

1. Crucify flesh: daily repent sins

Those who belong to Christ (crucified their flesh) - In flesh & blood - u cant overcome enemy,for without Me you can do nothing" (Jn 15:5) loose ur soul or against my will, sin(The wages of sin is death) seperates God, carnal mind(enemy against God), **Die to self** - Denying ungodliness.Don't be selfish; don't try to impress (no self promoting) others, Be humble (treat others as greater than u)

2. Meditate: continually ready to rapture

I hate vain thoughts, Ur Law always on my lips, my delight, my strength, my portion, my love, meditation of my heart be pleasing in ur sight I have hidden, immersed or burried in my heart that i might not sin against thee Meditate on it day and night, be careful to do everything written in it (obey= Loving God)
A man's heart (who u r) reflects the man"

(ur dead -dont look situations in flesh dont respond dont pay attention, dont hold ur carnal thoughts as they become idol worship Be humble(Repent) unto death like jesus becomes one spirit with him united u in me (my words) & I in u (Abide) perfect peace for whose mind is stayed on you ,Let not steadfast love & faithfulness: unity,dwell- (even to the point of death, faith in me alone not in carnal one's) forsake you; bind them around your neck; write them on the tablet of your heart (**pro 3:3**)

3. Worship: (obeying his will in ur heart and doing) The true worshipers will worship the Father in spirit and truth(full submission) for the Father is seeking such (**jn 4:23-24**)

whatever you do or say(In word or deed), do it as a representative of the Lord Jesus, giving thanks through him to God the Father (**col 3:4**)

We sing when indwelt with the Word of Christ (col 3:16)

Psalm 34: "I will bless the LORD at all times: his praise shall continually be in my mouth" be filled with thy praise & honor all the day" Becoz thy loving kindness is better than life my lips shall praise thee thus will I bless thee while I live" ,put God first above all everything Guard ur heart replace with word of God & In every situation & at all times pray without ceasing'(stand firm) in the spirit (1 Thess 5:17) and without giving up (Luke 18:1) & when you pray, you must believe and not doubt at all

4. Speak: (No idle talk)

Let no corrupt communication proceed out of your mouth(Ep 4:29)Let the words of my mouth be acceptable(pleasing) in your sight We are to speak truth in love (Ep 4:15) Jesus remained silent when He was wrongly accused (forgiving dont hold)

5. Anger:

Do not let the sun go down while you are still angry,(submit to God) and do not give the devil a foothold over u(Ep 4:27)

Do everything without complaining (lack of trust in God) (even in ur sufferings accept his will be done) & **no arguing or murmuring**,(Against God) no one criticize u in this, Instead Keep on "giving thanks in all things" (**1 Thes 5:18**)

