> "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 all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world" (1 Jn. 2:16).[1] John, the revelator, catches a revelation regarding lust. Meditation is God's way an individual can renew their mind to avoid the traps of the lust. The Apostle Paul informs us of something vital. He says, "…that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth" (Eph. 4:22-24). He talks about the "lust of deceit" and putting on the new self, which is accomplished by meditating on God's word, and being renewed in the spirit of your mind. The more time you spend studying and praying, the more time you will want to.

[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.