"If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free" (Jn. 8:31-32).

from the desk of
EUGENE CARVALHO

RECOMMENDATION: MEDITATE AND PRAY, ONE HOUR TODAY

The Bible says, "For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm" (Eph. 6:12-13).[1] I like to meditate on God's world for thirty minutes and then pray in the Holy Spirit for an hour. Meditation is warfare. Praying in tongues is warfare. I like the following quote from Watchman Nee. He said, "Prayer is work. The experiences of many children of God demonstrate that it accomplishes far more than does any other form of work. It is also warfare, for it is one of the weapons in fighting the enemy. However, only prayer in the Spirit is genuinely effectual."

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

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus.