

from the desk of
EUGENE CARVALHO

RECOMMENDATION: MEDITATE AND PRAY, ONE HOUR TODAY

The Bible says, “And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him. When He arrived at the place, He said to them, “Pray that you may not enter into temptation” (Lk. 22:39-40).¹ The spiritual disciplines of study, prayer, and fasting help to minimize the power of the flesh. The Book of Matthew tells us, “Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak” (Matt. 26:41). What I love about praying in the Spirit is that I can do it while I’m driving, watching a baseball game, cooking in my kitchen, or whatever I am doing. Start building up your faith and stop making excuses.

¹ All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.