

# WORSHIP

Praise to you, God! For you are good; **I** sing praises to Your name, for You are gracious and lovely!

- Psalm 135:3

worship

God, You have good thoughts and plans toward **me**. You intend for **me** to have peace not evil and You give **me** hope in **my** final outcome.

- Jeremiah 29:11

worship

God, you are good, a Strength and Stronghold in **my** day of trouble; You know and understand **me** because **I** take refuge and trust in you.

- Nahum 1:7

worship

**I** seek and crave you, God, as **my** soul's first necessity, and **I** am found by You.

- Chronicles 15:2

worship

**I** find You, God, when **I** seek You with all **my** heart and with all **my** soul.

- Deuteronomy 4:29

worship

**I** seek **my** happiness in You, God, and You give **me my** heart's desire. **I** give **myself** to the You, God; I trust in You, and You help **me**; You make **my** righteousness shine like the sun at noon.

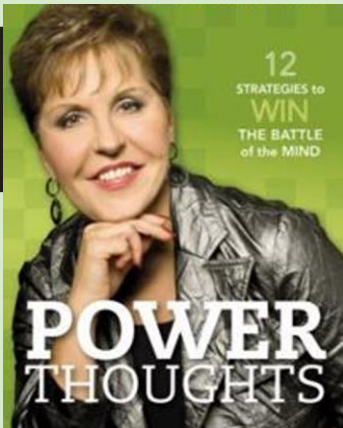
- Psalm 37:4-6

worship

**I** know the secret of the sweet, satisfying companionship of You, God, because **I** revere and worship You, and You show **me** Your covenant and reveal its deep, inner meaning to **me**.

- Psalm 25:14

worship



# 1 I can do whatever I need to do in life through Christ

I set **my** mind and keep focused, habitually, on the things above [the heavenly things] not on things that are on the earth [which have only temporal value]

- Colossians 3:2

habits

God gives **me** more and more grace through the power of the HS to defy sin and live an obedient life that reflects **my** faith, gratitude, and **my** salvation.

- James 4:6

grace

God did not give **me** a spirit of timidity, cowardice, or fear. He has given **me** a spirit of power, love, and of sound judgement & personal discipline. **I** have abilities that result in a calm, well-balanced mind. **I** have self-control!

- 2 Timothy 1:7

fruit of the spirit

I can do whatever **I** need to do in life **today**, through Christ Who empowers **me**. **I** am ready for anything. **I** am equal to anything. Through Him, Who infuses inner strength into **me**. **I** am self sufficient in His sufficiency.

- Philippians 4:13

confidence

In all these things, **I** am more than a conqueror. **I** gain an overwhelming victory through Him who loves **me** so much that He died for **me**.

- Romans 8:37

spiritual warfare

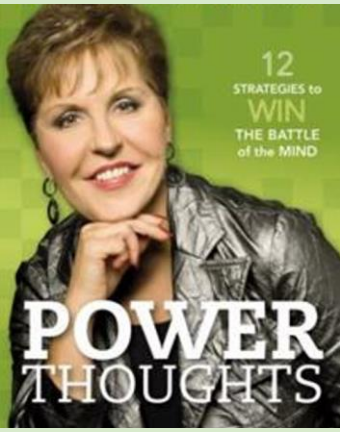
...the Lord said, "Write **my** vision and engrave it plainly on clay tables so that the one who reads it will run **from me**".

- Habakkuk 2:2

spiritual warfare | lazy train

## I can...

- have an unbreakable habit, just like brushing my teeth, that I go to the gym *at least* 3x/week
- eat smaller portions at meal time
- watch a HTM with no snack
- lose belly fat
- have a more toned body
- put my socks on with ease
- sit on the floor (and get up) with ease
- cross my legs with ease
- ride in the Camaro with no pain
- sleep more restfully, with no sleeping pill supplements



2

## God loves **me** unconditionally!

God chose **me** before the foundation of the world, so that **I** am holy and set apart for Him and **I** am blameless in His sight.

- Ephesians 1:4

love, chosen

**I** am chosen by God for His own possession to proclaim the wonderful deeds & virtues of Him. God called **me** out of **my** darkness into His light.

- 1 Peter 2:9

chosen

**Just like Paul**, an apostle chosen to be a personal messenger and representative of Christ, **I am chosen to be God's representative!**

- Colossians 1:1

chosen

**I** am destined by God to be molded into the image of Christ.

- Romans 8:29

chosen

God disciplines **me** for **my** good so that **I** may share His holiness.

- Hebrews 12:10

conviction

### Jesus understands me!

He was tempted in everyway that **I** am tempted and He never sinned.

- Hebrews 4:15

temptation

**My** confidence is not in education, outward privilege, positions held, people **I** know, how **I** look, or **my** gifts and talents.

Everything in this world changes and **I** do not place **my** confidence in it.

God is the same yesterday, today and forever. **I** can count on Him to always be faithful to do what He says He will do.

God is eternally changeless. He is the same yesterday, today, & forever!

- Hebrews 13:8

faithfulness

Jesus was crucified because of **my** sins. He was raised from the dead to absolve **me** of **all my** sins.

- Romans 4:25

mercy

**I** have been made righteous in God's sight by the blood of Christ.

- Romans 5:9

righteousness

**I** am not righteous because of anything **I** do. **I** am made righteous with the precious blood of Christ, like that of a sacrificial lamb.

- 1 Peter 1:19

righteousness

For **my** sake, God made Christ, virtually, to be sin, who knew no sin, so that in and through Him **I** might become an example of the righteousness of God, and **I** am made acceptable to God and placed in right relationship with Him, by His goodness.

- 2 Corinthians 5:21

righteousness

With **my** face unveiled (**veil=blind**), **I** continually see, as in a mirror, the glory of the Lord. **I** am progressively being transformed into God's image from one degree of glory to another. The glory comes from God.

- 2 Corinthians 3:18

righteousness

# CONFIDENCE

I put **my** confidence in God, **no matter how it looks on the outside or how it feels on the inside.**

- Philippians 3:3

confidence

I want to make **my** dreams come true, so the first thing I do, every day, is wake up. I wake up from sleeping. I wake up from the coma. I wake up from all evil spells I've been under.

confidence

Through **my** quiet, trusting confidence in God, I find strength.

**I breath in...I have strength.  
I breath out...I am confident.**

- Isaiah 30:15

confidence

I am determined and confident! I am not afraid or discouraged, for the Lord, **my** God, is with **me** wherever I go. **God is with me right now!**

- Joshua 1:9

confidence

I might think <xyz> about **myself**, but according to Steve, he thinks I'm fun to travel with, live with, and hang out with.

confidence

I can do whatever I need to do in life **today**, through Christ Who empowers **me**. I am ready for anything. I am equal to anything. Through Him, Who infuses inner strength into **me**. I am self sufficient in His sufficiency.

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confidence

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- sleep more restfully, with no sleeping pill supplements

God guards **me** & keeps **me** in perfect and constant peace...because **my** mind is fixed on Him, I commit myself to Him, I lean on Him, and I hope confidently in Him.

- Isaiah 26:3

confidence



# HEALTH & FITNESS

**My** body is a temple of the Holy Spirit who is within **me**, whom **I** have received as a gift from God, and **I** am not my own property. **I** was bought with the precious blood of Jesus which made **me** His own. So then, **I** honor and glorify God with **my** body.

- Ephesians 3:12

health & fitness



## Tip from Joyce

*“No matter what shape you are in physically, it's never too late to improve and do some repair or maintenance on your temple.”*

—Joyce



## Study Suggestion

Start an exercise journal—a journal you can use to write down the things that you can do—exercise, drink water, get enough rest—to invest in your physical health daily.

# LAZY TRAIN

I have completely discarded **my** former nature, that was being corrupted through *deceitful desires* [this means I don't realize I have them!!!!] of my lazy, idle habits ...and with the help of the HS, I am *continually* renewing **my** mind to have a fresh mental and spiritual attitude. I put on **my** new self, daily, which is created in God's image of righteousness and holiness of the truth I live in a way that expresses to God **my** gratitude for **my** salvation.

- Ephesians 4:22-24

lazy train

I strip off every weight of sin that slows **me** down, especially the sins that trip **me** up. I run with endurance the race that God has set before **me**. I do this by keeping **my** eyes on Jesus, the **perfect example** who initiates and perfects **my** faith.

Because of the joy awaiting Him in heaven, Jesus was able to endure the cross, disregarding it's shame. Now He is seated in the place of honor beside God's throne.

- Hebrews 12: 1, 2

lazy train

I am relentlessly committed to at least 3 gym appointments with God each week!!

...the Lord said, "Write **my** vision and engrave it plainly on clay tables so that the one who reads it will run **from me**".

- Habakkuk 2:2

spiritual warfare | lazy train

# PRAYER

*according to Paul...*

through Christ, **I** have bold and confident access to God because of **my** faith in Him. This gives **me** sufficient courage to freely and openly approach God **in prayer** through Christ.

- Ephesians 3:12

prayer

**I** sought the Lord, and He heard **me**, and delivered **me** from all **my** fears. The eyes of the Lord are on the righteous, and His ears are open to **my** cry.

- Psalm 34:4, 15

prayer

Because **I** am a friend of Jesus (John 15:15), **I** have the privilege of approaching the throne of God's gracious favor with confidence and without fear, so that **I** may receive mercy for **my** failures and find His amazing grace to help **me** in **my** time of need at the exact right moment.

- Hebrews 4:16

prayer

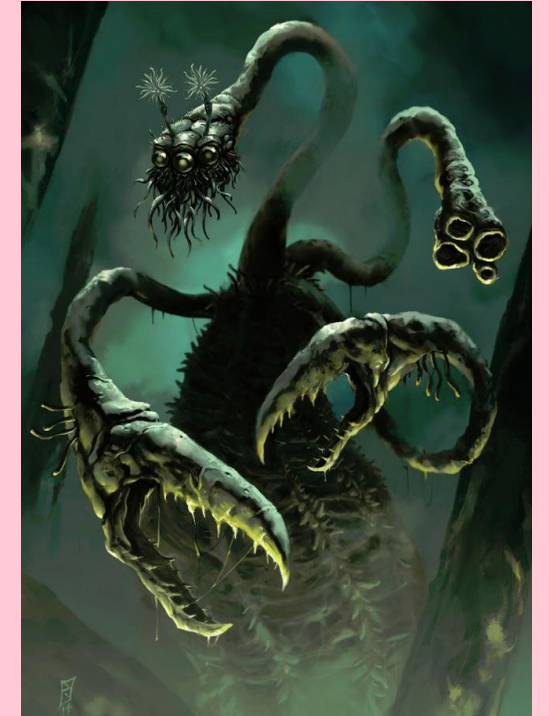


# PRIDE, HUMBLE, HUMILITY

Captain Critical

Know-It-All

Captain Of The World



**M**y sense of self-importance brings **m**e down,  
**B**ut **h**aving a humble spirit **I** obtain honor.

- Proverbs 29:23

pride

Don't be a know-it-all.

pride

- When I am having judgmental thoughts of another
- When I think I know a better way
- I think I am better because I don't do what I observe another doing
- I don't like interruptions because I think the things I'm giving focus to is more important than whatever is coming my way
- I don't like interruptions because they seem so inefficient.
- I don't like the whole door opening for others thing. One opens and holds. The other passes through, then the one that just passed through opens and holds the next door. Each is taking turns opening and holding the door. It is far more efficient if we each just open the door we need. If there is another already using the door, wait.
- I am humble when I do not think I know better than another.
- I am humble when

# Time Ogre



## Do You Have The Time?

Gregg Harris, President - 'Thru The Bible'

Today, we will each be given 24 hours to spend as we want. We can invest it or waste it or enjoy it. The time we spend in God's Word and in prayer—well, it just couldn't be spent any better. When you invest your time with God, you're making a statement about what you consider important.

In Psalm 90:12, Moses asks God to teach us how to number our days that we may present to Him a heart of wisdom. This kind of “numbering our days” describes a concept of time the Greeks called **kairos**.

Kairos time doesn't refer to the clock or calendar time (that's a different Greek word, **chronos**), but to a unique opportunity within time for something significant. It signifies a strategic or pivotal moment, a one-time, a passing opportunity. The Bible often exhorts us to take advantage of the time God has given us for both **chronos** and **kairos**.

At THRU the BIBLE, we're thinking all the time of how to make the Bible and Dr. McGee's instruction all the more accessible to you, to allow you to make the most of the strategic moments of the day when God might just want to say something to you through His Word.

I commend you for making time in God's Word a priority in your **chronos time** so that you can catch those **kairos moments** as a gift from God. That's my prayer for us all.

# SPIRITUAL WARFARE

The Lord contends ( **fights** ) with those that contend ( **fight** ) with me.  **I**  take hold of  **my**  shield of faith and stand up for  **my**  help from God and His HS!  **I**  pull out  **my**  spear,  **my**  double edged sword,  **which is the Word of God** , and block the way of  **my**  enemies.

The Lord is  **my**  deliverance!

- Psalm 35: 1-3

spiritual warfare

The Lord causes  **my**  enemies, who rise up against  **me**  to be defeated before  **my**  face. They shall come out against  **me**  one way and flee before  **me**  seven ways.

- Deuteronomy 28:7

spiritual warfare



**I**  put on the full armor of God so that  **I**  am able to stand up successfully against  **ALL**  the schemes,  **ALL**  the strategies and  **ALL**  the deceits of the devil.

- Ephesians 6:11

spiritual warfare

For  **my**  struggle is not against flesh and blood but against the rulers, against the powers, against the world forces of this present darkness, against the spiritual forces of wickedness in the heavenly supernatural places.

- Ephesians 6:12

spiritual warfare

Therefore,  **I**  put on the complete armor of God, so that  **I am**  able to resist successfully and stand  **my**  ground in the evil day of danger, and having done everything that the crisis demands,  **I am**  able to stand firm in  **my**  place, fully prepared, fully immovable, and fully victorious!

- Ephesians 6:13

spiritual warfare

So  **I**  stand firm and hold  **my**  ground,

- **I**  tighten  **my**  wide belt of truth... **that I am chosen by God...** around  **my**  waist
- **I**  put on  **my**  breastplate of righteousness,  **that I have been made right by the blood of Jesus Christ**
- **I**  strap on  **my**  feet the gospel of peace to face the enemy with firm-footed stability and  **my**  readiness produced by the good news.
- Above all,  **I**  lift up  **my**  shield of faith with which  **I**  extinguish all the flaming arrows of the evil one.
- And  **I put on my**  helmet of salvation,
- and  **I wield**  the sword of the Spirit, which is the Word of God.
- With  **my**  prayer and  **my**  petition of  **my**  specific requests
- at  **all**  times, on  **every**  occasion, and in  **every**  season  **I have the help of the Holy Spirit**
- **I stay alert**  with all perseverance
- and  **I intercede**  in prayer for all God's people

- Ephesians 6:14-18

spiritual warfare

# THANKFUL

This is the day which the LORD has made;  
**I** am rejoicing and glad in it.

- Psalms 118:24

[thankful](#)

# Mercy, Forgiveness

## God Loves to Show Mercy

From Dr. J. Vernon McGee, 'Thru The Bible'

If you wonder if the first century church had issues, then take a look at Corinth. This young church struggled to know how to live pure, godly lives in a corrupt culture.

In the first letter to the church at Corinth, the apostle Paul called them out on a serious sin issue that was keeping them from growing up in the Lord. But when they got Paul's letter, they wised up and responded well to his correction. Just one person was still causing trouble. Paul then wrote 2 Corinthians to set the troublemaker straight, but God's larger purpose was to encourage the young church and grow them up in their Christian disciplines.

They learned how to call out destructive sin—and then how to restore a repentant sinner. They also learned how to be generous in giving to God's work.

The letter begins on a high note. Paul knew for certain he was in God's will, and that gave him confidence. It makes no difference where you are or how you are or what your circumstances may be; if you know you are in God's will, you are in a great place.

Did you know that when Paul wrote this letter, he also addressed the church in your neighborhood, which is also God's church? We are God's church, the body of believers the Lord Jesus Christ purchased with His blood. The church in Corinth was like every other. When the gospel came to them, the light broke on their darkened souls. They turned from their sins to the living Christ.

To equip the Corinthian Christians for hard times, Paul then taught them about God Himself. His lessons are rich and beautiful, take them to heart. Don't forget about God's mercies; He is the Father of mercies, he reminds us. God is the Father; that's His position in the Trinity.

As "the Father of mercies," God provided a Savior for us. We couldn't be saved any other way. Everything we have today is a mercy from God. He is rich in grace and rich in mercy. Do you need that mercy today? If you need cash, you go to a bank to get it. If you need mercy, go to the One who is the Father of mercies. If you need help, go to Him. We don't deserve any of it, but He gives it all to us freely.

Our Father is also "the God of all comfort" (1:3)—comfort means "to come alongside of." The same word describes the Holy Spirit, the paraclete, the One called to our side. When the Lord Jesus promised to send the Holy Spirit, He said He would send a Helper. He will abide with you forever . . . I promise to come to you. The Spirit of God is called to help you, to strengthen you, to relieve the loneliness, ease the grief, and calm your fears. He is your advocate in time of fear and trouble. He will be with you in the desperate hour of life. (See Psalm 30:10.) When our soul cries out for the Comforter, He comes alongside us. When we know for sure God is with us in all life's troubles, we can live by faith and not by fear.

Life on life—that's how Paul described the work of the ministry. We pray for each other, we help each other in trouble, we learn how to trust God from watching each other go through trouble. Our testimony in life matters. God uses it to show others how to live by faith. We don't rely on our own wisdom, but we live our lives in "simplicity and godly sincerity" (1:12). Suffering, in part, produces this grace. God's mercy produces qualities in our lives that we are to share.

Paul stayed away from Corinth so that their faith could grow stronger and they would grow up in the Lord. Perhaps this is also why God allows many of us to go through difficulties. He wants us to own our faith.

Since Paul got word they had made the needed course correction, now he could come to them in joy and open his heart to them. Since we're talking about God's mercy, it makes sense that Paul addresses the issue of sin the Corinthian church had been dealing with. A man had been living in gross immorality, yet the church shut their eyes to it, acting like they were spiritual. Paul wrote them (1 Corinthians) to get this matter straightened out. He told them to not have fellowship with this man until he turned from his sin.

And for once the story ends well. The people obeyed Paul; they stopped fellowshiping with the man, which in this case was the right thing to do. The man felt overcome by the Spirit's conviction, and he confessed his sin. Then he turned his back on his sin. Now what should they do?

Forgive him, Paul said. He will feel overwhelmed, not only because of his sin, but because you're distant from him. So now put your arm about him and restore him to your fellowship. (See also Galatians 6:1.) You don't want to discourage him so much that Satan finds an opening for more trouble. The devil will try to push us one way or another.

Remember that we are all capable of any sin. Whatever the other man has done, we are also capable of doing. When a man repents from his sin, restore him in humility. Bring him back into fellowship. This is the glorious ministry of mercy.

In this letter so far, we've seen God's comfort for our life's hardest events. Now we see God's comfort in restoring a sinning saint. Showing mercy gives God great delight.