

MZRF MONTHLY PRAYER & FASTING

May 27 – May 31, 2019

They That Are Christ's Have Crucified the Flesh

For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would...And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit...For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit (Gal 5:17, 24-25; Rom 8:5)

Fastening Days and Times:

Monday thru Friday 6am – 3pm

Assembly Times:

Mon – Thurs (Church Prayer-line) 10pm -11pm

Friday: 7pm – 10pm

Sunday: 10am – Noon

Examples of Manifestations of the Flesh

Read and Reflect:

Day 1: The error or transgression of Achan (Joshua 7)

Day 2: The disobedience and death of the man of God (1 Kings 13)

Day 3: Overwhelming manifestation of the flesh in Sodom, Lot and his family (Genesis 19)

Day 4: The King David numbers the troop (1 Chronicles 21)

Day 5: The birth of Ishmael (Genesis 16)

Suggested Prayer Points to Crucify the Flesh

1. O Lord God, come to my rescue, for I am man/woman of uncrucified flesh, in the name of Jesus
2. O Lord may you arrest every manifestation of the works of the flesh proceeding from my deceitful heart
3. Almighty God, by your mercy restrain me from sowing to my flesh that I may not reap corruption
4. Lord God, plead my cause, do not give me over to any habitual or stubborn work of the flesh, in Jesus name
5. Lord, cleanse me “from all filthiness of the flesh and spirit”, thereby perfecting holiness in me, in Jesus name
6. Lord God let every influence and fleeting pleasure of the flesh in my life be cut off now by fire, in Jesus name
7. Lord God may the fervent cry of my heart is: “Christ be formed in me”, in the name of Jesus
8. O Lord may my Spirit-man always triumph overwhelmingly over my fleshly desires, in Jesus name
9. Lord, thank you for the promise to translate my corruptible flesh into incorruption to inherit the kingdom of God
10. Lord Jesus, deflate the air of pride and arrogance in me that I may be “meek and lowly in heart” like you
11. Lord may my Spirit-Man fiercely reject to live after the flesh or be a debtor to the flesh, in Jesus name

12. Lord may I always be in the Spirit every moment that I'm awake that I may be in continual communion with you
13. O Lord, silence my flesh whenever it wants to revolt against God's Word and godly counsel, in Jesus name
14. Lord, help me, for I know that I'm not in the Spirit, when I murmur and complain rather than praising God
15. Lord, deliver me, for I'm still full of the flesh, as I continually fight back and lose control of my emotion
16. Lord help me to "die daily" to my tendencies to nibble on my Fleshly cravings, in the name of Jesus
17. Lord, revive my hunger and thirst for your Presence, for my Spirit is willing but my flesh has put me in a rut
18. Lord God, revive my fasting and prayer life, for my Spirit is willing but my flesh sometimes loathes and trifles
19. O Lord may I be able to resist the fleshly temptation to seek prominence and recognition in the house of the Lord
20. O Lord, "with our enemy is an arm of flesh; but with us is the Lord our God to help us, and to fight our battles"
21. Lord God may every evil arrow fired to distract and weaken my Spirit-man be returned to sender, in Jesus name
22. O Lord, baptize me with a radical fresh-fire that will consume every unedifying desire of things of the flesh
23. "Cursed be the man that trust in man, and makes flesh his arm, and whose heart departs from the Lord"
24. Lord, let any power or agent strengthening works and desires of the flesh in my life through dreams, catch fire
25. Lord God, purge me thoroughly from every work of the flesh the promotes SELF, in the name of Jesus
26. Lord, empower me to get off the broad-way of the works of the flesh unto the narrow-way of the fruit of the Spirit
27. Lord God may you never allow my flesh to rise up to share your glory with you, in the name of Jesus
28. Lord may I never boast, trust nor have confidence in the arm of flesh, in the name of Jesus
29. Lord, help me to become a Spirit-filled Christian as evidenced by godly disposition and character traits
30. Lord God, quicken me to fiercely reject a willing spirit but a weak flesh operating in my life, in Jesus name
31. Lord God, by fire, provoke an unquenchable hunger for holiness to saturate and dominate my heart and soul
32. Lord God may my flesh never move me to commit any regrettable or shameful act, in the name of Jesus
33. O Lord may my flesh never rise-up in any form while serving or discharging my ministerial duties
34. Lord, help me to make it my burden to bring my flesh "into subjection", lest I continually displease you
35. Lord Jesus may you lessen the impact of the consequences of my decisions born out of flesh, in Jesus name
36. Lord, I thank you in advance for helping me to deny myself all pleasures of flesh to be fruitful in your kingdom

Fasting without intentional prayers is starvation!!

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