

## A Bible verse selection [add-on to "4 steps"].

### 1. Guilt.

#### Psalm 51:17

The sacrifice you want is a broken spirit.  
A broken and repentant heart, O God,  
you will not despise.

#### Psalm 103:8-14

The LORD is merciful and gracious;  
he is slow to get angry and full of unfailing love.  
<sup>9</sup>He will not constantly accuse us,  
nor remain angry forever.  
<sup>10</sup>He has not punished us for all our sins,  
nor does he deal with us as we deserve.  
<sup>11</sup>For his unfailing love toward those who fear him  
is as great as the height of the heavens above the earth.  
<sup>12</sup>He has removed our rebellious acts  
as far away from us as the east is from the west.  
<sup>13</sup>The LORD is like a father to his children,  
tender and compassionate to those who fear him.  
<sup>14</sup>For he understands how weak we are;  
he knows we are only dust.

#### Psalm 130:1-4

*A song for the ascent to Jerusalem.*

From the depths of despair, O LORD,  
I call for your help.  
<sup>2</sup>Hear my cry, O Lord.  
Pay attention to my prayer.

<sup>3</sup>LORD, if you kept a record of our sins,  
who, O Lord, could ever survive?  
<sup>4</sup>But you offer forgiveness,  
that we might learn to fear you.

#### Isaiah 1:18

"Come now, let us argue this out," says the LORD. "No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as wool."



Like a lamb about to be slaughtered, like a sheep  
about to be sheared, he never said a word.  
(Isaiah 53.7)

#### Isaiah 53:5-6

But he was wounded and crushed for our  
sins. He was beaten that we might have  
peace. He was whipped, and we were healed!  
<sup>6</sup>All of us have strayed away like sheep. We  
have left God's paths to follow our own. Yet  
the LORD laid on him the guilt and sins of us  
all.

#### Isaiah 53:11

When he sees all that is accomplished by

his anguish, he will be satisfied. And because of what he has experienced, my righteous servant will make it possible for many to be counted righteous, for he will bear all their sins.

### Isaiah 57:15

The high and lofty one who inhabits eternity, the Holy One, says this: "I live in that high and holy place with those whose spirits are contrite and humble. I refresh the humble and give new courage to those with repentant hearts.

### Luke 5:31-32

Jesus answered them, "Healthy people don't need a doctor—sick people do. <sup>32</sup>I have come to call sinners to turn from their sins, not to spend my time with those who think they are already good enough."

### Luke 15:1-32

Tax collectors and other notorious sinners often came to listen to Jesus teach. <sup>2</sup>This made the Pharisees and teachers of religious law complain that he was associating with such despicable people—even eating with them!

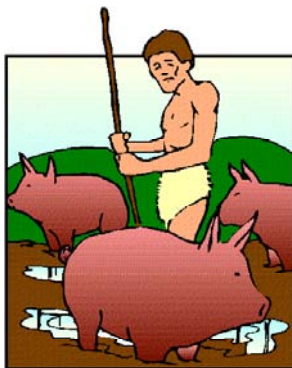
<sup>3</sup>So Jesus used this illustration: <sup>4</sup>"If you had one hundred sheep, and one of them strayed away and was lost in the wilderness, wouldn't you leave the ninety-nine others to go and search for the lost one until you found it? <sup>5</sup>And then you would joyfully carry it home on your shoulders. <sup>6</sup>When you arrived, you would call together your friends and neighbors to rejoice with you because your lost sheep was found. <sup>7</sup>In the same way, heaven will be happier over one lost sinner who returns to God than over ninety-nine others who are righteous and haven't strayed away!



<sup>8</sup>"Or suppose a woman has ten valuable silver coins and loses one. Won't she light a lamp and look in every corner of the house and sweep every nook and cranny until she finds it? <sup>9</sup>And when she finds it, she will call in her friends and neighbors to rejoice with her because she has found her lost coin. <sup>10</sup>In the same way, there is joy in the presence of God's angels when even one sinner repents."

<sup>11</sup>To illustrate the point further, Jesus told them this story: "A man had two sons. <sup>12</sup>The younger son told his father, 'I want my share of your estate now, instead of waiting until you die.' So his father agreed to divide his wealth between his sons.

<sup>13</sup>"A few days later this younger son packed all his belongings and took a trip to a distant land, and there he wasted all his money on wild living. <sup>14</sup>About the time his money ran out, a great famine swept over the land, and he began to starve. <sup>15</sup>He persuaded a local farmer to hire him to feed his pigs. <sup>16</sup>The boy became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything.



<sup>17</sup>"When he finally came to his senses, he said to himself, 'At home even the hired men have food enough to spare, and here I am, dying of hunger! <sup>18</sup>I will go home to my father and say, "Father, I have sinned against both heaven and you, <sup>19</sup>and I am no longer worthy of being called your son. Please take me on as a hired man." '

<sup>20</sup>"So he returned home to his father. And while he was still a long distance away, his father saw him coming. Filled with love and compassion, he ran to his son,

embraced him, and kissed him. <sup>21</sup>His son said to him, 'Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.'

<sup>22</sup>"But his father said to the servants, 'Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger, and sandals for his feet. <sup>23</sup>And kill the calf we have been fattening in the pen. We must celebrate with a feast, <sup>24</sup>for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began.

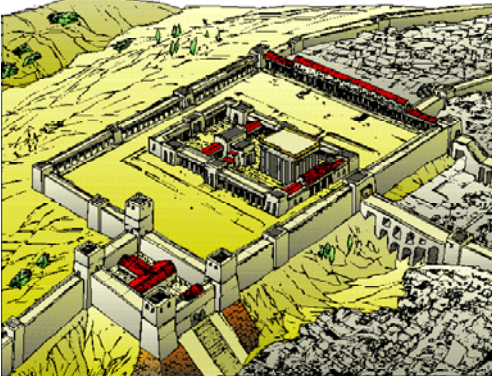
<sup>25</sup>"Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, <sup>26</sup>and he asked one of the servants what was going on. <sup>27</sup>'Your brother is back,' he was told, 'and your father has killed the calf we were fattening and has prepared a great feast. We are celebrating because of his safe return.'

<sup>28</sup>"The older brother was angry and wouldn't go in. His father came out and begged him, <sup>29</sup>but he replied, 'All these years I've worked hard for you and never once refused to do a single thing you told me to. And in all that time you never gave me even one young goat for a feast with my friends. <sup>30</sup>Yet when this son of yours comes back after squandering your money on prostitutes, you celebrate by killing the finest calf we have.'

<sup>31</sup>"His father said to him, 'Look, dear son, you and I are very close, and everything I have is yours. <sup>32</sup>We had to celebrate this happy day. For your brother was dead and has come back to life! He was lost, but now he is found!' "

### Hebrews 10:1-25

The old system in the law of Moses was only a shadow of the things to come, not the reality of the good things Christ has done for us. The sacrifices under the old



system were repeated again and again, year after year, but they were never able to provide perfect cleansing for those who came to worship. <sup>2</sup>If they could have provided perfect cleansing, the sacrifices would have stopped, for the worshipers would have been purified once for all time, and their feelings of guilt would have disappeared.

<sup>3</sup>But just the opposite happened. Those yearly sacrifices reminded them of their sins year after year. <sup>4</sup>For it is not possible for the

blood of bulls and goats to take away sins. <sup>5</sup>That is why Christ, when he came into the world, said,

"You did not want animal sacrifices and grain offerings.

But you have given me a body so that I may obey you.

<sup>6</sup>No, you were not pleased with animals burned on the altar or with other offerings for sin.

<sup>7</sup>Then I said, 'Look, I have come to do your will, O God—just as it is written about me in the Scriptures.' "

<sup>8</sup>Christ said, "You did not want animal sacrifices or grain offerings or animals burned on the altar or other offerings for sin, nor were you pleased with them" (though they are required by the law of Moses). <sup>9</sup>Then he added, "Look, I have come to do your will." He cancels the first covenant in order to establish the second. <sup>10</sup>And what God wants is for us to be made holy by the sacrifice of the body of Jesus Christ once for all time.

<sup>11</sup>Under the old covenant, the priest stands before the altar day after day, offering sacrifices that can never take away sins. <sup>12</sup>But our High Priest offered himself to God

as one sacrifice for sins, good for all time. Then he sat down at the place of highest honor at God's right hand. <sup>13</sup>There he waits until his enemies are humbled as a footstool under his feet. <sup>14</sup>For by that one offering he perfected forever all those whom he is making holy.

<sup>15</sup>And the Holy Spirit also testifies that this is so. First he says,

<sup>16</sup>"This is the new covenant I will make  
with my people on that day, says the Lord:  
I will put my laws in their hearts  
so they will understand them,  
and I will write them on their minds  
so they will obey them."

<sup>17</sup>Then he adds,

"I will never again remember  
their sins and lawless deeds."

<sup>18</sup>Now when sins have been forgiven, there is no need to offer any more sacrifices.

<sup>19</sup>And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. <sup>20</sup>This is the new, life-giving way that Christ has opened up for us through the sacred curtain, by means of his death for us.

<sup>21</sup>And since we have a great High Priest who rules over God's people, <sup>22</sup>let us go right into the presence of God, with true hearts fully trusting him. For our evil consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water.

<sup>23</sup>Without wavering, let us hold tightly to the hope we say we have, for God can be trusted to keep his promise. <sup>24</sup>Think of ways to encourage one another to outbursts of love and good deeds. <sup>25</sup>And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.



Let us not give up the habit of meeting together.  
(Hebrews 10.25)

## 2. Sadness.

### Psalm 34:18

The LORD is close to the brokenhearted;  
he rescues those who are crushed in spirit.

### Psalm 143:7-8

Come quickly, LORD, and answer me,  
for my depression deepens.  
Don't turn away from me,  
or I will die.

<sup>8</sup>Let me hear of your unfailing love to me in the morning,  
for I am trusting you.  
Show me where to walk,  
for I have come to you in prayer.



**Come to me, all of you who are tired. (Matthew 11.28)**

### **Psalm 147:3**

He heals the brokenhearted, binding up their wounds.

### **Matthew 11:28-30**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. <sup>30</sup>For my yoke fits perfectly, and the burden I give you is light."

## **3. Praise.**

### **1 Chron. 16:10-11**

Exult in his holy name;

O worshipers of the LORD, rejoice!

<sup>11</sup>Search for the LORD and for his strength, and keep on searching.

### **1 Chron. 16:34**

Give thanks to the LORD, for he is good!  
His faithful love endures forever.

### **Psalm 50:15**

Trust me in your times of trouble,  
and I will rescue you,  
and you will give me glory."

### **Psalm 63:3-4**

Your unfailing love is better to me  
than life itself;  
how I praise you!

<sup>4</sup>I will honor you as long as I live,  
lifting up my hands to you in prayer.

I will always  
thank the Lord;  
I will never  
stop praising  
him.  
Psalm 34:1



### **Psalm 92:1-2**

*A psalm to be sung on the LORD'S Day. A song.*

It is good to give thanks to the LORD,  
to sing praises to the Most High.

<sup>2</sup>It is good to proclaim your unfailing love in the morning,  
your faithfulness in the evening,

### **Psalm 105:2-4**

Sing to him; yes, sing his praises.

Tell everyone about his miracles.

<sup>3</sup>Exult in his holy name;

O worshipers of the LORD, rejoice!

<sup>4</sup>Search for the LORD and for his strength,



and keep on searching.

### **Psalm 106:1-2**

Praise the LORD!

Give thanks to the LORD, for he is good!

His faithful love endures forever.

<sup>2</sup>Who can list the glorious miracles of the LORD?

Who can ever praise him half enough?



### **Psalm 107:1-2**

Give thanks to the LORD, for he is good!

His faithful love endures forever.

<sup>2</sup>Has the LORD redeemed you? Then speak out!

Tell others he has saved you from your enemies.

### **Psalm 118:1**

Give thanks to the LORD, for he is good!

His faithful love endures forever.

## **4. Trust.**

### **Psalm 27:14**

Wait patiently for the LORD.

Be brave and courageous.

Yes, wait patiently for the LORD.

### **Psalm 33:18**

But the LORD watches over those who fear him,  
those who rely on his unfailing love.

### **Psalm 62:8**

O my people, trust in him at all times.

Pour out your heart to him,

for God is our refuge.

### **Psalm 147:11**

Rather, the LORD'S delight is in those who honor him,  
those who put their hope in his unfailing love.

### **Isaiah 40:31**

But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

### **Isaiah 49:23**

Kings and queens will serve you. They will care for all your needs. They will bow to the earth before you and lick the dust from your feet. Then you will know that I am the LORD. Those who wait for me will never be put to shame."

## 5. Right Living.

### Psalm 37:4

Take delight in the LORD,  
and he will give you your heart's desires.

### Psalm 112:1

Praise the LORD!

Happy are those who fear the LORD.

Yes, happy are those who delight in doing what he commands.

### Micah 6:8

No, O people, the LORD has already told you what is good, and this is what he requires: to do what is right, to love mercy, and to walk humbly with your God.



### Luke 12:29-34

And don't worry about food—what to eat and drink. Don't worry whether God will provide it for you. <sup>30</sup>These things dominate the thoughts of most people, but

**So I tell you not to worry. (Luke 12.22)**

your Father already knows your needs. <sup>31</sup>He will give you all you need from day to day if you make the Kingdom of God your primary concern.

<sup>32</sup>"So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom.

<sup>33</sup>"Sell what you have and give to those in need. This will store up treasure for you in heaven! And the purses of heaven have no holes in them. Your treasure will be safe—no thief can steal it and no moth can destroy it. <sup>34</sup>Wherever your treasure is, there your heart and thoughts will also be.

### Acts 13:43

Many Jews and godly converts to Judaism who worshiped at the synagogue followed Paul and Barnabas, and the two men urged them, "By God's grace, remain faithful."

### Romans 6:12-14

Do not let sin control the way you live; do not give in to its lustful desires. <sup>13</sup>Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God. <sup>14</sup>Sin is no longer your master, for you are no longer subject to the law, which enslaves you to sin. Instead, you are free by God's grace.

### Romans 6:20-23

In those days, when you were slaves of sin, you weren't concerned with doing what was right. <sup>21</sup>And what was the result? It was not good, since now you are ashamed of the things you used to do, things that end in eternal doom. <sup>22</sup>But now you are free

from the power of sin and have become slaves of God. Now you do those things that lead to holiness and result in eternal life. <sup>23</sup>For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

### Romans 12:1-21

And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice—the kind he will accept. When you think of what he has done for you, is this too much to ask? <sup>2</sup>Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

<sup>3</sup>As God's messenger, I give each of you this warning: Be honest in your estimate of yourselves, measuring your value by how much faith God has given you. <sup>4</sup>Just as our bodies have many parts and each part has a special function, <sup>5</sup>so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others.

<sup>6</sup>God has given each of us the ability to do certain things well. So if God has given you the ability to prophesy, speak out when you have faith that God is speaking through you. <sup>7</sup>If your gift is that of serving others, serve them well. If you are a teacher, do a good job of teaching. <sup>8</sup>If your gift is to encourage others, do it! If you have money, share it generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

<sup>9</sup>Don't just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of the good. <sup>10</sup>Love each other with genuine affection, and take delight in honoring each other. <sup>11</sup>Never be lazy in your work, but serve the Lord enthusiastically.

<sup>12</sup>Be glad for all God is planning for you. Be patient in trouble, and always be prayerful. <sup>13</sup>When God's children are in need, be the one to help them out. And get into the habit of inviting guests home for dinner or, if they need lodging, for the night.

<sup>14</sup>If people persecute you because you are a Christian, don't curse them; pray that God will bless them. <sup>15</sup>When others are happy, be happy with them. If they are sad, share their sorrow. <sup>16</sup>Live in harmony with each other. Don't try to act important, but enjoy the company of ordinary people. And don't think you know it all!

<sup>17</sup>Never pay back evil for evil to anyone. Do things in such a way that everyone can see you are honorable. <sup>18</sup>Do your part to live in peace with everyone, as much as possible.

<sup>19</sup>Dear friends, never avenge yourselves. Leave that to God. For it is written,

"I will take vengeance;  
I will repay those who deserve it,"  
says the Lord.

<sup>20</sup>Instead, do what the Scriptures say:

"If your enemies are hungry, feed them.  
If they are thirsty, give them something to drink,



*"If someone has done you wrong,  
do not repay him with a wrong. (Romans 12:17)*



and they will be ashamed of what they have done to you."

<sup>21</sup>Don't let evil get the best of you, but conquer evil by doing good.

### **Romans 13:8-14**

Pay all your debts, except the debt of love for others. You can never finish paying that! If you love your neighbor, you will fulfill all the requirements of God's law. <sup>9</sup>For the commandments against adultery and murder and stealing and coveting—and any other commandment—are all summed up in this one commandment: "Love your neighbor as yourself." <sup>10</sup>Love does no wrong to anyone, so love satisfies all of God's requirements.

<sup>11</sup>Another reason for right living is that you know how late it is; time is running out. Wake up, for the coming of our salvation is nearer now than when we first believed.

<sup>12</sup>The night is almost gone; the day of salvation will soon be here. So don't live in darkness. Get rid of your evil deeds. Shed them like dirty clothes. Clothe yourselves with the armor of right living, as those who live in the light. <sup>13</sup>We should be decent and true in everything we do, so that everyone can approve of our behavior. Don't participate in wild parties and getting drunk, or in adultery and immoral living, or in fighting and jealousy. <sup>14</sup>But let the Lord Jesus Christ take control of you, and don't think of ways to indulge your evil desires.

### **Galatians 5:6**

For when we place our faith in Christ Jesus, it makes no difference to God whether we are circumcised or not circumcised. What is important is faith expressing itself in love.

### **Galatians 5:13-26**

For you have been called to live in freedom—not freedom to satisfy your sinful nature, but freedom to serve one another in love. <sup>14</sup>For the whole law can be summed up in this one command: "Love your neighbor as yourself." <sup>15</sup>But if instead of showing love among yourselves you are always biting and devouring one another, watch out! Beware of destroying one another.



<sup>16</sup>So I advise you to live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves. <sup>17</sup>The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict.

<sup>18</sup>But when you are directed by the Holy Spirit, you are no longer subject to the law.

<sup>19</sup>When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, <sup>20</sup>idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, <sup>21</sup>envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

<sup>22</sup>But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, and self-control. Here there is no conflict with the law.

<sup>24</sup>Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup>If we are living now by the Holy Spirit, let us follow the Holy Spirit's leading in every part of our lives. <sup>26</sup>Let us not become conceited, or irritate one another, or be jealous of one another.

### Galatians 6:1-10

Dear brothers and sisters, if another Christian is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.

<sup>2</sup>Share each other's troubles and problems, and in this



#### Help carry one another's burdens. (Galatians 6.2)

way obey the law of Christ. <sup>3</sup>If you think you are too important to help someone in need, you are only fooling yourself. You are really a nobody.

<sup>4</sup>Be sure to do what you should, for then you will enjoy the personal satisfaction of having done your work well, and you won't need to compare yourself to anyone else.

<sup>5</sup>For we are each responsible for our own conduct.

<sup>6</sup>Those who are taught the word of God should help their teachers by paying them.

<sup>7</sup>Don't be misled. Remember that you can't ignore God and get away with it. You will always reap what you sow! <sup>8</sup>Those who live only to satisfy their own sinful desires will harvest the consequences of decay and death. But those who live to please the Spirit will harvest everlasting life from the Spirit. <sup>9</sup>So don't get tired of doing what is good. Don't get discouraged and give up, for we will reap a harvest of blessing at the appropriate time. <sup>10</sup>Whenever we have the opportunity, we should do good to everyone, especially to our Christian brothers and sisters.

### Ephes. 4:1-32

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. <sup>2</sup>Be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. <sup>3</sup>Always keep yourselves united in the Holy Spirit, and bind yourselves together with peace.

<sup>4</sup>We are all one body, we have the same Spirit, and we have all been called to the same glorious future. <sup>5</sup>There is only one Lord, one faith, one baptism, <sup>6</sup>and there is only one God and Father, who is over us all and in us all and living through us all.

<sup>7</sup>However, he has given each one of us a special gift according to the generosity of Christ. <sup>8</sup>That is why the Scriptures say,

"When he ascended to the heights,  
he led a crowd of captives  
and gave gifts to his people."

<sup>9</sup>Notice that it says "he ascended." This means that Christ first came down to the lowly world in which we live. <sup>10</sup>The same one who came down is the one who ascended higher than all the heavens, so that his rule might fill the entire universe.

<sup>11</sup>He is the one who gave these gifts to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. <sup>12</sup>Their responsibility is to equip God's people to do his work and build up the church, the body of Christ, <sup>13</sup>until we come to such unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ.

<sup>14</sup>Then we will no longer be like children, forever changing our minds about what we believe because someone has told us something different or because someone has cleverly lied to us and made the lie sound like the truth. <sup>15</sup>Instead, we will hold to the truth in love, becoming more and more in every way like Christ, who is the head of his body, the church. <sup>16</sup>Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

<sup>17</sup>With the Lord's authority let me say this: Live no longer as the ungodly do, for they are hopelessly confused. <sup>18</sup>Their closed minds are full of darkness; they are far away from the life of God because they have shut their minds and hardened their hearts against him. <sup>19</sup>They don't care anymore about right and wrong, and they have given themselves over to immoral ways. Their lives are filled with all kinds of impurity and greed.

<sup>20</sup>But that isn't what you were taught when you learned about Christ. <sup>21</sup>Since you have heard all about him and have learned the truth that is in Jesus, <sup>22</sup>throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. <sup>23</sup>Instead, there must be a spiritual renewal of your thoughts and attitudes. <sup>24</sup>You must display a new nature because you are a new person, created in God's likeness—righteous, holy, and true.

<sup>25</sup>So put away all falsehood and "tell your neighbor the truth" because we belong to each other. <sup>26</sup>And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, <sup>27</sup>for anger gives a mighty foothold to the Devil.



Do not let your anger lead you into sin. (Ephesians 4:26)

<sup>28</sup>If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need. <sup>29</sup>Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an

encouragement to those who hear them.

<sup>30</sup>And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he is the one who has identified you as his own, guaranteeing that you will be saved on the day of redemption.

<sup>31</sup>Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. <sup>32</sup>Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### **Ephes. 5:1-33**

Follow God's example in everything you do, because you are his dear children.

<sup>2</sup>Live a life filled with love for others, following the example of Christ, who loved you and gave himself as a sacrifice to take away your sins. And God was pleased, because that sacrifice was like sweet perfume to him.

<sup>3</sup>Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people. <sup>4</sup>Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God. <sup>5</sup>You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For

a greedy person is really an idolater who worships the things of this world. <sup>6</sup>Don't be fooled by those who try to excuse these sins, for the terrible anger of God comes upon all those who disobey him. <sup>7</sup>Don't participate in the things these people do. <sup>8</sup>For though your hearts were once full of darkness, now you are full of light from the Lord, and your behavior should show it! <sup>9</sup>For this light within you produces only what is good and right and true.

<sup>10</sup>Try to find out what is pleasing to the Lord. <sup>11</sup>Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them. <sup>12</sup>It is shameful even to talk about the things that ungodly people do in secret. <sup>13</sup>But when the light shines on them, it becomes clear how evil these things are. <sup>14</sup>And where your light shines, it will expose their evil deeds. This is why it is said,

"Awake, O sleeper,  
rise up from the dead,  
and Christ will give you light."

<sup>15</sup>So be careful how you live, not as fools but as those who are wise. <sup>16</sup>Make the most of every opportunity for doing good in these evil days. <sup>17</sup>Don't act thoughtlessly, but try to understand what the Lord wants you to do. <sup>18</sup>Don't be drunk with wine, because that will ruin your life. Instead, let the Holy Spirit fill and control you. <sup>19</sup>Then you will sing psalms and hymns and spiritual songs among yourselves, making music to the Lord in your hearts. <sup>20</sup>And you will always give thanks for everything to God the Father in the name of our Lord Jesus Christ.

<sup>21</sup>And further, you will submit to one another out of reverence for Christ. <sup>22</sup>You wives will submit to your husbands as you do to the Lord. <sup>23</sup>For a husband is the head of his wife as Christ is the head of his body, the church; he gave his life to be her Savior. <sup>24</sup>As the church submits to Christ, so you wives must submit to your husbands in everything.

<sup>25</sup>And you husbands must love your wives with the same love Christ showed the church. He gave up his life for her <sup>26</sup>to make her holy and clean, washed by baptism and God's word. <sup>27</sup>He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. <sup>28</sup>In the same way, husbands ought to love their wives as they love their own bodies. For a man is actually loving himself when he loves his wife. <sup>29</sup>No one hates his own body but lovingly cares for it, just as Christ cares for his body, which is the church. <sup>30</sup>And we are his body.

<sup>31</sup>As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." <sup>32</sup>This is a great mystery, but it is an illustration of the way Christ and the church are one. <sup>33</sup>So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

#### **Ephes. 6:1-4**

Children, obey your parents because you belong to the Lord, for this is the right thing to do. <sup>2</sup>"Honor your father and mother." This is the first of the Ten Commandments that ends with a promise. <sup>3</sup>And this is the promise: If you honor your father and mother, "you will live a long life, full of blessing."

<sup>4</sup>And now a word to you fathers. Don't make your children angry by the way you treat them. Rather, bring them up with the discipline and instruction approved by the Lord.

#### **Ephes. 6:10-18**

A final word: Be strong with the Lord's mighty power. <sup>11</sup>Put on all of God's armor so that you will be able to stand firm against all strategies and tricks of the Devil.

<sup>12</sup>For we are not fighting against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms.

<sup>13</sup>Use every piece of God's armor to resist the enemy in the time of evil, so that after the battle you will still be standing firm. <sup>14</sup>Stand your ground, putting on the sturdy belt of truth and the body armor of God's righteousness. <sup>15</sup>For shoes, put on the peace that comes from the Good News, so that you will be fully prepared. <sup>16</sup>In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan. <sup>17</sup>Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. <sup>18</sup>Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere.

### **Philip. 3:9-16**

... I no longer count on my own goodness or my ability to obey God's law, but I trust Christ to save me. For God's way of making us right with himself depends on faith. <sup>10</sup>As a result, I can really know Christ and experience the mighty power that raised him from the dead. I can learn what it means to suffer with him, sharing in his death, <sup>11</sup>so that, somehow, I can experience the resurrection from the dead!

<sup>12</sup>I don't mean to say that I have already achieved these things or that I have already reached perfection! But I keep working toward that day when I will finally be all that Christ Jesus saved me for and wants me to be. <sup>13</sup>No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, <sup>14</sup>I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.

<sup>15</sup>I hope all of you who are mature Christians will agree on these things. If you disagree on some point, I believe God will make it plain to you. <sup>16</sup>But we must be sure to obey the truth we have learned already.



### **Col. 3:1-17**

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits at God's right hand in the place of honor and power. <sup>2</sup>Let heaven fill your thoughts. Do not think only about things down here on earth. <sup>3</sup>For you died when Christ died, and your real life is hidden with Christ in God. <sup>4</sup>And when Christ, who is your real life, is revealed to the whole world, you will share in all his glory.

<sup>5</sup>So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual sin, impurity, lust, and shameful desires. Don't be greedy for the good things of this life, for that is idolatry. <sup>6</sup>God's terrible anger will come upon those who do such things. <sup>7</sup>You used to do them when your life was still part of this world. <sup>8</sup>But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. <sup>9</sup>Don't lie to each other, for you have stripped off your old evil nature and all its wicked deeds. <sup>10</sup>In its place you have clothed yourselves with a brand-new nature that is continually being renewed as you learn more and more about Christ, who created this new nature within you. <sup>11</sup>In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.



<sup>12</sup>Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup>You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup>And the most important piece of clothing you must wear is love. Love is what binds us all together in perfect harmony. <sup>15</sup>And let the peace that comes from Christ rule in your hearts. For as members of one body you are all called to live in peace. And always be thankful.

<sup>16</sup>Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other. Sing psalms and hymns and spiritual songs to God with thankful hearts. <sup>17</sup>And whatever you do or say, let it be as a representative of the Lord Jesus, all the while giving thanks through him to God the Father.



Praise him with trumpets,  
Praise him with drums and dancing,  
Praise him with harps and flutes,  
Praise the Lord, all living creatures,  
(Psalm 150:5-6)

### 1 Thes. 4:13-18

And now, brothers and sisters, I want you to know what will happen to the Christians who have died so you will not be full of sorrow like people who have no hope. <sup>14</sup>For since we believe that Jesus died and was raised to life again, we also believe that when Jesus comes, God will bring back with Jesus all the Christians who have died.

<sup>15</sup>I can tell you this directly from the Lord: We who are still living when the Lord returns will not rise to meet him ahead of those who are in their graves. <sup>16</sup>For the Lord himself will come down from heaven with a commanding shout, with the call of the archangel, and with the trumpet call of God. First, all the Christians who have died will rise from their graves. <sup>17</sup>Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air and remain with him forever. <sup>18</sup>So comfort and encourage each other with these words.

### 1 Thes. 5:1-22

I really don't need to write to you about how and when all this will happen, dear brothers and sisters. <sup>2</sup>For you know quite well that the day of the Lord will come unexpectedly, like a thief in the night. <sup>3</sup>When people are saying, "All is well; everything is peaceful and secure," then disaster will fall upon them as suddenly as a woman's birth pains begin when her child is about to be born. And there will be no escape.

<sup>4</sup>But you aren't in the dark about these things, dear brothers and sisters, and you won't be surprised when the day of the Lord comes like a thief. <sup>5</sup>For you are all children of the light and of the day; we don't belong to darkness and night. <sup>6</sup>So be on your guard, not asleep like the others. Stay alert and be sober. <sup>7</sup>Night is the time for sleep and the time when people get drunk. <sup>8</sup>But let us who live in the light think clearly, protected by the body armor of faith and love, and wearing as our helmet the confidence of our salvation. <sup>9</sup>For God decided to save us through our Lord Jesus Christ, not to pour out his anger on us. <sup>10</sup>He died for us so that we can live with him forever, whether we are dead or alive at the time of his return. <sup>11</sup>So encourage each other and build each other up, just as you are already doing.

<sup>12</sup>Dear brothers and sisters, honor those who are your leaders in the Lord's work. They work hard among you and warn you against all that is wrong. <sup>13</sup>Think highly of

them and give them your wholehearted love because of their work. And remember to live peaceably with each other.

<sup>14</sup>Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone.

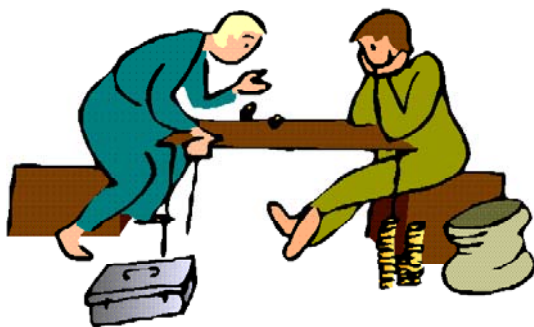
<sup>15</sup>See that no one pays back evil for evil, but always try to do good to each other and to everyone else.

<sup>16</sup>Always be joyful. <sup>17</sup>Keep on praying. <sup>18</sup>No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.

<sup>19</sup>Do not stifle the Holy Spirit. <sup>20</sup>Do not scoff at prophecies, <sup>21</sup>but test everything that is said. Hold on to what is good. <sup>22</sup>Keep away from every kind of evil.

### Hebrews 13:1-25

Continue to love each other with true Christian love. <sup>2</sup>Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it! <sup>3</sup>Don't forget about those in prison. Suffer with them as though you were



Keep your lives free from the love of money. (Hebrews 13.5)

there yourself. Share the sorrow of those being mistreated, as though you feel their pain in your own bodies.

<sup>4</sup>Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

<sup>5</sup>Stay away from the love of money; be satisfied with what you have. For God has said,

"I will never fail you.

I will never forsake you."

<sup>6</sup>That is why we can say with confidence,

"The Lord is my helper,

so I will not be afraid.

What can mere mortals do to me?"

<sup>7</sup>Remember your leaders who first taught you the word of God. Think of all the good that has come from their lives, and trust the Lord as they do.

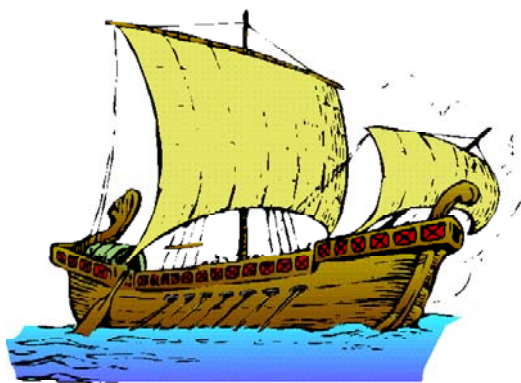
<sup>8</sup>Jesus Christ is the same yesterday, today, and forever. <sup>9</sup>So do not be attracted by strange, new ideas. Your spiritual strength comes from God's special favor, not from ceremonial rules about food, which don't help those who follow them.

<sup>10</sup>We have an altar from which the priests in the Temple on earth have no right to eat. <sup>11</sup>Under the system of Jewish laws, the high priest brought the blood of animals into the Holy Place as a sacrifice for sin, but the bodies of the animals were burned outside the camp. <sup>12</sup>So also Jesus suffered and died outside the city gates in order to make his people holy by shedding his own blood. <sup>13</sup>So let us go out to him outside the camp and bear the disgrace he bore. <sup>14</sup>For this world is not our home; we are looking forward to our city in heaven, which is yet to come.

<sup>15</sup>With Jesus' help, let us continually offer our sacrifice of praise to God by proclaiming the glory of his name. <sup>16</sup>Don't forget to do good and to share what you have with those in need, for such sacrifices are very pleasing to God.

<sup>17</sup>Obey your spiritual leaders and do what they say. Their work is to watch over your souls, and they know they are accountable to God. Give them reason to do this joyfully and not with sorrow. That would certainly not be for your benefit.

<sup>18</sup>Pray for us, for our conscience is clear and we want to live honorably in everything we do. <sup>19</sup>I especially need your prayers right now so that I can come back to you soon.



<sup>20</sup>[20-21] And now, may the God of peace, who brought again from the dead our Lord Jesus, equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, all that is pleasing to him. Jesus is the great Shepherd of the sheep by an everlasting covenant, signed with his blood. To him be glory forever and ever. Amen. <sup>21</sup>

<sup>22</sup>I urge you, dear brothers and sisters, please listen carefully to what I have said in this brief letter.

<sup>23</sup>I want you to know that our brother Timothy is now out of jail. If he comes here soon, I will bring him with me to see you.

<sup>24</sup>Give my greetings to all your leaders and to the other believers there. The Christians from Italy send you their greetings.

<sup>25</sup>May God's grace be with you all.

### **1 John 1:1-10**

The one who existed from the beginning is the one we have heard and seen. We saw him with our own eyes and touched him with our own hands. He is Jesus Christ, the Word of life. <sup>2</sup>This one who is life from God was shown to us, and we have seen him. And now we testify and announce to you that he is the one who is eternal life. He was with the Father, and then he was shown to us. <sup>3</sup>We are telling you about what we ourselves have actually seen and heard, so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

<sup>4</sup>We are writing these things so that our joy will be complete.

<sup>5</sup>This is the message he has given us to announce to you: God is light and there is no darkness in him at all. <sup>6</sup>So we are lying if we say we have fellowship with God but go on living in spiritual darkness. We are not living in the truth. <sup>7</sup>But if we are living in the light of God's presence, just as Christ is, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from every sin.

<sup>8</sup>If we say we have no sin, we are only fooling ourselves and refusing to accept the truth. <sup>9</sup>But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong. <sup>10</sup>If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

### **1 John 2:1-11**

My dear children, I am writing this to you so that you will not sin. But if you do sin, there is someone to plead for you before the Father. He is Jesus Christ, the one who pleases God completely. <sup>2</sup>He is the sacrifice for our sins. He takes away not only our sins but the sins of all the world.

<sup>3</sup>And how can we be sure that we belong to him? By obeying his commandments.

<sup>4</sup>If someone says, "I belong to God," but doesn't obey God's commandments, that person is a liar and does not live in the truth. <sup>5</sup>But those who obey God's word really do love him. That is the way to know whether or not we live in him. <sup>6</sup>Those who say they live in God should live their lives as Christ did.

<sup>7</sup>Dear friends, I am not writing a new commandment, for it is an old one you have always had, right from the beginning. This commandment—to love one another—is

the same message you heard before. <sup>8</sup>Yet it is also new. This commandment is true in Christ and is true among you, because the darkness is disappearing and the true light is already shining.

<sup>9</sup>If anyone says, "I am living in the light," but hates a Christian brother or sister, that person is still living in darkness. <sup>10</sup>Anyone who loves other Christians is living in the light and does not cause anyone to stumble. <sup>11</sup>Anyone who hates a Christian brother or sister is living and walking in darkness. Such a person is lost, having been blinded by the darkness.



If we love others . . . if we hate brothers. (1John 2.10,11)

### 1 John 2:15-17

Stop loving this evil world and all that it offers you, for when you love the world, you show that you do not have the love of the Father in you. <sup>16</sup>For the world offers only the lust for physical pleasure, the lust for everything we see, and pride in our possessions. These are not from the Father. They are from this evil world. <sup>17</sup>And this world is fading away, along with everything it craves. But if you do the will of God, you will live forever.

### 1 John 4:7-21

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is born of God and knows God. <sup>8</sup>But anyone who does not love does not know God—for God is love.

<sup>9</sup>God showed how much he loved us by sending his only Son into the world so that we might have eternal life through him. <sup>10</sup>This is real love. It is not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

<sup>11</sup>Dear friends, since God loved us that much, we surely ought to love each other.

<sup>12</sup>No one has ever seen God. But if we love each other, God lives in us, and his love has been brought to full expression through us.

<sup>13</sup>And God has given us his Spirit as proof that we live in him and he in us.

<sup>14</sup>Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. <sup>15</sup>All who proclaim that Jesus is the Son of God have God living in them, and they live in God. <sup>16</sup>We know how much God loves us, and we have put our trust in him.



Perfect love drives out all fear. (1John 4.18)

God is love, and all who live in love live in God, and God lives in them. <sup>17</sup>And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we are like Christ here in this world.

<sup>18</sup>Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of judgment, and this shows that his love has not been perfected in us. <sup>19</sup>We love each other as a result of his loving us first.

<sup>20</sup>If someone says, "I love God," but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we have not seen? <sup>21</sup>And God himself has commanded that we must love not only him but our Christian brothers and sisters, too.

### 1 John 5:1-12



Everyone who believes that Jesus is the Christ is a child of God. And everyone who loves the Father loves his children, too. <sup>2</sup>We know we love God's children if we love God and obey his commandments. <sup>3</sup>Loving God means keeping his commandments, and really, that isn't difficult. <sup>4</sup>For every child of God defeats this evil world by trusting Christ to give the victory. <sup>5</sup>And the ones who win this battle against the world are the ones who believe that Jesus is the Son of God.

<sup>6</sup>And Jesus Christ was revealed as God's Son by his baptism in water and by shedding his blood on the cross—not by water only, but by water and blood. And the Spirit



Whoever believes that Jesus is the Messiah is a child of God. (1John 5.1)

also gives us the testimony that this is true. <sup>7</sup>So we have these three witnesses— <sup>8</sup>the Spirit, the water, and the blood—and all three agree. <sup>9</sup>Since we believe human testimony, surely we can believe the testimony that comes from God. And God has testified about his Son. <sup>10</sup>All who believe in the Son of God know that this is true. Those who don't believe this are actually calling God a liar because they don't believe what God has testified about his Son.

<sup>11</sup>And this is what God has testified: He has given us eternal life, and this life is in his Son. <sup>12</sup>So whoever has God's Son has life; whoever does not have his Son does not have life.

## 6. Missions.

### Isaiah 45:12

I am the one who made the earth and created people to live on it. With my hands I stretched out the heavens. All the millions of stars are at my command.

### Isaiah 45:22

Let all the world look to me for salvation! For I am God; there is no other.

### Zech. 4:6

Then he said to me, "This is what the LORD says to Zerubbabel: It is not by force nor by strength, but by my Spirit, says the LORD Almighty.

### Matthew 9:35-38

Jesus traveled through all the cities and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And wherever he went, he healed people of every sort of disease and illness. <sup>36</sup>He felt great pity for the crowds that came, because their problems were so great and they didn't know where to go for help. They were like sheep without a shepherd. <sup>37</sup>He said to his disciples, "The harvest is so great, but the workers are so few. <sup>38</sup>So pray to the Lord who is in charge of the harvest; ask him to send out more workers for his fields."

### Matthew 18:19

"I also tell you this: If two of you agree down here on earth concerning anything you ask, my Father in heaven will do it for you.





### Mark 11:22-25

Then Jesus said to the disciples, "Have faith in God. <sup>23</sup>I assure you that you can say to this mountain, 'May God lift you up and throw you into the sea,' and your command will be obeyed. All that's required is that you really believe and do not doubt in your heart. <sup>24</sup>Listen to me! You can pray for anything, and if you believe, you will have it. <sup>25</sup>But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too."

### Matthew 28:20

Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

### Mark 16:15-16

And then he told them, "Go into all world and preach the Good News to everyone, everywhere. <sup>16</sup>Anyone who believes and is baptized will be saved. anyone who refuses to believe will be condemned.



the

But

### Luke 18:1

One day Jesus told his disciples a story to illustrate their need for constant prayer and to show them that they must never give up.

The disciples went and preached everywhere. (Mark 16:20)

### Acts 6:4

Then we can spend our time in prayer and preaching and teaching the word."

### Romans 1:16-17

For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—Jews first and also Gentiles. <sup>17</sup>This Good News tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the Scriptures say, "It is through faith that a righteous person has life."

