

Building My Spiritual Immune System

1. Pondering daily the promises of the Gospel which includes:
 - The full forgiveness of all my sin
 - The perfect righteousness of Christ applied to my life which makes me fully acceptable to God in spite of the reality that I continue to sin.
 - The gift of the Holy Spirit who comforts me, convicts me, guides me, strengthens me and transforms me into the image of Christ.
 - The incredible riches of my eternal reward.
2. Remembering daily that I am completely dependent on God and that apart from His mercy and grace I am totally helpless and hopeless and can do nothing apart from His sustaining power. This builds humility into my life and helps me to fight against pride.
3. Ridding myself daily of any thoughts of entitlements, remembering that the only thing I really deserve is God's wrath and judgment.
4. Practicing daily the discipline of contentment.
 - *Never allow myself to complain about anything - even the weather.*
 - *Never picture myself in any other circumstances or someplace else.*
 - *Never compare my lot with another's.*
 - *Never allow myself to wish this or that had been otherwise.*
 - *Never dwell on tomorrow - remember it is God's, not ours*
5. Thanking God daily for my afflictions as well as my good gifts, remembering that He works all things together for my good.
6. Remembering daily that in spite of what heartaches the future may hold, God's grace will be sufficient in those moments that I need it the most, enabling me to live today by faith in God's future grace.
7. Remembering often that my days on earth are numbered and the only things that really matter are those things done in the name of, and to the glory of, Christ.