

**BREAKING THROUGH THE FOG PART TWO**  
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**How to Break Through the Fog:**

1. Engage in **PHYSICAL** activity.
  - I Corinthians 6:19-20 [NLT]
  - Isaiah 60:1 [MSG]
2. Build your **SPIRIT MAN** up.
  - Proverbs 18:14 [AMP]
  - Acts 20:32 [NKJV]
  - Jude 1:20 [NIV]
3. **SEEK** things that are above.
  - Colossians 3:1-3 [NLT]
4. **SERVE** others.
  - Philippians 2:4 [NLT]
  - Job 42:10 [NLT]
5. Speak **WORDS OF LIFE** over yourself.
  - Proverbs 18:20-21 [NIV]
  - Psalm 3:3 [NIV]
  - Psalm 103:4 [NIV]
  - II Timothy 1:7 [NLT]
  - Philippians 1:6 [NLT]
  - John 1:12-13 [NLT]
  - Philippians 4:13 [NKJV, ESV, MSG]
  - Colossians 1:11 [NIV]
  - Psalm 23:1 [NIV]
  - Genesis 24:40
  - Ephesians 1:6 [NKJV]
  - Psalm 5:12 [NIV]
  - Nehemiah 8:10 [NLT]

