

## Forsake The Flesh

## Mortification

Forsake the flesh  
Time to deny the covet  
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Eating the mind  
World full of lust  
Where you abide, desire much  
Excise the covet  
Learning to control the flesh  
Wanting to revive  
Health within your spirit  
Kill your desire  
Kneeling in obedience  
Block the sinful side  
Covet not your neighbour's wife  
Covet not his house  
Count your many blessings  
Stop and view the stars  
Hear the birds whistle  
Satisfied with life  
Fight the need for greed  
Content with self  
Balance of faculties  
Harmonise your soul  
Deny the need for more  
Thank God daily