

A Prayer For Victory Over The Flesh:

In dealing with the sins of our flesh such as listed in Galatians 5:19-21, use a prayer like this each time you are tempted to let the temptation develop into sinful expression.

“Loving heavenly Father, my old sin nature is tempting me to (name symptom – i.e. be angry, jealous, lust etc.), and I know that it is wicked enough to take me deeply into such sin. I affirm that I am dead with my Lord Jesus Christ to the rule and control of this temptation from my fleshly nature. I’m asking the Holy Spirit right now to supplant and replace this temptation from my sin nature with the fruit of His control. Put into my mind, will, emotions and body Your love, joy, peace, patience, gentleness, meekness, faithfulness and self-control.

In the name of my Lord Jesus Christ and by the power of His blood, I command any unclean spirit trying to rule me (name temptation of sin nature you are experiencing – i.e. by forcing me to be angry, jealous, lustful, etc.) to cease your wicked work, and you and your whole host must leave me and go where my Lord Jesus Christ sends you. I yield my mind, will, emotions and body to the conscious, sub-conscious and unconscious level of my whole person and being only to the control of my Lord Jesus Christ by the power of His Holy Spirit.”

- Mark Bubeck