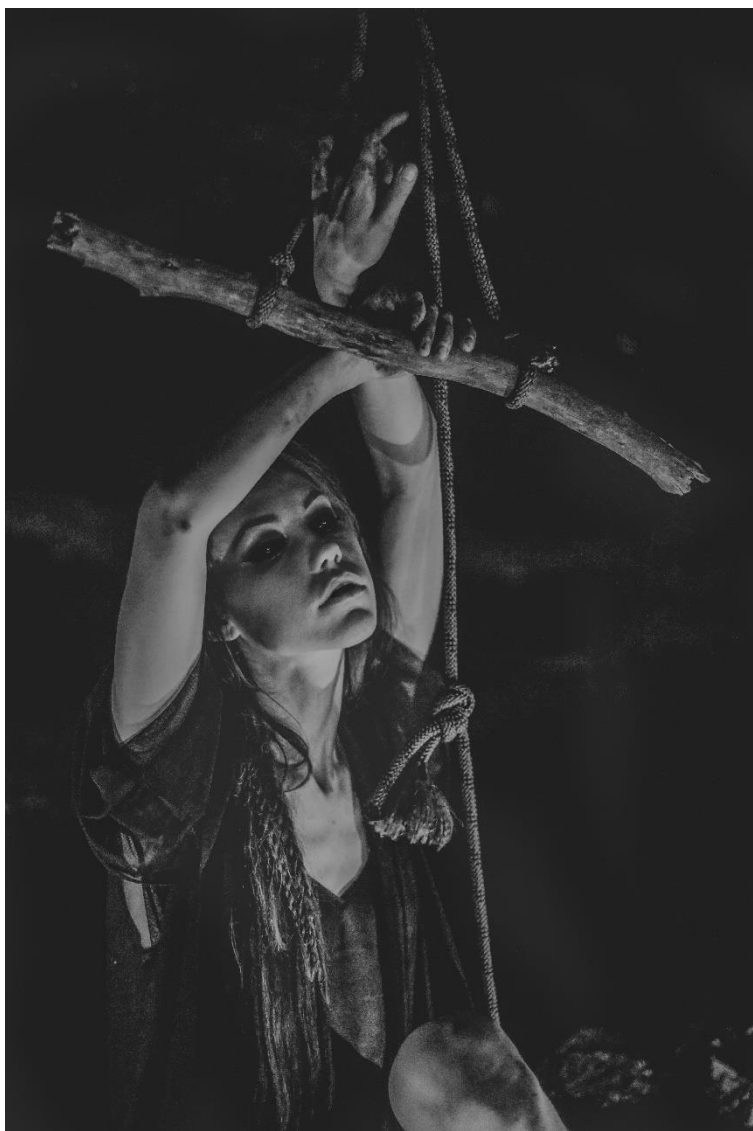
F L E S H	S P I R I T		
		Sustain ↓	Starve ↓
Famish →		I (Devotion)	III (Depletion)
Feed →		II (Destruction)	IV (Depravity)

**IV Depravity** - Starving the Spirit, Feeding the Flesh.  
**III Depletion** - Famishing the Spirit, Starving the Flesh.  
**II Destruction** - Sustaining the Spirit, Feeding the Flesh.  
**I Devotion** - Sustaining the Spirit, Famishing the Flesh.

The winner in the battle between spirit and flesh is determined by which one gets fed the most. We need to actively sustain our spirit with prayer, study and meditation of God's Word and fellowship with believers. We also need to do whatever it takes to famish the flesh and its evil desires.

It is a daily challenge of faith. When we do sustain the spirit and famish the flesh, we walk in God's light with wholehearted devotion. We experience a rewarding and fulfilling relationship with Christ and victory over temptation.

Dan & Dave Davidson



4 Spirit Flesh Zones

## S P I R I T

		Sustain ↓	Starve ↓
F L E S H	Famish →	I (Devotion)	III (Depletion)
	Feed →	II (Destruction)	IV (Depravity)

### IV Depravity - Starving the Spirit, Feeding the Flesh.

These are people in an oblivious spiritual funk. They are lost in the sense that their quest for looking out for themselves seems to be working out for them. There is no yearning for a devotion to God, in fact they are quick to run to evil. The devil has them disqualified for now in a demonic strategy for them to unknowingly miss out.

Though, "The lamp of the LORD searches the spirit of a man; it searches out his inmost being ([Proverbs 20:26-28](#)). Any conviction from God is put on hold or the message is skipped over as worldly passions continually numb, blind and attract.

[Ephesians 2:2-4](#) explains, "All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath." Feed the flesh and this what you get.

If only they would fear God and see Him for who He is and pray like this, "My flesh trembles in fear of you; I stand in awe of your laws." ([Psalm 119:119-121](#))



6 Spirit Flesh Zones

## SPIRIT

		Sustain ↓	Starve ↓
F			
L	Famish →	I (Devotion)	III (Depletion)
E			
S			
H	Feed →	II (Destruction)	IV (Depravity)

### III Depletion - Famishing the Spirit, Starving the Flesh.

It may be more of a passive indifference or new age distraction from God's truth. This casual corruption, perhaps from spiritual exhaustion, blinds anyone from seeking devotion and ever discovering the possibility of blessing from God.

The bible warns of such condition when the apostle Paul references the story of creation in [2 Corinthians 11:2-4](#), "But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ."

Paul later recognized that God could use these trials as a wake up call. "Now I rejoice in what was suffered for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church. ([Colossians 1:23-25](#)) Here is a great prayer for such a condition. "Teach me to do your will, for you are my God; may your good Spirit lead me on level ground." ([Psalm 143:9-11](#)). There is always hope with life in the Spirit even in "depletion".



8 Spirit Flesh Zones



## S P I R I T

		Sustain ↓	Starve ↓
F			
L	Famish →	I (Devotion)	III
E			(Depletion)
S			
H	Feed →	II (Destruction)	IV (Depravity)

### II Destruction - Sustaining the Spirit, Feeding the Flesh.

This is where the battle zone is especially for the Christian who has both devotion with God, yet also gives way to temptations and is not regularly experiencing victory in their lives. Many people unwillingly stay in this area of the grid.

It is like an owner of two hungry dogs with enough food for only one. The owner divvies up the food to each of the hungry dogs here and there. This indecision and lack of a clear stand allows both dogs to remain hungry and never fully satisfied. Frustration from the foothold of the "evil" dog and conviction from the "holy" dog makes for a lack of fulfillment and failure overall spiritually.

For when we were controlled by the sinful nature, the sinful passions aroused by the law were at work in our bodies, so that we bore fruit for death. ([Romans 7:4-6](#))

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ([Romans 7:17-19](#))



## SPIRIT

10 Spirit Flesh Zones

		Sustain ↓	Starve ↓
F L E S H	Famish →	(Devotion)	III (Depletion)
	Feed →	II (Destruction)	IV (Depravity)

## I Devotion - Sustaining the Spirit, Famishing the Flesh.

This is where the fruit is, the growth, the victory. It is where the joy is! It is what Christ had in mind in John 10:10 when He said He came to give an abundant life.

In the "devotion" area in the duel between Spirit and Flesh we commit our lives to God like this verse in [Psalm 31:4-6](#) which Christ later referred to on the cross, "Into your hands I commit my spirit; redeem me, O LORD, the God of truth."

[In this still battle you're standing firm against the schemes of the devil. One still needs to be on the wise and on the lookout.](#) "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." (Mark 14:37-39)

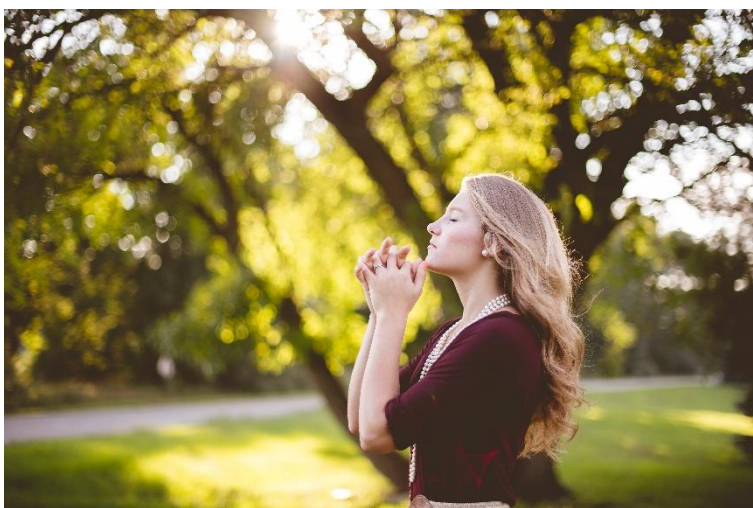
May we be like Isaiah who prayed in [Isaiah 38:2-4](#) "Remember, O LORD, how I have walked before you faithfully and with wholehearted devotion and have done what is good in your eyes."



12 Spirit Flesh Zones

Take a moment to review the Spirit-Flesh zones. Which one best describes your life? If you are a believer, you can re-commit your life to Christ today. Make a personal purity pledge to God on the next page. Promise to live according to God's Word with wholehearted devotion.

To survive temptation you must be plugged into the power of Christ on the cross. Do you know Jesus as your personal Savior? If not, you can verify your eternal address in heaven today. The following pages outline God's plan of salvation including a prayer asking Jesus to be Lord of your life.





14 Spirit Flesh Zones

**Chase** We all chase the wind  
with a heart of sin.

*Ecclesiastes 1:14 Jeremiah 29:11 Romans 1:20 Psalm 139:13,14*

**Space** Sin has put a space  
between us and God's face.

*Romans 3:23; 6:23 Proverbs 14:12 Isaiah 1:18; 59:2 John 14:6*

**Erase** God gave up His only Son  
to erase sin's debt for everyone.

*John 3:16 1 Peter 2:24 Isaiah 53:6 Acts 3:19 John 1:12 Galatians 2:20*

**Embrace** Admit your sins and believe;  
embrace Jesus and receive

*Romans 5:1,2 6:8; 10:9,11 Acts 4:12; 10:43 Hebrews 11:1*

**Grace** God's grace shown to man is His eternal life plan.

*Ephesians 2:8-9 1 John 1:9 John 5:24 Titus 3:4,5 Colossians 1:13*

**Replace** Let God replace your debt of sin,  
then your new life can begin.

*2 Corinthians 5:17 1 Peter 3:14 Romans 5:8 1 John 5:11-13 John 3:36*

**Place** God has a place for us –  
in heaven when we trust.

*John 14:2 Psalm 103:8-12; 130:3-6 Revelation 3:20; 21:4,6*

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**15 Spirit Flesh Zones**

Psalm 54:3-5 Surely God is my help; the Lord is the one who sustains me.

Psalm 55:21-23 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Hebrews 1:2-4 The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.

Psalm 73:25-27 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalm 119:119-121 My flesh trembles in fear of you; I stand in awe of your laws.

Malachi 2:16 So guard yourself in your spirit, and do not break faith with the wife of your youth.

Romans 7:4-6 For when we were controlled by the sinful nature, the sinful passions aroused by the law were at work in our bodies, so that we bore fruit for death.

Romans 7:17-19 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Romans 8:5-7 The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;

Romans 13:13-15 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

Ephesians 2:2-4 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

Psalm 31:4-6 Into your hands I commit my spirit; redeem me, O LORD, the God of truth.

Psalm 51:9-11 Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 51:10-12 Do not cast me from your presence or take your Holy Spirit from me.

Psalm 51:11-13 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 143:9-11 Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Proverbs 18:13-15 A man's spirit sustains him in sickness, but a crushed spirit who can bear?

Proverbs 20:26-28 The lamp of the LORD searches the spirit of a man; it searches out his inmost being.

Isaiah 61:1-2 The Spirit of the Sovereign LORD is on me, because the



LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,

Matthew 5:2-4 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Mark 14:37-39 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

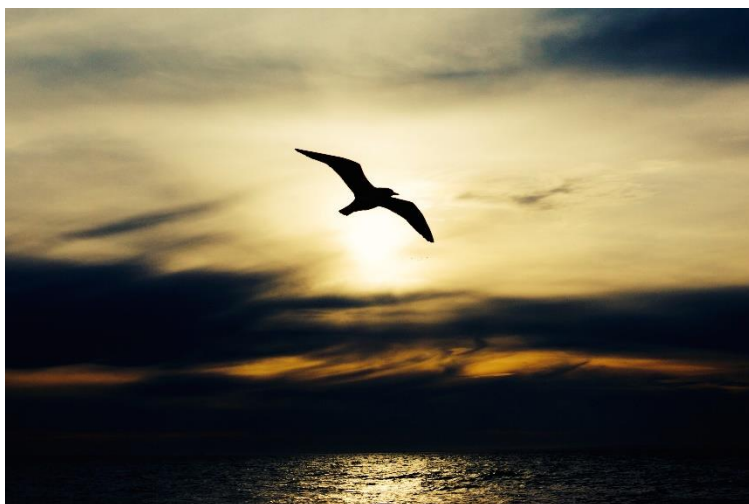
John 4:22-24 Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.

Isaiah 38:2-4 "Remember, O LORD, how I have walked before you faithfully and with wholehearted devotion and have done what is good in your eyes."

1 Corinthians 7:34-36 I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord.

2 Corinthians 11:2-4 But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.





## Spirit – Bearing Fruit To Glorify God

Colossians 1:10-12 And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God <sup>11</sup>being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully <sup>12</sup>giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.

Galatians 5:13-26 <sup>13</sup>You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. <sup>14</sup>The entire law is summed up in a single command: "Love your neighbor as yourself." <sup>15</sup>If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

<sup>16</sup>So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. <sup>17</sup>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 do not do what you want. <sup>18</sup>But if you are led by the Spirit, you are not under law. <sup>19</sup>The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; <sup>20</sup>idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup>and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness and self-control. Against such things there is no law. <sup>24</sup>Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. <sup>25</sup>Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup>Let us not become conceited, provoking and envying each other.

F L E S H	S P I R I T		
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Famish →	I (Devotion)	III (Depletion)	
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The winner in the battle between spirit and flesh is determined by which one gets fed the most. We need to actively sustain our spirit with prayer, study and meditation of God’s Word and fellowship with believers. We also need to do whatever it takes to famish the flesh and its evil desires. It is a daily challenge of faith. When we do sustain the spirit and famish the flesh, we walk in God’s light with wholehearted devotion. We experience a rewarding and fulfilling relationship with Christ and victory over temptation. *From the Book “Surviving Temptation Island” by Dan & Dave Davidson*

**I Devotion – *Sustaining The Spirit and Famishing The Flesh***

Here is where the fruits of the spirit are reflected in your life. The joy of the Lord becomes your strength. It is what Christ had in mind when He said He came to give us abundant life. This is the safe dwelling place of the Lord.

## **II Destruction – *Sustaining The Spirit and Feeding The Flesh***

This is a battle zone that fans the flames of temptation and spiritual warfare. As long as you try to serve both God and the world there will be internal conflict. Believers often backslide as they continue to they feed their flesh.

## **III Depletion – *Starving The Spirit and Famishing The Flesh***

Many in this zone try to empty their heart and soul in an attempt to find harmony and inner peace. The result is often a meaningless spiritual void. New age philosophies and eastern religions have their roots here.

## **III Depravity – *Starving The Spirit and Feeding The Flesh***

This zone is the home of evil, wickedness and immorality. Without a godly foundation many give in to the cravings of the sinful nature following its desires. This condition was reflected in Sodom and Gomorrah.

*Take a moment to review the Spirit-Flesh zones. Which one best describes your life? If you are a believer, you can re-commit your life to Christ today. Promise to live according to God's Word with wholehearted devotion bearing fruit that glorifies God.*

## Bad Fruit – Acts of the Sinful Nature



**Immorality** – not moral - conflicting with generally or traditionally held moral principles.

**Impurity** – not pure - containing something unclean - lacking legal or moral restraints - disregarding sexual restraints.

**Debauchery** – extreme indulgence in sensuality.

**Drunkenness** – to excite or stupefy by alcohol or a drug especially to the point where physical and mental control is markedly diminished.

**Orgies** - drunken revelry - a sexual encounter involving many people - an excessive sexual indulgence - something that resembles an orgy in lack of control or moderation.

**Idolatry** - the worship of a physical object as a god - immoderate attachment or devotion to something.

**Witchcraft** - the use of sorcery or magic - communication with the devil or with a familiar - an irresistible influence or fascination.

**Discord** - lack of agreement or harmony (as between persons, things, or ideas) - active quarreling or conflict resulting from discord among persons or factions.

**Dissensions** – disagreement - partisan and contentious quarreling.

**Factions** - a party or group that is often contentious or self-seeking - party spirit especially when marked by dissension.

**Selfish** - concerned excessively or exclusively with oneself - seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.

**Hatred** - prejudiced hostility or animosity.

**Jealousy** - intolerant of rivalry or unfaithfulness -disposed to suspect rivalry or unfaithfulness - hostile toward a rival or one believed to enjoy an advantage.

**Rage** - violent and uncontrolled anger - a fit of violent wrath – insanity - violent action.

**Envy** - painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage



## G o o d   F r u i t   – I n   S t e p   W i t h   T h e   S p i r i t

---

**Love** - strong affection, affection based on admiration, benevolence, or common interests - warm attachment, enthusiasm, or devotion - unselfish loyal and benevolent concern for the good of another.

**Joy** - the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires - the expression or exhibition of such emotion - a state of happiness or felicity - a source or cause of delight.

**Peace** - a state of tranquility or quiet - freedom from disquieting or oppressive thoughts or emotions - harmony in personal relations - in a state of concord or tranquility.



**Patience** - bearing pains or trials calmly or without complaint - manifesting forbearance under provocation or strain - not hasty or impetuous - steadfast despite opposition, difficulty, or adversity - able or willing to bear.

**Kindness** - of a friendly, generous, or warm-hearted nature - showing sympathy or understanding; charitable - humane; considerate - forbearing; tolerant – generous, liberal - agreeable; beneficial.

**Goodness** - the quality of being good in any of its various senses; excellence; virtue; kindness; benevolence.

**Faithfulness** - adhering firmly and devotedly, as to a person, cause, or idea; loyal - having or full of faith – worthy of trust or belief; reliable - consistent with truth or actuality - True and constant in affection or allegiance to a person to whom one is bound by a vow.

**Gentleness** - considerate or kindly in disposition; amiable and tender - not harsh or severe; mild and soft - easily managed or handled; docile.

**Self-control** - control of one's emotions, desires, or actions by one's own will - the act of denying yourself - controlling your impulses - control of one's behavior - restraint exercised over one's self.

# We Can't Hide Our Harvest

Matthew 7:16-19 By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles?

<sup>17</sup>Likewise every good tree bears good fruit, but a bad tree bears bad fruit. <sup>18</sup>A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. <sup>19</sup>Every tree that does not bear good fruit is cut down and thrown into the fire. <sup>20</sup>Thus, by their fruit you will recognize them.

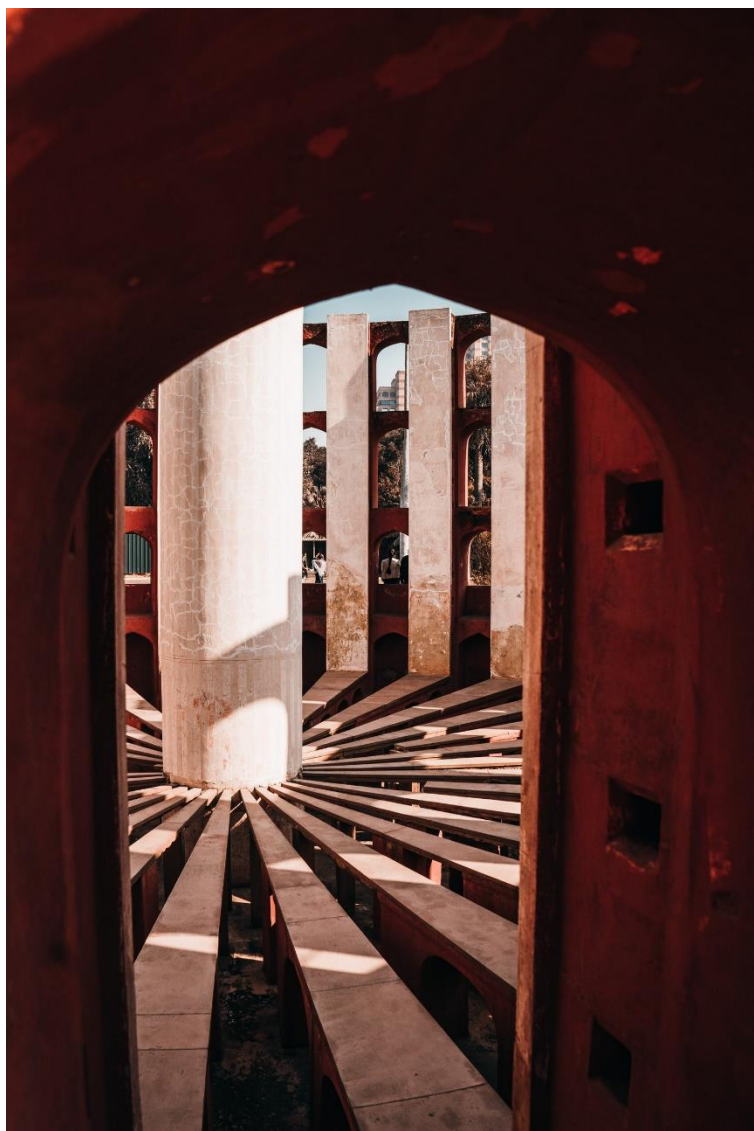
What are some characteristics of good fruit?

How can we tell the difference between good fruit and bad fruit?

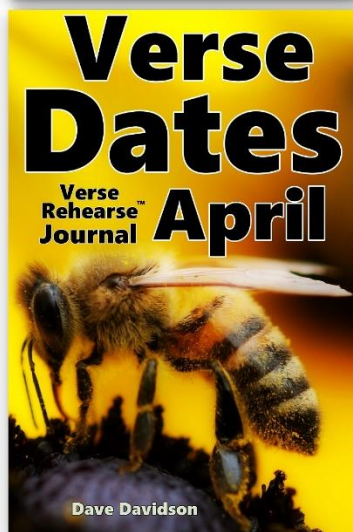
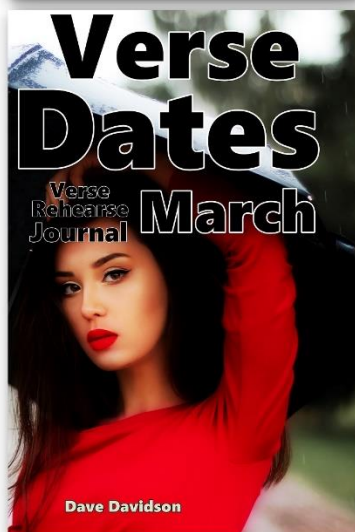
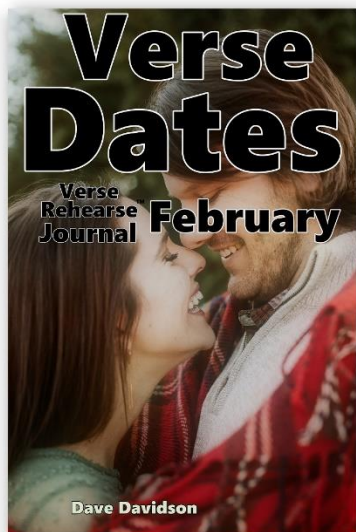
Why is walking with the Spirit and producing fruit in our marriages so important?

How can we work together to keep our families in the "Devotion Zone"?

What other biblical concepts of fruit, seeds and growth can we relate to our marriages?



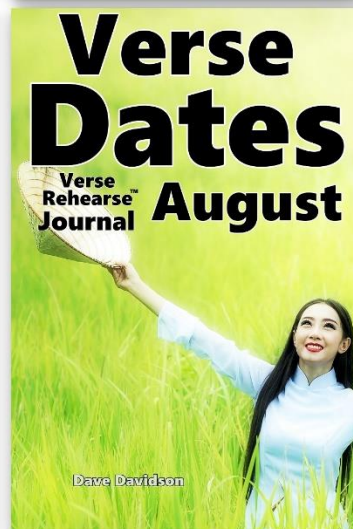
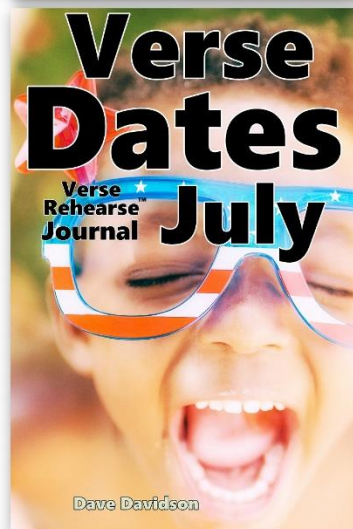
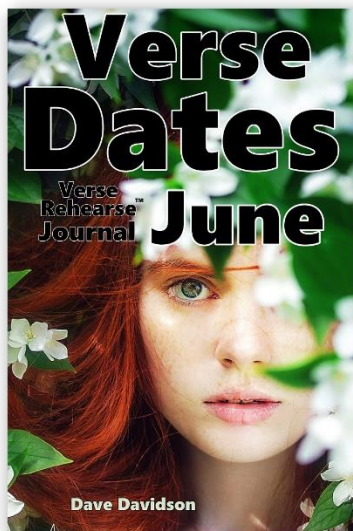
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28 Spirit Flesh Zones

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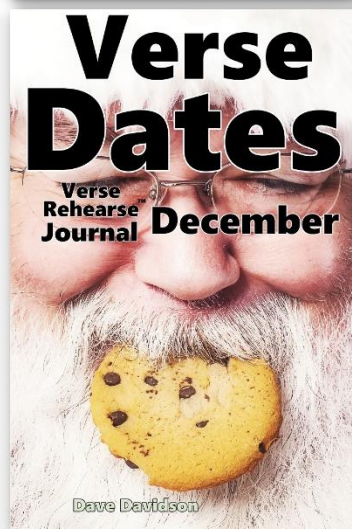
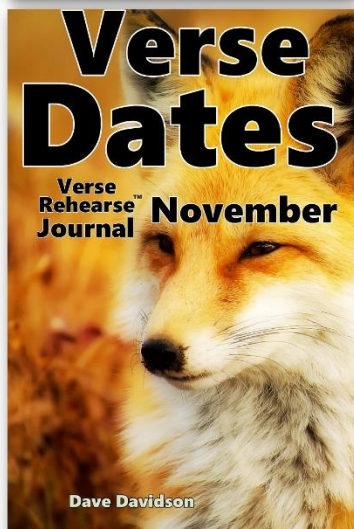
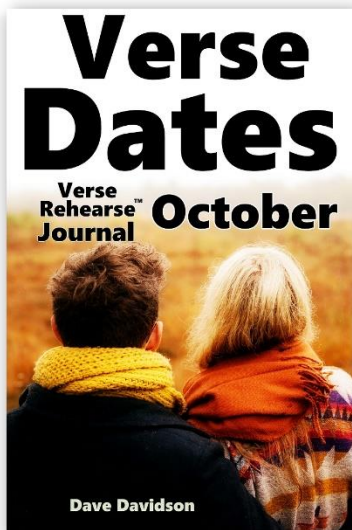
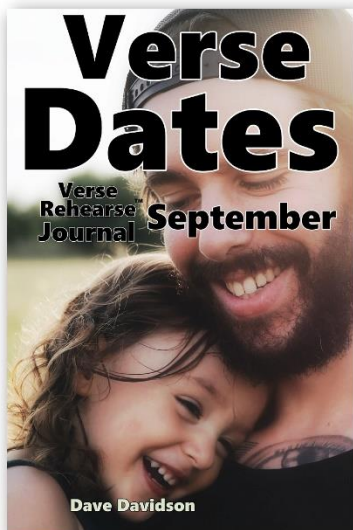


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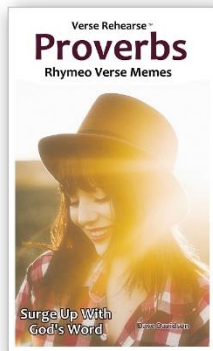
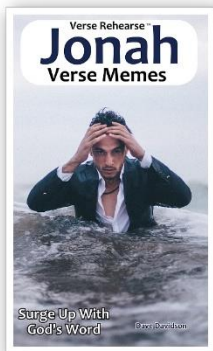


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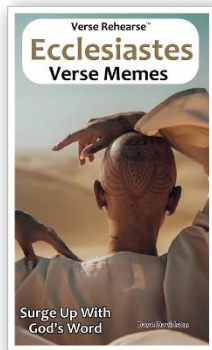
30 Spirit Flesh Zones



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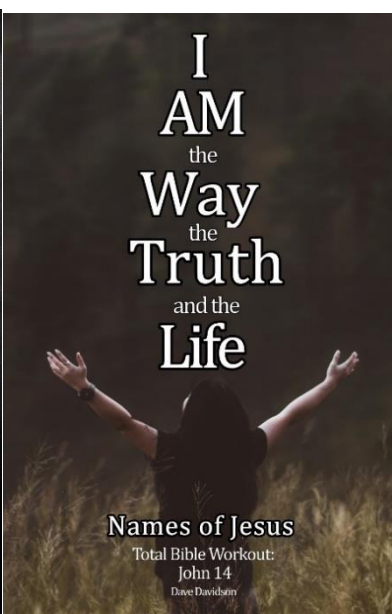
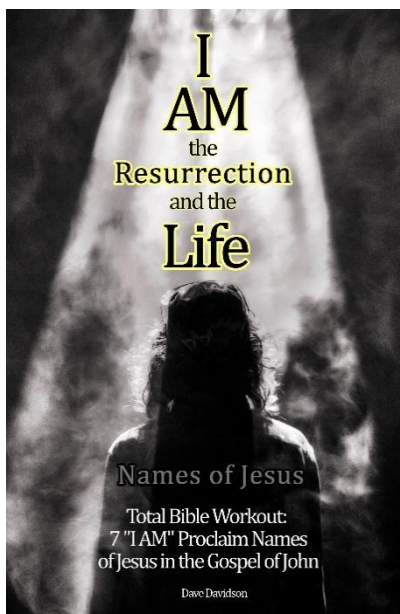
**Everyday Devotional**



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32 Spirit Flesh Zones





# Easter

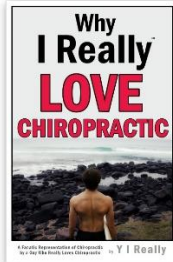
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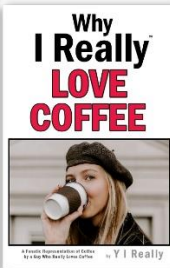
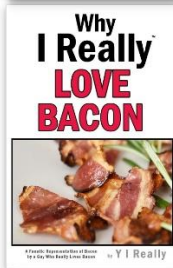
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**Dan & Dave Davidson's** mission statement is found double time in the acronym **T.I.M.E.**

- Teach, Inspire, **M**otivate and Encourage.
- & - Train, Influence, **M**entor and Equip.

brothers Dan & Dave share the pen name  
Cyrano D a.k.a Cyrano De Words-u-lac  
and the penname of Y I Really

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