

You have ascended on high, You have led captivity captive
in the ^{and overcome}
and delivered Psalm 68:18

By the grace of God I will take the following captivity captive.

- * My feelings - n - emotions
- * My remaining time in prison
- * My natural attraction 2 women
- * My attitude
- * My work ethic
- * This cold environment
- * my diet
- * worry bout goin home, wifey, finan
- * Sleep deprivation(s)

Kiss the only begotten Son of God
Psalm 2:12

Today I can kiss (be intimate with) Jesus by...

- * by prayer
- * by obedience
- * by listening 4 God's voice
- * by being thankful 4 His grace-n-mercy
- * by worshipping ~~at~~ Christ
- * by striving 2 walk in ^{the}
- * by ^{the} serv men-n-women (me included)
- * living out His will 4 my life
- * choose n 2 walk by faith
- * writing, studyin
- * invitng Him 2 dinner; n- 2 help me cook
- * askin 4 His guidance
- * confessin "If us will b alone"