

2020 PENTECOST CONSECRATION

The Importance of Fasting

Some have exalted religious fasting beyond all Scripture and reason, and others have utterly disregarded it. A lot of Christians think fasting belongs to the Old Covenant, and neglect the practice. They do not see the need for or the benefit of a Christian fast. The assumption is that faith and belief are sufficient enough to get things done. Thus, fasting is confined to the occasional, whenever. In the pages of the New Testament, you will find that there is more teaching on fasting than repentance. Jesus taught more on fasting than He did teaching on Baptism or the Lord's Supper!!! Fasting joined with prayer and confession will accomplish things which normal faith may not!!!! "However, this kind does not go out except by prayer and fasting." (Matthew 17:20-21) "...So He said to them, "This kind can come out by nothing but prayer and fasting", Mark 9:29. Jesus concluded that there is a higher level of operation, which demands the combined tools of prayer and fasting.

In other words, some demonic problems can only be resolved when we fast and pray. Adam and Eve fell from the Grace of God through eating; we can conquer through fasting and prayer. A very direct way of attacking the devil is to show your devotion to God by denying your flesh of whatever food is needed. If the devil cannot use food to tempt you, he has lost control over your life. Fasting, therefore, becomes a tool to fight the flesh and the devil. It is a very potent weapon of both attack and defense, you can unleash on the enemy of your soul. Food is always an area the devil will tempt you. He did that to Jesus. It was not surprising that the devil tempted Him in three areas: The lust of the Flesh (eating), the lust of the Eyes and the Pride of Life.

Fasting is Sacrificial

Most sacrifices performed under the Old Covenant required the burning of fat. To appease God, the blood of the sacrifice and the fat were forbidden to be eaten by anyone. The fat belongs to God:

"And the Priest shall sprinkle the blood on the Altar, of the Lord, at the door of the Tabernacle of Meeting, and burn the fat, for a sweet aroma, unto the Lord." (Leviticus 17:6)

"And the Priest shall burn them, of the Altar as food, an offering made by the fire for a sweet aroma"; all the fat is the Lord's. "This shall be a perpetual statute throughout your generation in all your dwellings; you shall eat neither fat nor blood".

It is a known scientific and medical fact that once the body has used up its reserve of glucose, it burns fat for energy. So, when we fast, we are burning fat as a sacrifice unto God. When you fast, you become fragile and feeble, especially with our knees. This is awesome; we truly do

become the sacrificial lambs. Fasting is powerful, Glory to God. “My knees are weak through fasting, and my flesh is feeble from lack of fatness” Psalms 109:24

The Actual Meaning of Fasting

Biblical fasting is going without food. The noun fast in Hebrew translates “tsom” in the Hebrew and “nesteia” in the Greek. It means, to volunteer to abstain from food; cover your mouth!! In the Greek it means to abstain. The Spiritual meaning is, “to do without food”.

“Go, gather all the Jews who are present Shushan, and fast for me; neither eat nor drink for three nights or days. My maids and I will go to the king, which is against the law; if I perish, I perish.” (Esther 4:16) Fasting relates only to food. Many people have recommended a fast from sex, cigarettes, television, social media, etc. This refrain is defined as self-denial and works very well with fasting. It is a definite aid in blocking voices, other than God. Cutting these activities and other activities to focus on God, will only assist, but will not take the place of fasting foods. When you fast from food, it will have a noticeable effect on your body, putting your soul under subjection. Fasting this way allows you to align your spirit with the Spirit of God, so that His Omnipotence can overshadow your impotence.

“But those who wait upon the Lord (who accept, look for and hope in Him), shall renew their strength and power; they shall lift their wings and mount up close to God. As eagles (mount up to the sun); they shall run and not be weary, they shall walk and not faint or become tired. (Isa 40:31).

Fasting/Consecration is not a requirement. It is a choice. Fasting/Consecration brings you closer to God. Whenever a Believer chooses to begin a spiritual fast for one day or for several days, he or she makes a choice to break out of the routine, desiring to draw closer to God.

You Will See Results

When you take time for Fasting/Consecration and Prayer, you will see amazing results in your life. Fasting/Consecration gives you back your sharpness and spiritual sensitivity. The first thing you need to do is to make up your mind that you are going to regain your edge. Fasting/Consecration gives you an opportunity to get the toxins out of the body, to become renewed and restored. Many medical doctors support the healing benefits of fasting. However, Fasting/Consecration without prayer is just dieting. Fasting/Consecration makes you sensitive to the trash that tries to invade your life. Fasting/Consecration is the “Drano” of the soul. Seasons of Fasting/Consecration and Prayer helps you get the sensitivity of the Spirit back for the things of God. When you become dull by the constant bombardment of ungodly influences all around you, Fasting/Consecration helps you regain the edge: “Glorify God in your Body” (1 Corinthians 6:19-20).

Fasting/Consecration Builds Confidence

Time spent in Fasting/Consecration and Prayer builds confidence and helps you develop the determination necessary to run your race with endurance. Fasting/Consecration and Prayer prepares and conditions your spirit to go the distance in life's battles. Remember, Fasting/Consecration is not a requirement – again, it is a choice. Fasting/Consecration do not guarantee your salvation. Choosing to Fast/Consecrate is choosing to come away from the routine and wait upon the Lord with greater intensity, seeking His Face and His Presence in a deeper way. You must have a made-up mind. Hebrews 3:6,14; 10:35; Philippians 3:3-4; 1 John 2:28, 3:21, 5:14; Proverbs 3:26; 14:26; Psalm 71:5.

Do Not Compromise

Don't compromise. Stick to the Fasting/Consecration Plan given to you by the Pastor. As you set your mind that you will not compromise during a fast, you build confidence and endurance that can carry you through the trials and battles that come. Keep a journal. The moment you determine you have come too far with God on a fast to turn back, you will see the hand of God working in your life. At the completion of the fast, begin to make Prayer and Fasting/Consecration a regular part of your life. If Fasting/Consecration is the gateway through which God releases His supernatural power into our lives, why is it such an overlooked opportunity? All the greats of the Bible fasted: Moses, David, Nehemiah, Daniel, Elijah, Paul, Peter, even Jesus Himself. Fasting/Consecration is feeding your spirit by neglecting your flesh. Fasting/Consecration will stir-up the Power of God within you. 1 Thessalonians 2:3-4; Matthew 6:24; 1 Samuel 15:9 (compromised obedience, incomplete faithfulness to God); 1 Kings 22:43 (doing right before God); 2 Chronicles 19:2 (calling evil good); Isaiah 5:20 (desire to be like others); Ezekiel 20:32-38.

Fasting in the Old Testament/Fast for Affliction and Mercy

- Lev 29:7 "...You shall afflict you souls." Afflict one's soul in Bible; refers to chasten one's soul, to strike.
- Psalms 69:10 "...When I wept and chastened my soul with fasting, that became my reproach."
- 2 Sam 15:15-23 David sought Mercy from Sin.

Protection against a More Powerful Enemy

"...And Jehoshaphat feared and set himself to seek the Lord and proclaim a fast throughout all Judah." Three powerful nations gathered against God's people. But King Jehoshaphat decided to seek God. He proclaimed a fast. The fast only lasted a single day, but the effects were amazing. The gathering of the spoil lasted three days. There are three elements to this story, fasting, prayer, and praising. When we turn to God in Fasting, He will move. Another very important point we must focus and understand is that, the people praised God before the Victory. That is Faith speaking. 2 Ch 20:1-25.

The First Order of Business for Jesus Was to Fast/His Teaching on Fasting

There is no where in the Scripture that Jesus commands people to fast, but He expects men everywhere to fast. There were three exercises that were very traditional to Jews, giving: Matt 6:3; praying, Matt 6:6; fasting, Matt 6:18, 19. Jesus did not have to command fasting, because it was standard practice everywhere. He only corrected the practice and motive behind the fasting.

Benefits

Earthly reward versus Heavenly Reward – Father will reward you. The word reward in Greeks means wages, a gift.

Fasting should not be hypocritical, but to fast in secret, private and personal, God will reward you openly.

Before Jesus began His earthly Ministry, He fasted (Matthew 4:1-3). Fasting/Consecration and Prayer were the biggest parts of the Life of Jesus Christ. Fasting/Consecration gives you a deep thirst for God (Psalm 63:1,early will I seek thee, my flesh longeth for thee.....). Notice, while in the desert, David thirsted for God rather than water. God is saying to us today, “You will seek Me and find Me, when you seek Me, with all your heart” (Jeremiah 29:13-14).

There is a price that must be paid for hearing from God and walking in His Will. There is a work going on in us right now, that we may not be fully aware of, but without Fasting/Consecration, prayer and wilderness experiences, you will never be qualified to handle what God has for you, in the future. Fasting/Consecration prepares you for what is yet to come!!! Deuteronomy 9:11-18 (during national crisis); 2 Samuel 1:12 (humbled); Psalms 35:13; Joel 1:13-14; Luke 4:1-2; Mark 8:1-3 (four thousand people fasted three days), Jonah 3:7 (Animals and people fasting together).

Fasting/Consecration Brings Brokenness

Fasting/Consecration bring brokenness. Brokenness is so precious in the eyes of the Lord (1 Samuel 16:7). God sent Samuel to anoint a new king to replace Saul as leader of Israel. He guided Samuel past all the older, stronger, more experienced sons of Jesse, young men who by all appearances seemed well-suited to be King. But God told Samuel not to look at the boys’ outer appearance or their physical strength. Brokenness makes room for God to release His strength through our weakness, in order to accomplish His plans. Psalm 51:17; Proverbs 15:13; 17:22.

Fasting/Consecration Restores

There is nothing that has been wasted in your life (i.e., drugs, alcohol, troubled episodes, abuse, etc.). Fasting/Consecration can restore and break the yoke of the waster. Through Fasting/Consecration, God will remove the burden and repair what has been wasted. God will

pick up all the fragments of your life. (John 6:12, He said, “Gather up the fragments that remains, that nothing will be lost”). He is a “Repairer of the Breach, the Restorer of Streets to Dwell In “Isaiah 58:12”. Regular Fasting/Consecrating will keep your spirit strong “Joshua 14:11-12”

“Then Will I Hear from Heaven...”

“If my people who are called by My Name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive their sin” (2 Chronicles 7:14). Fasting/Consecration is self-humbling. “He who humbles himself will be exalted” (Luke 18:9-14). Fasting/Consecration is our body language to God. When we Fast/Consecrate, we are expressing our hunger for Him. We ask from a place of humility.

Unforgiveness

Fasting/Consecration will loosen the grip of unforgiveness. (Matthew 18:32-33, 35; Luke 6:37; 7:45-50; Mark 11:25-26). If these scriptures pertain to you, The Spirit will identify the individuals in question.

No Expiration Date on Prayers – Persistence Breaks Resistance

As soon as you pray, God hears you, as in Daniel 10:12-14. Daniel fasted and prayed for weeks. Satan does everything in his power to stop you from receiving your answer. Your prayers will not be discarded. Believe God!!!!!!!! Stack up your prayers as you are Fasting/Consecrating. Pray, Pray, Pray!!!!!!!! Pray all night as Jesus did. “Pray without ceasing” (1 Thessalonians 5:17).

God Needs a Clean Vessel

God needs empty vessels, not ones so full of themselves that He cannot pour Himself out through or into them. Fasting/Consecration can cleanse the DIRT and prepare us for God’s use!!!

- D** Disobedience
- I** Ignorance (zeal without knowledge)
- R** Rebellion
- T** The Tongue (words of doubt and unbelief)

Spending time in Fasting/Consecration and prayer, regardless of your circumstance, will help you to be rooted and grounded in your faith, ready to weather any storm, the economy, your health, your family or your job etc..... These are Satan’s attention getters. NOTE: Remember, the focus of the enemy is always to cause the Work of God to cease!!!!

There are several elements we can glean from and be strengthened by during the Consecration:

- Assemble – Unity, Buddy System, Find a Friend
- Separate – Turn off the TV, computer and entertainment!!!
- Confess – Nehemiah 9:1-2, Repent!! God will bring things to your mind!!!
- The Word - Hear and Read the Word. Nehemiah 9:1-3
- Worship – Nehemiah 9:1-3

Fasting/Consecration Brings the Glory of God

His Glory is upon the earth through you as you fast before Him (Habakkuk 2:14). “Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the Glory of the Lord is thy reward. Then shalt thou call, and the Lord shall answer; thou shall cry, and He shall say, Here I Am ... The Lord shall guide thee continually, and satisfy thy soul in drought ... then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob, thy father, for the Mouth of the Lord hath spoken it.” (Isaiah 58:8-14).

No Quit Option/The Power of a Made Up-Mind

Never make decisions based on temporary circumstances. 2 Corinthians 11:23-29. Quitting is not an option!!!! When you think about quitting, you talk about quitting. Be assured, you will quit!! Hebrews 10:39, “We are not of those who draw back to perdition, but of those who believe to the saving of the soul.” Jesus never quit!!!! Remove the quit option!!!! When you do that the battle is won!!! Hebrews 10:35-36, “Therefore, do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the Will of God, you may receive the promise”. “We are more than Conquerors.” (Romans 8:37-39).

THE CONSECRATED FAST

How long is the consecration?

5 days. We will begin Tuesday, May 26 and conclude Saturday, May 30.

What about medications?

Please continue to take all medications as prescribed. It is vitally important that you do not stop taking your medication.

May I take vitamins and sports drinks (protein drinks)?

Yes, you may take a good multivitamin and a meal substitute drink. We discourage sports drinks due to the high sugar and sodium contents. No sodas please.

What is the key to a successful consecration or fast?

Prayer and study of the Scriptures. You are encouraged to spend time in private devotion (Prayer and Bible reading). See the attached scripture reading. You may also want to share in a time of corporate prayer with your spouse, family members, or other believers. **The Word of Faith Church will have Prayer, at 5:00 a.m. through the conference line: Dial-in: +1 717-275-8940 or +1 712-832-8330. Access code: 343 9463**

What are the dietary restrictions being observed?

ONE MEAL PER DAY

What about Marital Intimacy during times of Consecration?

According to 1 Corinthians 7:5, those that are married should limit physical intimacy. However, this does not mean abstain from emotional intimacy that is expressed in various appropriate ways (daily). After the season of consecration, Paul states that the married couple should resume their physical intimacy.

What about Unmarried or Pre-married physical intimacy?

If this question is being considered, stop the activity and schedule an appointment with the Pastor.

THE CONSECRATED FAST

"I beseech you therefore brethren, by the Mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be confirmed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and the perfect Will of God." (Romans 12:1-2)

PRAYER FOCUS FOR FAST

DAY 1 – Tuesday, May 26th

Scripture Reading: Isaiah 28:11-12, Joel 2:28-32

Prayer: To Receive the Infilling of the Holy Spirit

My Heavenly Father, I am Your child, for I believe in my heart that Jesus has been raised from the dead, and I have confessed Him as my Lord.

Jesus said, “How much more shall your Heavenly Father give the Holy Spirit to those who ask Him.” I ask You now in the Name of Jesus to fill me with the Holy Spirit. I step into the fullness and power that I desire in the Name of Jesus. I confess that I am a Spirit-filled Christian. As I yield my vocal organs, I expect to speak in tongues, for the Spirit gives me utterance. And I will continue each day to speak in my heavenly language in the Name of Jesus. Praise the Lord! Amen.”

DAY 2 – Wednesday, May 27th

Scripture Reading: John 14:16-17, Acts 1-8

Prayer: The Body of Christ

Father, You put all things under the feet of Jesus and gave Him to be Head over all things to the Church, which is His Body, the fullness of Him, who fills all in all. We were dead in trespasses and sins, but You made us alive! Christ is our Peace, and we are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God. Jesus is our Cornerstone.

Father, You want us to grow up, to know the whole truth and tell it in love – like Christ in everything. We take our lead from Christ, who is the Source of everything we do. He keeps us in step with each other. His very Breath and Blood flows through us, nourishing us, so that we will grow up healthy in God, robust in love.

May we be filled with the knowledge of Your will in all Wisdom and Spiritual understanding. As the elect of God, holy and beloved, we put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another and forgiving one another. If we have a complaint against another, even as Christ forgave us, so we also must do. Above all things, we put on love, which is the bond of perfection, and let the Peace of God rule in our hearts, to which we were called in one Body, and we are thankful.

Full of belief, confident that we’re presentable inside and out, we keep a firm grip on the promises that keep us going - Your Word. Father, You always keep Your Word. Now we will see how inventive we can be in encouraging love and helping out, not avoiding Worshiping together as some do, but spurring each other on, especially as we see the big Day approaching.

Since we are all called to travel on the same road and in the same direction, we will stay together, both outwardly and inwardly. We have one Master, one Faith, one Baptism, one God and Father of all, Who rules over all, works through all, and is present in all. Everything we are and think and do is permeated with oneness.

Father, we commit to pray for one another, keeping our eyes open and keeping each other's spirits up, so that no one falls behind or drops out. Also, we pray for our spiritual leaders that they will know what to say and have the courage to say it at the right time. We are one in the bond of love, in Name of Jesus.

DAY 3 – Thursday, May 28th
Scripture Reading: Acts 2:1-47

Prayer: Unity and Harmony

Father, in the Name of Jesus, this is the confidence that we have in You: that, if we ask anything according to Your will, You hear us; and since we know that You hear us, whatsoever we ask, we know that we have the petitions that we desire of You.

Holy Spirit, teach us how to agree (harmonize together, together make a symphony) – about anything and everything – so that whatever we ask will come to pass and be done for us, by our Father in Heaven.

We pray that as members of the Body of Christ we will live as becomes us – with complete lowliness of mind (humility) and meekness (unselfishness, gentleness, mildness), with patience, bearing with one another and making allowances because, we love one another. In the Name of Jesus, we are eager and strive to earnestly guard and keep the harmony and oneness of [produced by] the Spirit in the binding power of peace.

We commit, in the Name of Jesus, and according to the Power of God at work in us, to be of one and the same mind (united in spirit), sympathizing [with one another], loving [each other] as brethren (of one household), compassionate and courteous – tenderhearted and humble-minded. We will never return evil for evil or insult for insult – scolding, tongue-lashing, berating; but, on the contrary, we will bless – pray for their welfare, happiness, and protection and truly pitying and loving one another. For we know that to this we have been called, that we may ourselves inherit a blessing [from God] – obtaining a blessing as heirs, bringing welfare and happiness and protection.

Father, thank You that Jesus has given to us the glory and honor that You gave Him, that we may be one, [even] as You and Jesus are one; Jesus in us and You in Jesus, in order that we may become one and perfectly united, that the world may know and [definitely] recognize that You sent Jesus and that You have loved them [even] as You have loved Jesus.

Father, Thy Will be done in earth, as it is in Heaven. Amen, and so be it.

DAY 4 – Friday, May 29th
Scripture Reading: Acts 8:5-12, 14-17; Acts 10:1-48

Prayer: Vision for a Church

Father, in the Name of Jesus, we come into Your presence thanking You for Word of Faith Church. You have called us to be saints in Word of Faith and around the world. As we lift our voices in one accord, we recognize that You are God and everything was made by and for You. We call into being those things that be not as though they were.

We thank You that we all speak the same thing: There is no division among us; we are perfectly joined together in the same mind. Grant unto us, Your representatives here, a boldness to speak Your Word, which You will confirm with signs following. We thank You that we have workmen in abundance and all manner of cunning people for every manner of work. Each ministry operates in the excellence of Ministry and Intercessions. We have in our Church Ministry gifts for the edifying of this Body till we all come into the unity of faith and knowledge of the Son of God unto a mature person. None of our people will be children, tossed to and fro and carried about with every wind of doctrine. We speak the truth in love.

We are a growing and witnessing Body of believers. We have every need met. Therefore, we meet the needs of people who come – spirit, soul and body. We ask for the Wisdom of God in meeting these needs. Father, we thank You for the ministry facilities that will more than meet the needs of the ministry You have called us to. Our church is prospering financially, and we have more than enough to meet every situation. We have everything we need to carry out Your Great Commission and reach the Bay Area for Jesus. We are a people of love as love is shed abroad in our hearts by the Holy Spirit. We thank You that Word of God is living big in all of us and Jesus is Lord!

We are a supernatural church, composed of supernatural people doing supernatural things, for we are laborers together with God. We thank You for Your presence among us, and we lift our hands and praise Your holy Name. Amen.

DAY 5 – Saturday, May 30th

Scripture Reading: Acts 19:1-41

Prayer: Revival

Father, in the Name of Jesus, You have revived us again that Your people may rejoice in You. Thank You for showing us Your Mercy and Loving-kindness, O Lord, and for granting us Your Salvation. You have created in us a clean heart, O God, and renewed a right, preserving, and steadfast spirit within us. You have restored unto us the Joy of Your Salvation, and You are upholding us with a willing spirit. Now we will teach transgressors Your ways, and sinners shall be converted and return to You.

We therefore cleanse our ways by taking heed and keeping watch [on ourselves] according to Your Word [conforming our lives to it]. Since Your [great] promises are ours, we cleanse ourselves from everything that contaminates and defiles our bodies and spirits and bring [our] consecration to completeness in the (reverential) fear of God. With our whole hearts have we sought You, inquiring for You and of You and yearning for You; O let us not wander or step aside [either in ignorance or willfully] from Your commandments. Your Word have we laid up in our hearts, that we might not sin against You.

Jesus, thank You for cleansing us through the Word – teachings – which You have given us. We delight ourselves in Your statutes; we will not forget Your Word. Deal bountifully with Your servants, that we may live; and will observe Your Word [hearing, receiving, loving and obeying it].

Father, in the Name of Jesus, we are doers of the Word and not merely listeners to it. It is You, O Most High, Who has revived and stimulated us according to Your Word! Thank You

for turning away our eyes from beholding vanity [idols and idolatry] and restoring us to vigorous life and health in Your ways. Behold, we long for Your precepts; in Your righteousness, give us renewed life. This is our comfort and consolation in our affliction: that Your Word has revived us and given us life.

We strip ourselves of our former natures- put off and discard our old unrenewed selves – which characterized our previous manner of life. We are constantly renewed in the spirit of our minds – having a fresh mental and spiritual attitude; and we put on the new nature (the regenerate self), created in God’s image, (Godlike) in true righteousness and holiness. Though our outer man is (progressively) decaying and wasting away, our inner self is being (progressively) renewed day after day. Hallelujah! Amen.

ADDITIONAL SCRIPTURE READING:

Scripture Reading: Romans 8:26-27; 1 Corinthians 14:1-4, 15-17

Prayer: Salvation of the Lost

Father, it is written in Your Word, “First of all, then, I admonish and urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men.” (1 Tim. 2:1 AMP)

Therefore, Father, we bring the lost of the world this day – every man, woman, and child from here to the farthest corner of the earth – before You. As we intercede, we use our faith, believing that thousands this day have the opportunity to make Jesus their Lord.

Father, we know that Satan would prevent these from hearing truth, if possible. We human, but we don’t wage war with human plans and methods. We use God’s mighty weapons to knock down the devil’s strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas and teach them to obey Christ.

We ask the Lord of the harvest to thrust the perfect laborers across these lives this day to share the good news of the Gospel in a special way so that they will listen and understand it. We believe that they will not be able to resist the wooing of the Holy Spirit, for You, Father, bring them to repentance by Your goodness and love.

We confess that they shall see who have never been told of Jesus. They shall understand who have never heard of Jesus. And they shall come out of the snare of the devil who has held them captive. They shall open their eyes and turn from darkness to Light – from the power of Satan to You, God!

In Jesus’ Name, Amen.

Scripture Reading: Jude 20

Prayer: Spirit-Controlled Life

Father, I pray for all saints everywhere. Help us remain teachable that we may receive instruction from the Apostles, Prophets, Evangelists, Pastors, and Teachers. We will be Your children equipped for the work of Ministry, for the edifying of the Body of Christ. Bring us to

the unity of faith and knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

Father, there is now no condemnation to those who walk according to the Spirit, because through Christ Jesus the law of the Spirit of life sets us free from the law of sin and death. Grant us the Grace to live the life of the Spirit. Father, You condemned sin in the flesh [subdued, overcame, deprived it] of its power over us. Now the righteous and just requirement of the Law is fully met in us who live and move in the ways of the Spirit – our lives governed and controlled by the Holy Spirit.

We purpose to live according to the Spirit, and we are controlled by the desires of the Spirit. We set our minds on and seek those things which gratify the Holy Spirit. We no longer live the life of the flesh; we live the life of the Spirit. The Holy Spirit of God really dwells with us, directing and controlling us.

On the authority of Your Word, we declare that we are more than conquerors and are gaining a surpassing victory through Jesus Who loves us. We refuse to let ourselves be overcome with evil, but we will overcome and master evil with good. We have on the full armor of light, clothed with the Lord Jesus Christ, the Messiah, and make no provision for indulging the flesh.

May we always be doers of God's Word. We have God's wisdom, and we draw it forth with prayer. We are peace-loving, full of compassion and good fruits. We are free from doubts, wavering and insincerity. We are subject to God, our Father.

We are strong in the Lord and the power of His might. Therefore, we take our stand against the devil and resist him; he flees from us. We draw close to God, and God draws close to us. We do not fear, for God never leaves us. Jesus is our Lord!