



Resistance from the flesh during fasting

Description

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Fasting is a spiritual discipline that has been practiced by Christians for centuries. It is a time of self-denial and spiritual renewal, and it can be a powerful tool for spiritual growth. But fasting can also be difficult, as it requires us to resist the desires of the flesh. In this blog post, we will explore the concept of resistance from the flesh during fasting, and how we can use the Bible to help us in this endeavor.

What is Resistance from the Flesh?

Resistance from the flesh is the act of denying our physical desires in order to focus on spiritual matters. It is a way of saying “no” to our own wants and needs in order to focus on God and His will for our lives. This can be difficult, as our fleshly desires can be strong and hard to ignore. But with the help of the Holy Spirit, we can resist the temptations of the flesh and focus on God.

The Bible and Resistance from the Flesh

The Bible is full of examples of people who resisted the desires of the flesh in order to focus on God. In the Old Testament, we see examples of people like

Daniel, who refused to eat the food of the Babylonians in order to remain faithful to God (Daniel 1:8). In the New Testament, we see Jesus Himself resisting the temptations of the devil in the wilderness (Matthew 4:1-11). These examples show us that it is possible to resist the desires of the flesh and focus on God.

The Benefits of Resistance from the Flesh

When we resist the desires of the flesh, we are able to focus on God and His will for our lives. This can lead to spiritual growth and renewal, as we are able to devote more time and energy to prayer, Bible study, and other spiritual disciplines. Additionally, resisting the desires of the flesh can help us to develop self-control and discipline, which can be beneficial in all areas of our lives.

How to Resist the Flesh During Fasting

Fasting is a great opportunity to practice resistance from the flesh. During a fast, we can deny ourselves of food, entertainment, and other physical pleasures in order to focus on God. Here are some tips for resisting the flesh during a fast:

• Pray for strength and guidance. Ask God to help you resist the desires of the flesh and focus on Him.

• Spend time in the Word. Read the Bible and meditate on its truths.

• Spend time in prayer. Talk to God about your struggles and ask for His help.

• Find an accountability partner. Find someone who can encourage and support you in your fast.

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Salvation Prayers : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information https://www.xgospel.net/harvest_form/form/?page=0&salvation=true

Search for any text or verse in the bible

Example: Joy, Love, 1 John 1:3

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â?¢ Rededicate yourself to God. Take time to renew your commitment to God and His will for your life.

Rededication Prayers : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information https://www.xgospel.net/harvest_form/form/?page=0&rededication=true&wise=0

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Quiz

1. What is resistance from the flesh?

- A. Denying our physical desires in order to focus on spiritual matters
- B. Eating the food of the Babylonians
- C. Tempting the devil

D. Praying for strength

2. What are the benefits of resistance from the flesh?

- A. Spiritual growth and renewal
- B. Self-control and discipline
- C. More time for prayer
- D. All of the above

3. What is an example of resistance from the flesh in the Old Testament?

- A. Jesus resisting the devil in the wilderness
- B. Daniel refusing to eat the food of the Babylonians
- C. Praying for strength
- D. Rededicating yourself to God

4. What is a tip for resisting the flesh during a fast?

- A. Spend time in the Word
- B. Spend time in prayer
- C. Find an accountability partner
- D. All of the above

5. What should you do to rededicate yourself to God?

- A. Pray for strength
- B. Spend time in the Word
- C. Spend time in prayer
- D. All of the above

Answers: A, D, B, D, D

Discussion Questions

1. What are some of the challenges you have faced when trying to resist the desires of the flesh?

2. How has resisting the desires of the flesh helped you to grow spiritually?

3. What are some practical tips for resisting the flesh during a fast?

4. How can we use the Bible to help us in our efforts to resist the flesh?

5. What are some of the benefits of resisting the desires of the flesh?

FAQs

Q: What is resistance from the flesh?

A: Resistance from the flesh is the act of denying our physical desires in order to focus on spiritual matters. It is a way of saying “no” to our own wants and needs in order to focus on God and His will for our lives.

Q: What are the benefits of resistance from the flesh?

A: The benefits of resistance from the flesh include spiritual growth and renewal, self-control and discipline, and more time for prayer and Bible study.

Q: How can we use the Bible to help us in our efforts to resist the flesh?

A: The Bible is full of examples of people who resisted the desires of the flesh in order to focus on God. We can use these examples to help us in our own efforts to resist the flesh. Additionally, we can use the Bible to help us in our prayers and to meditate on its truths.

Q: What are some tips for resisting the flesh during a fast?

A: Some tips for resisting the flesh during a fast include praying for strength and guidance, spending time in the Word, spending time in prayer, finding an accountability partner, and rededicating yourself to God.

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