

**2 CONSTANT Questions**  
(50 options)

1. What makes me most
2. For what am I most



**Spiritual**

1. Q - Forward
2. Q - Backward
3. Q - New verses
4. Intercession in Spirit
5. Worship
6. Studying
7. Word out loud
8. Armor / Structures
9. Teaching Cds
10. Travailing

**Physical**

1. Stretching (7)
  2. Walking (8)
  3. Kneeling / Prostrate (9)
  4. Elliptical (5)
  5. Weights (5)
  6. Core (5)
  7. Driving (7)
  8. House (7)
- # Options → **53**

REVIEW

1. The MIND is the **DECISION** maker of **Spirit vs flesh**. →  
(Your body fights against you) Rom. 12:1-2, 8:5-6, I Cor. 9:27, Lk.6:45. II Cor. 4:13
2. The most ALERT mind  
→ has 1 primary focus & 1-2 secondary focuses.  
(NOT Multi-tasking --. It is Mental Synergy or Environmental Flow)  
→ Is constantly Assessing and Evaluating (Structure / Dialogue)



**CONFLICTS** → *Belt of Truth* Humility & Honesty / No distractions

**EMOTIONS** → *Breastplate of Righteousness*

- ⇒ A FULL emotional cup of God's Acceptance, Approval, Delight & Pleasure in me. Peaceful, Quiet, Confidence
- ⇒ Freedom from trying to impress or earn people's approval
- ⇒ Boundaries! Not criticizing or being criticized – Authority to Bless

**SCHEDULE** → *Shoes of Readiness of the Gospel of Peace*

- ⇒ Prepared AND Peaceful about each activity today?
- ⇒ One step forward with each one on my prayer list

**FAVOR** → *Shield of Faith*

- ⇒ Specific areas to release God's Favor?
- ⇒ Names of God

**THOUGHT LIFE** → *Helmet of Salvation*

- ⇒ Am I clear headed, wise & seeing from Heaven's perspective?
- ⇒ Quoting the Word

**PERSONAL PROPHECY** → *Sword of the Spirit*

- ⇒ The Lord would say to you this day my son / daughter...

**ALL DAY PRAYER** → *Praying Always in the Spirit*

- ⇒ Inviting a "Travailing" intercession anointing
- ⇒ Spirit of prayer all day / Fill me Holv Spirit (Fruits / Gifts)