Carnal man vs Spiritual man.

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.

 -Romans 7 : 18-19

Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly —mere infants in Christ.

 I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready.

 You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

 -1 Corinthians 3 : 1-3

How can we overcome the Carnal nature?

 1. Understanding our identity and Gods purpose in our life.

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

 -2 Corinthians 5 : 21

until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

 -Ephesians 4 : 13

 2. Allowing Christ to be our standard and our power to live for him.

Follow my example, as I follow the example of Christ.

 -1 Corinthians 11 : 1

to whom God was pleased to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory:

 -Colossians 1 : 27

 3. Being focused on Heaven rather than temporal things.

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.

 Set your minds on things above, not on earthly things.

 For you died, and your life is now hidden with Christ in God.

 -Colossians 3 : 1-3