

Where-When-How

II John 4 “It has given me great joy to find some of your children walking in the truth, just as the Father commanded us.”

Psalms 62:8 Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

Psalms 100:2 Worship the Lord with gladness; come before him with joyful songs.

Luke 10:27 He answered: “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’, and, ‘Love your neighbor as yourself.’”

John 4:24 “God is spirit, and his worshipers must worship in spirit and in truth.”

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

EBZ

Proverbs 14:2 “He whose walk is upright fears the Lord, but he whose ways are devious despises him.”

Numbers 8:11 Aaron is to present the Levites before the Lord as a wave offering, from the Israelites, so that they may be ready to do the work of the Lord.

Jeremiah 48:10 “A curse on him who is lax in doing the Lord’s work! A curse on him who keeps his sword from bloodshed!”

Matthew 9:37 Then he said to his disciples, “The harvest is plentiful but the workers are few.”

Matthew 25:14-30 **14**“Again, it will be like a man going on a journey, who called his servants and entrusted his property to them. **15**To

one he gave five talents of money, to another two talents, and to another one talent, each according to his ability. Then he went on his journey. **16**The man who received the five talents went at once and put his money to work and gained five more. **17**So also, the one with the two talents gained two more. **18**But the man who had received the one talent went off, dug a hole in the ground and hid his master's money. **19**"After a long time the master of those servants returned and settled accounts with them. **20**The man who had received the five talents brought the other five. 'Master,' he said, 'you entrusted me with five talents. See, I have gained five more.' **21**"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!' **22**"The man with the two talents also came, 'Master,' he said, 'you entrusted me with two talents; see, I have gained two more.' **23**"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!' **24**"Then the man who had received the one talent came. 'Master,' he said, 'I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. **25**So I was afraid and went out and hid your talent in the ground. See, here is what belongs to you.' **26**"His master replied, 'You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? **27**Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest. **28**"Take the talent from him and give it to the one who has the ten talents. **29**For everyone who has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him. **30**And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.'

John 9: 4-5 **4**As long as it is day, we must do the work of him who sent me. Night is coming when no one can work. **5**While I am in the world, I am the light of the world.

Colossians 3:23-24 **23**Whatever you do, work at it with all your heart, as working for the Lord, not for men, **24**since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Warming-up

Deuteronomy 5:33 “Walk in all the way that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.”

Revelation 3:16 So, because you are lukewarm- neither hot nor cold- I am about to spit you out of my mouth.

Romans 12:11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

Proverbs 18:24 It is not good to have zeal with out knowledge, nor to be hasty and miss the way.

Ezekiel 38:7 “Get ready; be prepared, you and all the hordes gathered about you, and take command of them.

Romans 15:4 For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the scriptures we might have hope.

II Corinthians 6:4 Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses.

Hebrews 4:11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

Hebrews 5:11 We have much to say about this, but it is hard to explain because you are slow to learn.

Hebrews 5:13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.

I Peter 1:13 Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

Cooling-down

Genesis 3:8 “Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.”

Proverbs 10:19 When words are many, sin is not absent, but he who holds his tongue is wise.

James 1:26 If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.

Leviticus 26:21 If you remain hostile toward me and refuse to listen to me, I will multiply your afflictions seven times over, as your sins deserve.

Psalms 34:12-13 **12**Whoever of you loves life and desires to see many good days, **13**keep your tongue from evil and your lips from speaking lies.

Proverbs 12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.

Proverbs 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Proverbs 25:13 Like the coolness of snow at harvest time is a trustworthy messenger to those who send him; he refreshes the spirit of his masters.

Proverbs 25:28 Like a city whose walls are broken down is a man who lacks self-control.

Romans 8:7 the sinful mind is hostile to God. It does not submit to God's law, nor can it do so.

I Thessalonians 5:8 But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.

James 1:26 If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.

Ten Minutes

Psalms 48:12-13 **12**“Walk about Zion, go around her, count her towers, **13**consider well her ramparts view her citadels, that you may tell of them to the next generation.”

John 19:30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Psalms 37:18 The days of the blameless are known to the Lord, and their inheritance will endure forever.

Proverbs 10:25 When the storm has swept by, the wicked are gone, but the righteous stand firm forever.

Proverbs 10:27 The fear of the Lord adds length to life, but the years of the wicked are cut short.

Ecclesiastes 9:11-12 **11**I have seen something else under the sun: The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance happen to them all. **12**Moreover, no man knows when his hour will come: As fish are caught in a cruel net, or birds are

taken in a snare, so men are trapped by evil times that fall unexpectedly upon them.

II Timothy 2:12 If we endure, we will also reign with him. If we disown him, he will also disown us.

II Timothy 4:7 I have fought the good fight, I have finished the race, I have kept the faith.

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

Once a Week

John 11:9 “Jesus answered, ‘Are there not twelve hours of daylight? A man who walks by day will not stumble, for he sees by this world’s light. It is when he walks by night that he stumbles, for he has no light.’”

Proverbs 8:34 Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway.

Jeremiah 32:40 I will make an everlasting covenant with them: I will never stop doing good to them, and I will never turn away from me.

Ezekiel 16:60 Yet I will remember the covenant I made with you in the days of your youth, and I will establish an everlasting covenant with you.

Luke 9:23 Then he said to them all: “If anyone would come after me, he must deny himself and take up his cross daily and follow me.”

Hebrews 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness.

Hebrews 9:26-28 **26**Then Christ would have had to suffer many times since the creation of the world. But now he has appeared once for all at the end of the ages to do away with sin by the sacrifice of himself. **27**Just as man is destined to die once, and after that to face judgment, **28**so Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him.

Flexibility

Isaiah 2:3 “Many people will come and say, ‘Come, let us go up to the mountain of the Lord, to the house of the God of Jacob. He will teach us his ways, so that we may walk in his paths.’”

Psalms 2:3 "Let us break their chains," they say, "and throw off their fetters."

Psalms 119:34 Give me understanding, and I will keep your law and obey it with all my heart.

Proverbs 23:23 Buy the truth and do not sell it; get wisdom, discipline and understanding.

Jeremiah 14:21 For the sake of your name do not despise us; do not dishonor your glorious throne. Remember your covenant with us and do not break it.

Zechariah 8:16 These are the things you are to do: Speak the truth to each other, and render true and sound judgment in your courts.

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.’

Matthew 15:2-3 “Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat! Jesus replied, “And why do you break the command of God for the sake of your tradition?”

Matthew 23:15 “Woe to you, teachers of the law and Pharisees, you hypocrites! You travel over land and sea to win a single convert, and when he becomes one, you make him twice as much a son of hell as you are.”

Romans 1:25 They exchanged the truth of God for a lie, and worshiped and served created things rather than the Creator-who is forever praised. Amen.

Relaxation

Genesis 17:1 “When Abram was ninety-nine years old, the Lord appeared to him and said, ‘ am God Almighty; walk before me and be blameless.’”

Genesis 2:2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest.

Exodus 16:30 So the people rested on the seventh day.

Deuteronomy 25:19 When the Lord your God gives you rest from all the enemies around you in the land he is giving you to possess as an inheritance, you shall blot out the memory of Amalek from under heaven. Do not forget!

Psalms 62:1 My soul finds rest in God alone; my salvation comes from him.

Psalms 116:7 Be at rest once more, O my soul, for the Lord has been good to you.

Isaiah 57:2 Those who walk uprightly enter into peace; they find rest as they lie in death.

Matthew 11:29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Hebrews 3:18 And to whom did God swear that they would never enter his rest if not to those who disobeyed?

Hebrews 4:1-11 **1**Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. **2**For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. **3**Now we who have believed enter that rest, just as God has said, “So I declared on oath in my anger, ‘They shall never enter my rest.’” And yet his work has been finished since the creation of the world. **4**For somewhere he has spoken about the seventh day in these words: “And on the seventh day God rested from all his work.” **5**And again in the passage above he says, “They shall never enter my rest.” **6**It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. **7**Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: “Today, if you hear his voice, do not harden your hearts.” **8**For if Joshua had given them rest, God would not have spoken later about another day. **9**There remains, then, a Sabbath-rest for the people of God; **10**for anyone who enters God’s rest also rests from his own work, just as God did from his. **11**Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

Levels

Deuteronomy 11:19 “Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Ecclesiastes 2:19 And who knows whether he will be a wise man or a fool? Yet he will have control over all the work into which I have poured my effort and skill under the sun. This too is meaningless.

Isaiah 2:8 Their land is full of idols; they bow down to the work of their hands, to what their fingers have made.

John 5:17 Jesus said to them, “My Father is always at his work to this very day, and I, too, am working.”

John 6:27 “Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval.”

I Corinthians 4:12 We work hard with our own hands. When we are cursed, we bless; when we are persecuted, we endure it.

II Corinthians 8:11 Now finish the work, so that your eager willingness to do it may be matched by your completion of it, according to you means.

Galatians 1:13 For you have heard of my previous way of life in Judaism, how intensely I persecuted the church of God and tried to destroy it.

Colossians 3:23 Whatever you do, work at it with all your heart, as working for the Lord, not for men.

I Thessalonians 4:11 Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you.

James 1:4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Slow

John 11:9-10 **9**Jesus answered, “Are there not twelve hours of daylight? A man who walks by day will not stumble, for he sees by this world’s light. **10**It is when he walks by night that he stumbles, for he has no light.”

James 1:19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

II Peter 3:9 Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

Hebrews 5:11 We have much to say about this, but it is hard to explain because you are slow to learn.

Exodus 34:6 And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.”

Deuteronomy 23:21 If you make a vow to the Lord your God, do not be slow to pay it, for the Lord your God will certainly demand it of you and you will be guilty of sin.

Proverbs 22:3 Rich and poor have this in common: The Lord is the Maker of them all.

John 12:35 Then Jesus told them, “You are going to have the light just a little while longer. Walk while you have the light, before darkness overtakes you. The man who walks in the dark does not know where he is going.”

II Peter 3:9 The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Medium

Psalm 89:15 “Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord.”

Deuteronomy 31:13 Their children, who do not know this law, must hear it and learn to fear the Lord your God as long as you live in the land you are crossing the Jordan to possess.

Matthew 9:13 “But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

I Timothy 4:15 Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.

Titus 3:14 Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives.

II Peter 3:14 So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him.

Fast

Genesis 13:17 “Go, walk through the length and breadth of the land, for I am giving it to you.”

Hebrews 5:12-14 **12**In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! **13**Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. **14**But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Matthew 25:25-30 **25**So I was afraid and went out and hid your talent in the ground. See, here is what belongs to you.’ **26**“His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? **27**Well then, you should have put my money on deposit with the

bankers, so that when I returned I would have received it back with interest. **28**"Take the talent from him and give it to the one who has the ten talents. **29**For everyone who has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him. **30**And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.'

Exodus 4:10-12 **10**Moses said to the LORD, "O Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." **11**The LORD said to him, "Who gave man his mouth? Who makes him deaf or mute? Who gives him sight or makes him blind? Is it not I, the LORD? **12**Now go; I will help you speak and will teach you what to say."

Proverbs 3:1-2 **1**My son, do not forget my teaching, but keep my commands in your heart, **2**for they will prolong your life many years and bring you prosperity.

Luke 8:14 The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

I Corinthians 2:1-5 When I came to you, brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God. For I resolved to know nothing while I was with you except Jesus Christ and him crucified. I came to you in weakness and fear, and with much trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on men's wisdom, but on God's power.

Hebrews 13:16 And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Ephesians 5:15-16 Be very careful, then, how you live-not as unwise but as wise, making the most of every opportunity, because the day are evil.

Philippians 2:3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

Hebrews 6:1 Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God.

Ephesians 5:1 Be imitators of God, therefore, as dearly loved children

James 1:2-4 **2**Consider it pure joy, my brothers, whenever you face trials of many kinds, **3**because you know that the testing of your faith develops perseverance. **4**Perseverance must finish its work so that you may be mature and complete, not lacking anything.

I John 4:7-8 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

Proverbs 16:20 Whoever gives heed to instruction prospers, and blessed is he who trusts in the LORD.

Numbers 18:29 You must present as the Lord's portion the best and holiest part of everything given to you.

Luke 9:62 Jesus replied, "No one who puts his hand to the plow and looks back is fit for service in the kingdom of God."

Luke 12:35 Be dressed ready for service and keep your lamps burning

Philippians 3:14-15 All of us who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you.

II Timothy 2:15 Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

Revelation 2:19 I know your deeds, your love and faith, and perseverance, and that you are now doing more than you did at first.

Risks

Matthew 14:29-30 **29**“Come, he said. The Peter got down out of the boat, walked on the water and came toward Jesus. **30**But when he saw the wind, he was afraid and, beginning to sink, cried out, ‘Lord, save me!’”

Proverbs 19:20 Listen to advice and accept instruction, and in the end you will be wise.

Hosea 10:12-13 **12**Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is the time to seek the Lord, until he comes and showers righteousness on you. **13**But you have planted wickedness, you have reaped evil, you have eaten the fruit of deception. Because you have depended on your own strength and on your many warriors.

Matthew 15:14 Leave them; they are blind guides. If a blind man leads a blind man, both will fall into a pit.

John 13:20 I tell you the truth, whoever accepts anyone I send accepts me; and whoever accepts me accepts the one who sent me.

I Corinthians 15:56-57 **56**The sting of death is sin, and the power of sin is the law. **57**But thanks be to God! He gives us the victory through our Lord Jesus Christ.

Injuries

Psalm 138:7 “Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.”

Genesis 3:16-19 **16**To the woman he said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you." **17**To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, `You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. **18**It will produce thorns and thistles for you, and you will eat the plants of the field. **19**By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Psalm 55:22 “Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.”

Matthew 21:43-44 **43**“Therefore I tell you that the kingdom of God will be taken away from you and will be given to a people who will produce its fruit. **44**He who falls on this stone will be broken to pieces, but he on whom it falls will be crushed.”

Luke 16:23 “In hell, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side.”

Romans 11:20-21 **20**“Granted. But they were broken off because of unbelief, and you stand by faith. Do not be arrogant, but be afraid. **21**For if God did not spare the natural branches, he will not spare you either.”

Revelation 2:11 “He who has an ear, let him hear what the Spirit says to the churches. He who overcomes will not be hurt at all by the second death.”

Safety

Proverbs 28:26 “He who trusts in himself is a fool, but he who walks in wisdom is kept safe.”

Proverbs 11:28 Whoever trusts in his riches will fall, but the righteous will thrive like a green leaf.

Proverbs 28:14 Blessed is the man who always fears the LORD, but he who hardens his heart falls into trouble.

Psalms 4:8 I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

Psalms 27:5 For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

Proverbs 29:25 Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.

John 17:12 While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

Titus 1:16 They claim to know God, but by their actions they deny him. They are detestable, disobedient and unfit for doing anything good.

1 John 5:18 We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.

Failure

Proverbs 10:9 “The man of integrity walks securely, but he who takes crooked paths will be found out.”

Romans 7:15 I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Romans 7:18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Leviticus 26:16 ...then I will do this to you: I will bring upon you sudden terror, wasting diseases and fever that will destroy your sight and drain away your life. You will plant seed in vain, because your enemies will eat it.

Numbers 32:23 “But if you fail to do this, you will be sinning against the Lord; and you may be sure that your sin will find you out.

Psalms 12:7 O Lord, you will keep us safe and protect us from such people forever.

Psalms 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Proverbs 1:33 But whoever listens to me will live in safety and be at ease, without fear of harm.

Proverbs 15:19 The way of the sluggard is blocked with thorns, but the path of the upright is a highway.

Proverbs 18:10 The name of the Lord is a strong tower; the righteous run to it and are safe.

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

II Corinthians 13:5 Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you-unless, of course, you fail the test?

I Thessalonians 5:3 While people are saying, “Peace and safety, destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape.”

Energy

Proverbs 4:12 “When you walk, your steps will not be hampered; when you run, you will not stumble.”

Proverbs 15:29 The Lord is far from the wicked but he hears the prayer of the righteous.

Ecclesiastes 7:8 The end of a matter is better than its beginning, and patience is better than pride.

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

II Corinthians 13:9 We are glad whenever we are weak but you are strong; and our prayer is for your perfection.

Colossians 1:11 “being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully”

Colossians 1:29 “To this end I labor, struggling with all his energy, which so powerfully works in me.”

II Timothy 4:2 “Preach the Word; be prepared in season and out of season; correct, rebuke, and encourage – with great patience and careful instruction.”

Hebrews 6:12 “We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.”

Heart

Deuteronomy 10:12 “And now, O Israel, what does the Lord your God ask of you but to fear the Lord, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul, ...”

John 14:1 "Do not let your hearts be troubled. Trust in God; trust also in me.

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.

Ephesians 3:17 "...so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love..."

Colossians 3:16 "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God."

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

James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

I Peter 1:13 "Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed."

I Peter 3:12 "For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil."

Strength

Psalms 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Ephesians 6:10 Finally, be strong in the Lord and in his mighty power.

Psalms 118:14 The LORD is my strength and my song; he has become my salvation.

Exodus 15:2 “The Lord is my strength and my song; he has become my salvation. He is my God, and I will praise him.”

Psalms 18:1 “I love you, O Lord, my strength.”

Psalms 22:19 “But you, O Lord, be not far off; O my Strength, come quickly to help me.”

Psalms 28:7 “The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.”

Psalms 31:24 “Be strong and take heart, all you who hope in the Lord.”

Habakkuk 3:19 “The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights. For the director of music. On my stringed instruments.”

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 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 16:3 “Then, when I arrive, I will give letters of introduction to the men you approve and send them with your gift in Jerusalem.”

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.”

Fitness

Psalm 115:7 "... they have hands, but cannot feel, feet, but they cannot walk; nor can they utter a sound with their throats."

Psalm 124:8 Our help is in the name of the LORD, the Maker of heaven and earth.

Psalm 18:29 "With your help I can advance against a troop; with my God I can scale a wall."

Psalm 30:2 "O Lord my God, I called to you for help and you healed me."

Psalm 118:8 "It is better to take refuge in the Lord than to trust in man."

Psalm 146:5 "Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God"

Proverbs 3:1-2 **1**"My son, do not forget my teaching, but keep my commands in you heart, **2**for they will prolong your life many years and bring you prosperity."

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

James 4:8 "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."

Isaiah 38:14-17 **14**"I cried like a swift or thrush, I moaned like a mourning dove. My eyes grew weak as I looked to the heavens. I am troubled; O Lord, come to my aid! **15**But what can I say? He has spoken to me, and he himself has done this. I will walk humbly all my years because of this anguish of my soul. **16**Lord, by such things men live; and my spirit finds life in them too. You restored me to health and let me live. **17**Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind you back."