

“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 the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law” (Gal. 5:17-18).¹ I realize I must train my body with my Spirit, and the three main ways I do it is through worship, meditation on God’s word, and praying. The Book of Romans tells me, “Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship” (Rom. 12:1). I must discipline my body with my Spirit. The Apostle Paul wrote, “Therefore, I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified” (1 Cor. 9:26-27).

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!