

21 DAY DEVOTIONAL

Freedom From Sin 2024

- **WEEK 1 ARMOR OF GOD**
- **WEEK 2 WORKS OF THE FLESH**
- **WEEK 3 FRUITS OF THE SPIRIT**

WEEK 2

DAY 8

IDENTIFYING THE WORKS OF THE FLESH

KEY SCRIPTURE: GALATIANS 5:17;19-21

17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another so that you do not do the things that you wish.

19 Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, 20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

The Bible declares that there are two forces at war within you and the winner controls and dictates your life. One is the flesh and the other is the Spirit. People who have often allowed their flesh to win the war within have trouble even knowing that they are in the wrong. However, the Bible states many times that whatever starts within you will ultimately manifest externally, which is why you need to know how to identify the works of the flesh. Verses 19 through 21 state that the following are the works of the flesh:

- Sexual immorality
- Impurity
- lustful pleasures
- Idolatry
- Sorcery
- Hostility
- Quarreling
- Jealousy
- Outbursts of anger
- Selfish ambition
- Dissension
- Division
- Envy

- Drunkenness
- wild parties
- and other sins like these.

I know what you are immediately thinking, “Well what I’m doing does not appear on this list so I must be okay”. God knows our excuses so well, that's why he inspired the Apostle Paul to write “and other sins LIKE THESE”. Think of these like overarching categories and any variant of sins can be traced back to its main category. It is of utmost importance that we know what kind of fruit we are producing because if we are sowing into our flesh then do not be surprised that you reap one of these things. It's so important that we allow the Holy Spirit of God to guide our life because if we don't and begin to produce the works of the flesh we will not inherit the Kingdom of Heaven.

PUT IT INTO PRACTICE

We are all fragile beings whom because of our sinful nature naturally gravitate towards doing what's wrong whether in secret or in public. How can we put this passage of scripture into practice? I'd like for you to reflect on your life, behavior, and actions of late, has the works of your flesh manifested in one of these? If so, find a place of prayer and in your prayer repent and confess to the Lord what works of the flesh you have given way to.

The Bible says, “He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy” (Proverbs 28:13). Today don't hide your sins, and don't try to bury what the Lord can see from a mile away because if you do you will not prosper. In your prayer of repentance, ask the Lord to highlight every and any sin, every work of the flesh that he sees but that you might not see; so that you may forsake it and turn from it once and for all.

DAY 9

STOP SOWING INTO YOUR FLESH

KEY SCRIPTURE: GALATIANS 6:7-8

7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

How does a downfall into corruption happen? It happens when you sow tiny seeds into your flesh. You must understand that the sinful actions you commit daily are like seeds planted into your flesh that if you continue to water and care, you will grow and give its fruit. This scripture begins by letting us know that God is not mocked, what this means is that there are people who go through their Christian life appearing to be something or someone that they are not. These people eventually are found out by their fruit. When you sow to your flesh over and over again, you will find yourself reaping a harvest of corruption, decay, death, ruin, and destruction.

If you notice the Bible says that the devil has come to kill, steal, and destroy. Many times we blame the devil for our failures and sins but many times it's just that we have allowed our flesh to run rampant by sowing into our flesh constantly. The end result of sowing into your flesh is the same end result that the devil desires to do in this world and your life. As hard as it is we must grow a backbone and recognize that we cannot give one inch to our flesh.

PUT IT INTO PRACTICE

If you have given into your fleshly desires and carnal impulses, then today is a good day to take back what you've given into. It is the will of God for you to sow into the Spirit. What does this look like practically so I can put it into practice?

1) Start by calling sin what God calls sin

Too often we justify actions because it is not specifically written out in the bible but the Bible is clear that if it is even similar to the work of the flesh then abstain from it. If it sounds like, tastes like, or feels like sin then abstain from it.

2) Change your daily habits

It's in the routine that we can miss the mark and sow a little seed into our flesh. The best way to ensure you aren't sowing into your flesh is by ensuring that you are sowing into the spirit. For example, if you did not fast once a week then start by fasting once a week. If you did not pray or read your bible during your lunch break then start by doing that. If you spent too much time on social media or other time wasters then begin by replacing the hours you gave that by giving them to the Lord in consecration.

3) Be mindful of what you meditate on

The war happens in the mind. What you meditate on is what you will eventually do on the outside. Many times by allowing perversity, carnal images, or harboring negative thoughts in our mind we are sowing seeds into our flesh.

Keep in mind throughout this day that there is flesh that is fighting for dominance within you. Every time you sow into it you are making it stronger which is why you must learn to call sin what God calls sin, change your daily habits, and be mindful of what you meditate on. Through this, you should lower your tolerance for sin or sin-like actions.

DAY 10

PUT YOUR FLESH TO DEATH

KEY SCRIPTURE: COLOSSIANS 3:5-10

5 Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. 6 Because of these things the wrath of God is coming upon the sons of disobedience, 7 in which you yourselves once walked when you lived in them. 8 But now you yourselves are to put off all these: anger, wrath, malice,

blasphemy, filthy language out of your mouth. 9 Do not lie to one another, since you have put off the old man with his deeds, 10 and have put on the new man who is renewed in knowledge according to the image of Him who created him,

Part of why fasting is so crucial to our walk with Christ is because it puts to death our carnal desires. Paul writes that the wrath of God is coming on the sons of disobedience, which means when we disobey by giving into our carnal desires we become sons of disobedience. This principle is not new, we see that in the book of Joshua, the commander of the armies of the Lord in essence told Joshua that God does not take sides. In other words, God is not the one who has to get on our side but we are the ones who have to get on God's side; if not we by default become an enemy of God and recipient of his wrath.

Fasting is telling your flesh that it is not in charge and you subdue it by abstaining from food for a certain amount of hours. Jesus said "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4). Fasting in essence puts this verse into practice because we make a commitment to not live by food but by the word of God. That's why a fast is not just abstaining from food but delving into the word of God. If you fast but spend all your time on social media, gossip, and do not make the word of God a priority throughout your day then you only go on a diet.

PUT IT INTO PRACTICE

Putting our flesh to death through fasting is a two-part action, we abstain from food and we replace the activity with the word of God and prayer. When you begin to fast you will notice that your flesh may be strong but God will honor your sacrifice. Keep in mind that this is a lifestyle and should practice this regularly to keep your sly flesh in check. If we do not check our flesh we will give way to our carnality and the enemy and we will go backward instead of forward.

DAY 11

MORTIFY THE DEEDS OF THE FLESH

KEY SCRIPTURE: ROMANS 8:13

13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

When you sin God will allow you to feel conviction. Many times our response to the conviction and or the remorse is to promise God to never sin again. To make promises or commitments we cannot live out. We do this thinking it is an effective substitute for walking in the spirit. But the answer to mortifying your carnal desires more effectively ultimately is to do it through the

Spirit of God. Fasting and reading the Word is a spiritual activity but there's nothing like getting into the Spirit itself.

The Bible is clear that the only way to get into the Holy Ghost is by praying. There is a difference between spirit-led prayer and praying in the spirit. When you pray in the spirit you must speak in tongues. Praying in the spirit is the way you mortify the deeds of the body. In the same chapter, Paul writes:

“26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. 27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.”

PUT IT INTO PRACTICE

The reason why praying in the spirit is the answer to mortifying the deeds of the body is because the spirit helps you in your weakness. Whatever you find yourself weak to, pray about it until you speak in that heavenly language. In your prayer today you must press to a level that all you can do is groan. When you are praying in the spirit and find yourself groaning it is the spirit making intercession on your behalf!

Too many times we don't know what to pray for as we ought but that's why praying in the spirit is so essential and necessary if you are going to put your flesh to death. Today make some time to pray in the spirit and let God help you in your sinful weaknesses.

DAY 12 GET OUT OF THE FLESH

KEY SCRIPTURE: ROMANS 8:8

8 So then, those who are in the flesh cannot please God.

Who are you pleasing? This question is very important because we have been created and called to please the King, NOT ourselves. This world will try to convince you that you are the king and that everything in life exists to please you. Many of the things we do in life are to please our senses. That's why Paul said that those who are in the flesh cannot please God.

We watch things we should not because they please our eyes. We listen to music and things God commands us to abstain from because it pleases our ears. We eat more than we should thereby engaging in gluttony because we want to please our taste. We touch things we should never touch because it pleases our sense of touch. We smell things we should never smell

because we want to please our sense of smell. We do things we should not, we give into our fleshly desires all for the sake of pleasing ourselves.

During this fast, we need to understand that we are here to please the King. When we are in the flesh anything we do for God does not please him.

PUT IT INTO PRACTICE

Identify the areas in your life where you give the most pleasure. For some of us, we have uncontrollable spending habits, travel habits, or even entertainment. In these areas that can be innocent but are out of control, you need to replace them with consecration.

Identify which senses you try to please the most, or through which sense you tend to want to sin the most. Make sure that in these areas you make it a point to please Jesus and not yourself.

DAY 13 FLESHLY THINKING

KEY SCRIPTURE: ROMANS 8:5-7

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. 6 For to be carnally minded is death, but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

Winning that battle against our flesh includes overcoming fleshly thinking. The Bible is clear that the carnal mind that we all have is at war with God. This is why if you give authority and control it will lead you to death. Many times we read this and only think it will lead to a physical death but it will also kill you spiritually. It will kill your ministry, your family, and in the end your soul.

That is why the Bible tells us that blessed is the man whose delight is in the law of the Lord, And in His law he meditates day and night (Psalm 1:2). What you allow to live in your mind is what will either lead you to blessing or cursing, sin or holiness, life or death.

PUT IT INTO PRACTICE

On this day of our 21-day fast take inventory of what you have been thinking. Take note of what you allow to sit and dwell in your mind. If it is perverse, sinful, or an evil desire give it an

eviction notice because it cannot live in your mind. Harboring sinful thoughts and practicing sin steals your peace.

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you (Philippians 4:7-8).

Replace all of the thoughts that are not of God with all of that which Philippians 4:7 mentions. By doing so, you don't give way to the enemy to win the war in your mind, and any seed of sin that was in your mind you take it out from the root.

DAY 14

THE SPIRIT IS THE ANSWER TO YOUR FLESH

KEY SCRIPTURE: ROMANS 8:9-10

9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. 10 And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.

As we conclude week 2 of our fast, we must take away that the answer to destroying the works of the flesh, and its desires, and living in holiness is to walk in the spirit. It is of utmost importance that you have the Holy Ghost every day because the bible says that if anyone does not have the Spirit of Christ he is not his. In other words, you don't belong to him; you are not identified with Christ.

The flesh will lie to you and tell you that you only need that holy ghost once, you only need to speak in tongues once and you are good. Nothing could be further from the truth. You need to walk this out every day. Your lifestyle needs to be built upon the Spirit of Christ. You have to make sure that the Holy Ghost dwells within you, that you indeed are the temple of the Holy Ghost where the Spirit of God can live.

PUT IT INTO PRACTICE

When was the last time you actually spoke in tongues? This is the answer to staying in Christ and Christ staying in you. That's why Paul wrote that the only way to be in the spirit is to be full of the Holy Ghost. Today make it a point to walk in the Spirit and make a daily commitment to Christ to live this out. Take this commitment to live in the spirit day by day, as tomorrow is unwritten. The end goal of this fast is to be free from sin and we do it through the Holy Ghost!