

Day 4 – You Are Spirit, Not Flesh

Scripture: John 3:6

“That which is born of the Spirit is spirit.”

Meditation

You're not defined by your physical appearance or feelings. The real you is a spirit, filled with the Holy Spirit.

Reflection

Feed your spirit daily with the Word. That's your true self — eternal, strong, and connected to God.

Confession

I am spirit. I live from within, not by what I feel or see. My spirit rules my mind and body in Christ Jesus.