

# 5-Day Devotional: *The Time Is Near – No Provision for the Flesh*

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## Day 1 – New Life in Christ

**Verse:** *“He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.”* – Titus 3:5 (ESV)

### Reflection:

The Christian life begins not with self-improvement but with new birth. Scripture teaches that we are born physically alive but spiritually dead. When we surrender to Jesus, the Holy Spirit awakens our souls, washes us clean, and gives us new life. This “regeneration” is not about becoming more religious, but about becoming alive to God. Many of us spend years trying to fill emptiness with people, success, or pleasure. But only Jesus brings the new birth we need.

### Questions:

- Have you experienced this new birth in Christ, or are you still trying to change yourself without Him?
- Where do you see evidence of spiritual life awakening in you since following Jesus?
- What part of your story could you share with someone else to point them toward Christ?

### Prayer:

Lord Jesus, thank You for giving me new life through Your Spirit. Thank You that I am not who I once was. Help me live today as someone who has been washed, renewed, and made alive in You. Amen.

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## Day 2 – The Battle Within

**Verse:** *“For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.”* – Galatians 5:17 (ESV)

**Reflection:**

Every Christian feels this tug-of-war between the Spirit and the flesh. The flesh pulls us toward sin, pride, lust, selfishness, and bitterness. The Spirit pulls us toward holiness, humility, forgiveness, and love. The very fact that this battle exists in us is proof that the Holy Spirit is alive in us. The flesh never fights itself. But we are not powerless – we can walk by the Spirit and overcome the cravings of the flesh.

**Questions:**

- Where do you most often feel the pull of the flesh in your daily life?
- What are some practical ways you can lean on the Spirit's strength instead of your own?
- How does remembering the Spirit's presence encourage you in the struggle?

**Prayer:**

Holy Spirit, thank You for living in me and giving me the power to fight sin. Strengthen me today when I feel the pull of the flesh. Lead me to walk in Your ways and not my own. Amen.

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**Day 3 – The Black Hole of Desire**

**Verse:** *"But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."*  
– Romans 13:14 (ESV)

**Reflection:**

The flesh never says "enough." It always craves more – more attention, more lust, more indulgence. Sin escalates: one compromise leads to another until it consumes us. But nothing the flesh offers can truly satisfy. Only Jesus can fill the void in our souls. When we turn to people, possessions, or pleasure to complete us, we end up frustrated and empty. When we turn to Christ, we find rest, stability, and joy.

**Questions:**

- What are you currently tempted to seek "just one more" of, hoping it will satisfy you?
- How have you experienced disappointment when you tried to fill your soul with something other than Christ?
- What practices help you turn to Jesus instead of chasing empty cravings?

**Prayer:**

Jesus, I confess that I often chase things that will never satisfy. Forgive me for feeding the flesh. Help me to put on You — Your joy, Your peace, and Your sufficiency. Fill the places in me that nothing else can. Amen.

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**Day 4 – Cutting Off Provision**

**Verse:** *"But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."*  
– Romans 13:14 (ESV)

**Reflection:**

Sin thrives on planning. Nobody "accidentally" falls into sin — it begins with small compromises, excuses, and secret preparation. Just as people plan for retirement through small deposits, sin grows the same way: little investments over time that lead to destruction. The way forward is to cut off provision for the flesh. Delete the app. End the unhealthy relationship. Refuse the excuse. Don't plan for failure — plan for holiness.

**Questions:**

- What "small compromises" are you excusing right now that could grow into something dangerous?
- Where do you need to cut off provision for sin in your life?
- How can you replace that provision with provision for walking in the Spirit?

**Prayer:**

Father, reveal the ways I have been making provision for the flesh. Give me courage to cut off compromise and wisdom to walk in the Spirit. Help me to be vigilant, knowing the enemy seeks to destroy, but You call me to life. Amen.

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**Day 5 – Christ, Our Covering**

**Verse:** *"But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."*  
– Romans 13:14 (ESV)

**Reflection:**

The call to "put on Christ" is not about self-effort but about covering ourselves in His life. Jesus faced every temptation we face but never sinned. On the cross, He was stripped so that we

could be clothed in Him. Our hope is not in resisting the flesh perfectly but in relying on Christ completely. When we put on His love, His peace, and His righteousness, we find strength to live differently in a world of indulgence.

**Questions:**

- What does it practically look like for you to “put on Christ” in your daily routine?
- Where do you need to stop relying on your strength and start relying on His provision?
- How can you remind yourself each day that you are clothed in Christ?

**Prayer:**

Lord Jesus, thank You that You were stripped bare so that I could be clothed in You. I put on Your righteousness, Your joy, and Your strength today. May others see You in me as I walk in the light. Amen.