

P.C.W.

7 DAY "FLESH" FAST

Example: March 7th at 6am – March 13th at 6am.
(Only fruits, veggies, natural juices and water)

Instructions for the fast: Pray each morning at 5:30am and read daily scripture. Pick a designated time throughout the day to pray with the scriptures and purpose of the fast in mind.

Day 1: Monday –Matthew 16:24-27 –Crucify the flesh –to bring the flesh under subjection of the Holy Spirit.

Day 2: Tuesday –Galatians 5:19-25 –Calm sexual desires/urges –to control sexual desires.

Day 3: Wednesday –Ephesians 4:17-24 –Remove lustful corruption –to no longer be controlled by lust and attraction but to be disciplined and led by the Spirit of God in accordance to his will.

Day 4: Thursday –Romans 6:6; Romans 12:1-3 –Free body from sin –to free bodies from being enslaved to sexual sin; to no longer be in bondage to sin; to present bodies a living sacrifice, holy and acceptable to the Lord.

Day 5: Friday –Hebrews 13:4; 2 Corinthians 2:15 –Honor God –to send up a sweet fragrance to God's nostrils; anything goes in the bedroom when God is being honored.

Day 6: Saturday –1 Thessalonians 4:3-7 –Holiness is still right –to live a clean and holy life. We will never be perfect and just as the bible says no good thing dwells in the flesh and when we put our confidence in the flesh we will surely fail, this is why we put our confidence in God so we can strive to live a pure life.

Day 7: Sunday -1 Corinthians 7:8-9 –Holy matrimony –to govern sexual desires until marriage; to prepare our hearts, minds and bodies to receive the person God created just for us. The wedding night will be such a magical moment because it will consummate the spiritual union that God has brought together in the natural. The love, passion and intimacy that will be experienced on that night will be like no other. *****Cheers to new beginnings! \O/*****

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