

Preface

1Corinthians 6:19-20 19Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20you were bought at a price. Therefore honor God with your body.

I Corinthians 6:13 “Food for the stomach and the stomach for food: --but god will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

Matthew 6:25-27 25Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26Look at the birds of the air; they do not sow or reap or store away n bans, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Who of you by worrying can add a single hour to his life?

Romans 12:1 Therefore, I urge you brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Jeremiah 6:16 This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”

I John 1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Leviticus 26:12 I will walk among you and be your God, and you will be my people.

Why

Isaiah 40:31 ...but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

I Corinthians 6:19-20 **19**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20**you were bought at a price. Therefore honor God with your body.

Ecclesiastes 3:1-14 **1**There is a time for everything, and a season for every activity under heaven: **2a** time to be born and a time to die, a time to plant and a time to uproot, **3a** time to kill and a time to heal, a time to tear down and a time to build, **4a** time to weep and a time to laugh, a time to mourn and a time to dance, **5a** time to scatter stones and a time to gather them, a time to embrace and a time to refrain, **6a** time to search and a time to give up, a time to keep and a time to throw away, **7a** time to tear and a time to mend, a time to be silent and a time to speak, **8a** time to love and a time to hate, a time for war and a time for peace. **9**What does the worker gain from his toil? **10**I have seen the burden God has laid on men. **11**He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. **12**I know that there is nothing better for men than to be happy and do good while they live. **13**That everyone may eat and drink, and find satisfaction in all his toil --this is the gift of God. **14**I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.

I Corinthians 9:25 Everyone who competes in the games goes into strict training. They do it to get a crown that will last forever.

I Timothy 4:8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Hebrews 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

James 2:17 In the same way, faith by itself, if it is not accompanied by action, is dead.

I Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Revelations 3:16 “So, because you are luke-warm—neither hot nor cold—I am about to spit you out of my mouth.”

Priorities

I Kings 3:3 Solomon showed his love for the Lord by walking according to the statutes of his father David, except that he offered sacrifices and burned incense on the high places.

Deuteronomy 10:12-13 **12**And now, O Israel, what does the Lord your God ask of you but to fear the Lord your God, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul, **13**and to observe the Lord’s commands and decrees that I am giving you today for your own good?

I Kings 22:5 But Jehoshaphat also said to the king of Israel, “First seek the counsel of the Lord.”

Romans 12:1 Therefore, I urge you brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

James 2:8 If you really keep the royal law found in Scripture, “Love your neighbor as yourself,” you are doing right.

II John 6 and this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love.

Ready

Mark 2:12 He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, 'We have never seen anything like this'!

Ecclesiastes 3:1 There is a time for everything, and a season for every activity under heaven:

Ecclesiastes 8:5 Whoever obeys his command will come to no harm, and the wise heart will know the proper time and procedure.

Isaiah 45:22 Turn to me and be saved, all you ends of the earth; for I am God, and there is no other.

Matthew 16:24-25 **24**Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself and take up his cross and follow me. **25**For whoever wants to save his life will lose it, but whoever loses his life for me will find it.'

I Corinthians 7:29 What I mean brothers, is that the time is short. From now on those who have wives should live as if they had none;

Planning

Proverbs 13:20 He who walks with the wise grows wise, but a companion of fools suffers harm.

Proverbs 14:15 A simple man believes anything, but a prudent man gives thought to his steps.

Isaiah 14:24 The Lord Almighty has sworn, 'Surely, as I have planned, so it will be, and as I have purposed, so it will stand.'

Psalms 33:11 But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

Hebrews 11:40 God had planned something better for us so that only together with us would they be made perfect.

Proverbs 14:1 The wise woman builds her house, but with her own hands the foolish one tears hers down.

Proverbs 27:12 The prudent see danger and take refuge, but the simple keep going and suffer for it.

Matthew 13:23 But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown.

Luke 14:28-30 **28**“Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? **29**For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, **30**saying, ‘This fellow began to build and was not able to finish.’”

I Corinthians 3:10-15 **10**By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. **11**For no one can lay any foundation other than the one already laid, which is Jesus Christ. **12**If any man build on this foundation using gold, silver, costly stones, wood, hay or straw, **13**his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man’s work. **14**If what he has built survives, he will receive his reward. **15**It is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames.

II Corinthians 1:17 When I planned this, did I do it lightly? Or do I make my plans in a worldly manner so that in the same breath I say, “Yes, yes” and “No, no”?

Commitment

Deuteronomy 11:22-23 **22**If you carefully observe all these commands I am giving you to follow—to love the Lord your God, to walk in all his ways and to hold fast to him—**23**then the Lord will drive

out all these nations before you, and you will dispossess nations larger and stronger than you.

Matthew 5:37 Simply let your `Yes' be `Yes,' and your `No,' `No'; anything beyond this comes from the evil one.

Numbers 30:2 **2**When a man makes a vow to the LORD or takes an oath to obligate himself by a pledge, he must not break his word but must do everything he said.

Numbers 30:2 When a man makes a vow to the Lord or takes an oath to obligate himself by a pledge, he must not break his word but must do everything he said.

I Kings 8:61 But your hearts must be fully committed to the Lord our God, to live by his decrees and obey his commands, as at this time.

Psalms 37:5-6 **5**Commit your way to the Lord; trust in him and he will do this: **6**He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

Proverbs 16:3 Commit to the Lord whatever you do, and your plans will succeed.

Galatians 6:4 Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.

James 2:17 In the same way, faith by itself, if it is not accompanied by action, is dead.

I Peter 4:19 So they, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.

Steadfast

II Chronicles 27:6 Jotham grew powerful because he walked steadfastly before the Lord his God.

Luke 14:28-30 **28**“Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? **29**For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, **30**saying, ‘This fellow began to build and was not able to finish.’”

I Peter 5:10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

II Chronicles 16:9 For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. You have done a foolish thing, and from now on you will be at war.

II Chronicles 15:6-7 **6**One nation was being crushed by another and one city by another, because God was troubling them with every kind of distress. **7**But as for you, be strong and do not give up, for your work will be rewarded.

Psalms 51:10 Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalms 111:7-8 **7**The works of his hands are faithful and just; all his precepts are trustworthy. **8**They are steadfast for ever and ever, done in faithfulness and uprightness.

Isaiah 26:3-4 **3**You will keep in perfect peace him whose mind is steadfast, because he trusts in you. **4**Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.

Isaiah 35:4 ...say to those with fearful hearts, ‘Be strong, do not fear; your God will come, he will come with vengeance; and divine retribution he will come to save you.’

I Corinthians 1:8 He will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ.

I Corinthians 16:13 Be on your guard; stand firm in the faith; be men of courage; be strong.

I John 2:14 I write to you, fathers, because you have known him who is from the beginning. I write to you, young men because you are strong, and the word of God lives in you, and you have overcome the evil one.

Excuses

Proverbs 9:6 Leave your simple ways and you will live; walk in the way of understanding.

John 15:22 If I had not come and spoken to them, they would not be guilty of sin. Now, however, they have no excuse for their sin.

Matthew 18:22 Jesus answered, 'I tell you, not seven times, but seventy-seven times.

Lamentations 3:40 Let us examine our ways and test them, and let us return to the Lord.

Joel 2:12 "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Jeremiah 24:7 I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.

Luke 6:7 The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath.

Luke 14:18 But they all alike began to make excuses. The first said, 'I have just bought a field, and I must go and see it. Please excuse me.'

Romans 1:20 For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly

seen, being understood from what has been made, so that men are without excuse.

Romans 2:1 You therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things.

God's View

Joshua 22:5 “But be very careful to keep the commandment and the law that Moses the servant of the Lord gave you: to love the Lord your God, to walk in all his ways, to obey his commands, to hold fast to him and to serve him with all your heart and all your soul.”

Psalms 51:11 Do not cast me from your presence or take your Holy Spirit from me.

Luke 11:13 “If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

John 14:26 “But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Romans 5:5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

I Corinthians 6:19-20 **19**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20**you were bought at a price. Therefore honor God with your body.

Goals

I John 1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Philippians 3:14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Matthew 6:26 What good will it be for a man if he gains the whole world, yet forfeits his soul. Or what can a man give in exchange for his soul?

Psalms 102:25 In the beginning you laid the foundations of the earth and the heavens are the work of your hands.

II Corinthians 5:9 So we make it our goal to please him, whether we are at home in the body or away from it.

I Thessalonians 4:7 For God did not call us to be impure, but to live a holy life.

I Timothy 1:5 The goal of this command is love which comes from a pure heart and a good conscience and a sincere faith.

I Peter 1:8-9 8Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, 9for you are receiving the goal of your faith, the salvation of your souls.

Prescription

I John 1:6 If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.

Psalm 18:28 You, O Lord, keep my lamp burning; my God turns my darkness into light.

Proverbs 15:22 Plans fail for lack of counsel, but with many advisers they succeed.

Proverbs 20:18 Make plans by seeking advice; if you wage war, obtain guidance.

Isaiah 14:24 The Lord Almighty has sworn, “Surely, as I have planned, so it will be, and as I have purposed, so it will stand.”

Isaiah 32:8 But the noble man makes noble plans, and by noble deeds he stands.

Matthew 19:16 Now a man came up to Jesus and asked, “Teacher, what good thing must I do to get eternal life?”

Luke 10:25 On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked “what must I do to inherit eternal life?”

John 6:40 For my father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.

II Corinthians 1:17 When I planned this, did I do it lightly? Or do I make my plans in a worldly manner so that in the same breath I say, “Yes, yet” and “No, no”?

Titus 3:7 ...so that, having been justified by his grace, we might become heirs having the hope of eternal life.

Contract

Psalm 15:1-2 “Lord, who may dwell in your sanctuary? Who may live on your holy hill? He whose walk is blameless and who does what is righteous, who speaks the truth from his heart...”

Matthew 5:33 Again, you have heard that it was said to the people long ago, 'Do not break your oath, but keep the oaths you have made to the Lord.'

Numbers 30:2 When a man makes a vow to the Lord or takes an oath to obligate himself by a pledge, he must not break his word but must do everything he said.

Psalms 15:3-5 **3**...and has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman, **4**who despises a vile man but honors those who fear the Lord, who keeps his oath even when it hurts, **5**who lends his money without usury and does not accept a bribe against the innocent. He who does these things will not be shaken.

Psalms 116:14 I will fulfill my vows to the Lord in the presence of all his people.

Proverbs 6:21 Bind them upon your heart forever; fasten them around your neck.

Jeremiah 31:33 "This is the covenant I will make with the house of Israel after that time," declares the Lord. "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people.

Matthew 16:19 I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

II Corinthians 3:3 You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

Hebrews 8:10 This is the covenant I will make with the house of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.

Motivation

Isaiah 30:21 “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.”

Psalms 19:12 Who can discern his errors? Forgive my hidden faults.

Proverbs 16:2 All a man’s ways seem innocent to him, but motives are weighed by the Lord.

Acts 2:37 When the people heard this, they were cut to the heart and said to Peter and the other apostles, “Brothers, what shall we do?”

I Corinthians 4:5 Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men’s hearts. At that time each will receive his praise from God.

I John 3:18-20 **18**Dear children, let us not love with words or tongue but with actions and in truth. **19**This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence **20**whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.