

DAY 18 – CRUCIFYING THE FLESH

Scripture

Galatians 5:24

"Those who are Christ's have crucified the flesh with its passions and desires."

Meditation

To crucify the flesh is to refuse its control over your thoughts, desires, and actions. Through the Holy Spirit, you receive the grace and strength to say “no” to sin and “yes” to God's will. As you continually feed your spirit through God's Word, prayer, and fellowship with Him, your spiritual desires become stronger.

Reflection

What you feed grows; feed your spirit, not your flesh.

What desire or habit do you need to stop feeding and surrender to the Holy Spirit today?

Confession

I have crucified the flesh. My desires are aligned with God's will.

Personal Notes
