

Pastor Morris Mureithi



**DYING TO THE FLESH: THE
MISSING KEY TO SPIRITUAL
GROWTH (Part 1)**

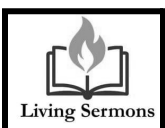
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Dying to the Flesh: The Missing Key to Spiritual Growth (Part 1)

Pastor Morris Mureithi

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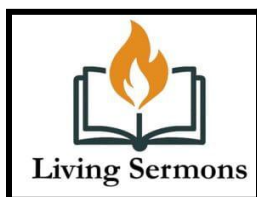
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For Kingdom impact worldwide.



Foreword

What makes this teaching striking is not merely its content, but its honesty. It dismantles the illusion that spiritual growth can be achieved through routine alone. It exposes the subtlety of the flesh—not as something obviously sinful or visibly destructive, but as something that can appear sincere, reasonable, and even well-intentioned, while still being completely misaligned with the purposes of God.

The comparison drawn from *Matthew 16* is both sobering and instructive: the same Peter who received divine revelation became, within moments, a voice opposing the will of God. That tension—between Spirit and flesh—is not distant or theoretical. It is present, active, and personal.

This message does not leave the reader in awareness alone. It brings direction.

With remarkable simplicity and spiritual depth, Pastor Morris outlines practical pathways for dealing with the flesh—not through human effort alone, but through a reordering of value, where Christ becomes supreme in the heart. The emphasis is clear: transformation does not come by suppression, but by encounter.

The strength of this work lies in its balance. It calls for discipline, yet refuses to idolise it. It honours spiritual practices, yet redirects the focus to their true purpose—intimacy with Christ. It challenges independence, while restoring the place of godly accountability and submission.

It is our prayer that this message will not only instruct you, but transform you—leading you into a deeper walk with God, where the Spirit leads, and the flesh loses its voice.

— *Wisdom Epsi*
Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [YouTube Channel](#)

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Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

Begins Here:

Introduction

Today we are going to talk about dying to the flesh—what it actually is, why most of what we call spiritual discipline misses it completely, and four practical ways to actually deal with the flesh.

I want to begin with something that stopped me in my tracks the first time I saw it.

A Thin Line Between Spirit and Flesh

In *Matthew 16*, Peter has one of the greatest moments in all of the Gospels. Jesus asks His disciples, “Who do people say that I am?” And Peter stands up and says:

“Thou art the Christ, the Son of the living God.” (Matthew 16:16, KJV)

Jesus responds:

“Flesh and blood hath not revealed it unto thee, but my Father which is in heaven.” (Matthew 16:17, KJV)

That is a man walking in the Spirit. That is revelation—God speaking through a human being.

Yet just a few verses later, in the same chapter, the same Peter pulls Jesus aside and rebukes Him when Jesus begins to speak of His suffering and death. And Jesus says to him:

“Get thee behind me, Satan.” (Matthew 16:23, KJV)

Same chapter. Same man. Minutes apart.

One moment, a vessel of divine revelation. The next, a mouthpiece for the enemy.

This is why this message matters. There is such a thin line between walking in the Spirit and walking in the flesh. And that should sober every one of us.

Because the flesh does not always look dark and destructive.

Sometimes it looks like concern.

Sometimes it looks like loyalty.

Sometimes it looks like protecting the people you love.

Peter was not trying to be evil. He was trying to protect Jesus. But his reasoning was entirely human—out of alignment with the purposes of God.

The flesh is not always ugly. Sometimes it is well-dressed and well-intentioned. And that is what makes it dangerous.

You can be sincere and still be in the flesh.

What Is the Flesh?

When we talk about being in the flesh, what are we talking about?

The flesh is not your physical body. It is not your appetite for food or your need for rest. God gave you your body.

In Scripture, the flesh refers to that inner pull toward doing what is wrong—even when you know better. It is the part of you that has its own agenda. It wants its own way. It reacts before it thinks and justifies itself afterwards.

Paul describes this struggle in *Romans 7:24*:

“O wretched man that I am! who shall deliver me from the body of this death?”

This is the Apostle Paul—the man who wrote much of the New Testament—crying out, “Who will deliver me from myself?”

That is not the cry of a backslider. That is the honest confession of a man who understood that the flesh is not something you graduate from. It is something you deal with daily.

The war is internal.

It is not between you and your circumstances.

It is between what the Spirit of God is pulling you toward and what your flesh keeps defending.

Why Discipline Alone Is Not Enough

Here is something many people do not talk about: fasting alone does not deal with the flesh.

There are people who go on three-day fasts, twenty-one-day fasts, and come out with the same temperament, the same reactions, the same pride, and the same patterns. And they are confused because they did the work.

They gave up food. They kept the schedule.

But it was not the food that needed to go. It was something deeper—the flesh.

It is not removing food that destroys the flesh. It is the revelation of the worthiness of Christ enthroned in your heart that changes everything.

When Jesus becomes genuinely more valuable to you than your comfort, your control, your reputation, and your preferences, the flesh loses its grip.

Not because you starved it, but because you found something worth more.

The Purpose of Fasting

Fasting is a tool. It creates space. It softens the ground.

But if all you are doing during a fast is being hungry, nothing changes.

The purpose of fasting is to redirect your hunger—to bring you into encounter—until the presence of God becomes more real and more satisfying than whatever you gave up.

When you touch the weightiness of who Christ is, something shifts in you that no amount of willpower can produce.

That is why two people can fast the same way and have completely different outcomes.

One presses into God—reading slowly, praying honestly, waiting in silence.
The other simply skips meals and watches the clock.

Same discipline externally—completely different results.

Because the fast was never the point.

The encounter with Jesus is what deals with the flesh.

The Power of Seeing Christ Clearly

Paul writes in *Philippians 3:8*:

“Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord... that I may win Christ.”

Paul did not fight the flesh through sheer discipline. He found something better.

When you truly see Christ, other things lose their hold.

That is the real work—pressing in to see Jesus.

And this becomes the prayer:

“Lord, let the revelation of Your worthiness become louder in me than the noise of my flesh. I do not want to just manage myself. I want to be genuinely transformed by encountering You.”

Four Practical Ways to Deal with the Flesh

1. Learn to Delay Gratification

The flesh is always urgent. It wants what it wants now.

One of the most practical ways to train yourself is to stop immediately satisfying every impulse.

You feel the urge to check your phone—wait.

You feel the urge to speak sharply—pause.

You feel the urge to react emotionally—delay it.

Even by ten minutes. Even by an hour.

Every time you delay a fleshly impulse, you are strengthening something in you. You are proving that you are not a slave to every feeling.

Over time, that discipline grows.

Ask yourself: *Where in my life do I immediately satisfy every impulse?* That is where the flesh is strongest.

2. Spend Real Time in God's Presence

You want to deal with the flesh? You must have real devotion time.

Not a routine you rush through—but the kind of time where something actually happens to you.

Consider Jacob in *Genesis 32*. He wrestles with God, and his hip is touched—dislocated.

“Thy name shall be called no more Jacob, but Israel.” (Genesis 32:28, KJV)

That moment changed him forever.

Jacob could no longer move the same way. He could no longer rely on manipulation and self-effort.

He walked away slower—but transformed.

That is what happens in God’s presence. It does not always feel comfortable. Sometimes it dislocates something in you.

But you come out changed in a way effort alone could never produce.

3. Refuse to Be Impulsive

The flesh reacts. The Spirit responds.

That is one of the clearest ways to tell what is leading you.

Think about the times you reacted in anger and regretted it later. The flesh does not think ahead. It moves quickly—emotionally and often loudly.

Scripture says:

*“Let every man be swift to hear, slow to speak, slow to wrath:
For the wrath of man worketh not the righteousness of God.”* (James
1:19–20, KJV)

You do not have to obey every urge to respond immediately.

Learning to sit with an impulse before acting on it is one of the most underrated spiritual disciplines.

4. Submit to Authority

This may be the hardest one in a culture that celebrates independence.

The flesh hates structure. It hates accountability. It hates being told what to do.

That is exactly why submitting to spiritual authority is so powerful.

Find a real place—a local church, a community, a pastor—where you are known. Where your life can be seen. Where your blind spots can be addressed.

The flesh cannot survive sustained accountability.

It thrives in secrecy, independence, and self-rule.

Scripture says:

“Obey them that have the rule over you, and submit yourselves: for they watch for your souls.” (Hebrews 13:17, KJV)

Submission is not weakness. It is one of the most effective ways to deal with the flesh.

Final Charge

The line between the Spirit and the flesh is thinner than we think.

Peter proved that you can be in the Spirit one moment and in the flesh the next—not because you are evil, but because the flesh never stops having an opinion.

But here is the good news:

“The Spirit of him that raised up Jesus from the dead dwelleth in you...”

(Romans 8:11, KJV)

You are not fighting alone.

The Holy Spirit is at work in you—not just to improve your behaviour, but to transform you from within.

Start small:

- Delay one impulse
- Spend real time in God’s presence
- Let one reaction go unanswered
- Submit yourself to accountability

This is how the flesh is dealt with—not in one dramatic moment, but in daily surrender.

Closing Prayer

Father, I cannot deal with my flesh on my own.

I have tried, and You know that.

So I ask—by the revelation of who You are and by the power of Your Spirit—change what willpower could never change.

Make me genuinely new.

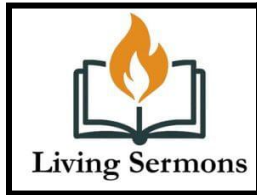
In Jesus' name, Amen.

Final Exhortation

You will not out-discipline the flesh—but you can outvalue it.

And that begins with seeing Christ clearly.

God bless you.



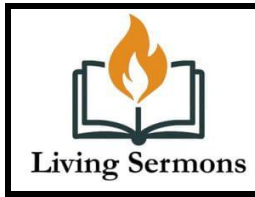
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



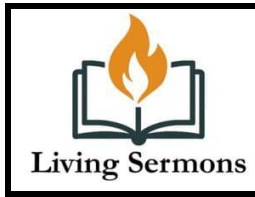
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At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



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At **Livingsermons.com**, our mission is to ensure that sermons inspired by the Holy Spirit are accessible in written form for study, meditation, and reference by believers around the world. This work is growing, and we can't do it alone.

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