

Precious Promises for Practical Living



50

Illustrated Bible Promises with Matching Songs, Stories,
and Devotionals to Help You Trust God
in Every Situation



Lori Dooley





Precious Promises For Practical Living

**50 Illustrated Bible Promises
with Matching Songs, Stories and Devotionals
to Help You Trust God in Every Situation**

**By
Lori Dooley**

This book belongs to:

From:

**To my three precious daughters,
Hannah, Haley, and Heidi,
the motivation and inspiration behind this book.**

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Some stories in this book may contain names that have been altered in order to maintain privacy.

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INTRODUCTION

I was a seventeen-year old high school student when God's promises became very real in my life. A representative for a summer canvassing program came to my private school to recruit students to sell Christian literature door-to-door. I was an incredibly shy, insecure girl who would normally go out of my way to avoid people. But somehow I knew God wanted me to spend the summer selling Christian books door-to-door.

Feeling weak and terrified, I clung to one of God's promises: "My grace is sufficient for thee; for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me" (2 Corinthians 12:9).

God did not fail His promise. As I stepped out in faith, God gave me the strength to go door-to-door. He accomplished what I could not do in my own strength. During that summer, two different men offered me jobs at the door because my sales skills were so convincing. Of course I turned them down, knowing that my strength was provided from Christ in order to do His work. At the end of the summer, I was told I had made the most sales out of our entire group. God provided the strength when I did not have it.

As I began working on this Precious Promises Series, once again I felt my inefficiency. This project seemed like an insurpassable mountain. But as I cast myself on Christ and relied on His promises, He provided for every step of the way.

During this project, which combines Bible promises with matching Scripture songs, it became apparent that I needed Scripture songs

that no one had composed yet. Though I've never really been a musical person, I set out to write Scripture songs. I know God fulfilled His promise because He helped me to compose songs that have become among my children's favorite Scripture songs.

God is a very real God and longs to be part of our daily lives. He cares about our needs. He wants to be our constant companion, guiding us and filling us with good things.

In this second book of the Precious Promises Series, I have chosen ten topics concerning our most practical needs in daily life. Each category contains five Scripture passages. Many of the passages are a combination of verses because the corresponding Scripture song combines them. I have done my best to choose the most relevant Scriptures and not to repeat any verses in more than one category. In most cases, I have chosen to match the layout and wording of the verses with the corresponding Scripture song.



I pray that the beautiful images with Scripture, stories, and devotionals on each topic will be a blessing to you. May they draw you closer to God and equip you to trust God and fully rely on Him by faith.

Lori Dooley





**This book has Scripture songs
that match the verses!**



1. Download the scripture songs to your computer or phone
2. As you turn each Scripture page play the corresponding scripture song.



Installation Instructions

**For Instructions on how to
download the Scripture songs or
how to install them via usb card
(included with this book)
scan the qr code or visit:**

little-branches.com/scripture-song-instructions/



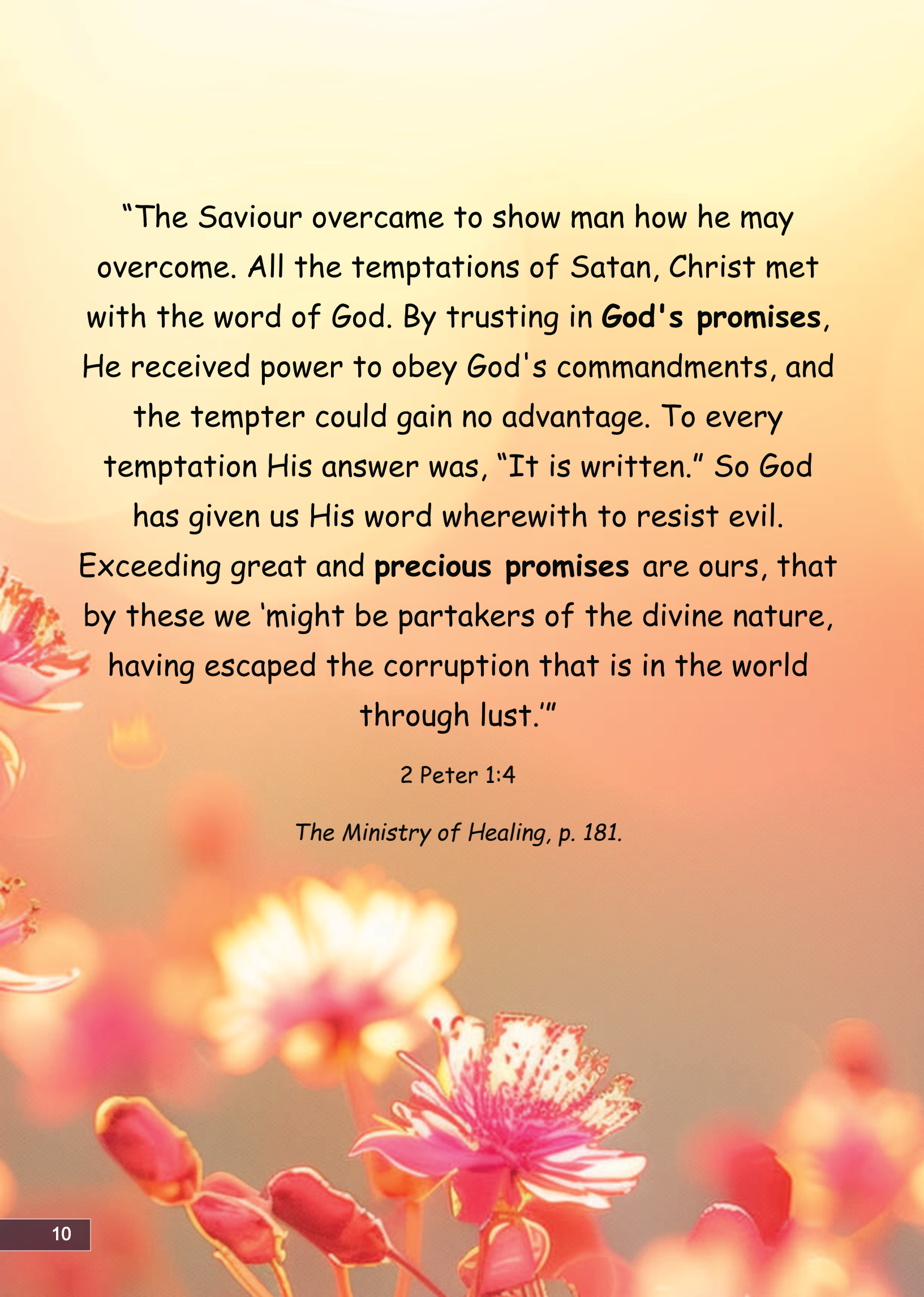
**These songs are available for
download on our website:
little-branches.com**



**We need your feedback! Please leave us an honest review at
little-branches.com or
Amazon.com**

**Special thanks to the following musicians for contributing Scripture songs
or helping with the production of songs.
This project would not be possible without you!**

Ainy Evelyn Stephens-Shoute (theadventmessage.org)
Christian Paul (Giveglory2him.org)
Laura Williams (laurawilliamsmusic.com)
Schubert and Yolanda Palmer (LOVE ME - Ready Scripture Songs Youtube)
Gary and Alexandra Hullquist (7thfriends.com)
Brackin and Lindsay Kirkland (soundslikereign.com)
Bill Striegel (KJV Scripture Songs Facebook Group)
Sabrina Hew (musicverse.org)
Jade Kneebone (Scripture for Kids Youtube)
Stephen Nasby (The N Crew Youtube)
Earl Martin (mysteryministries.net)
Harrow family (singtheword.com)
Fountainview Academy Singers (Fountainview Academy Youtube)
Paul and Carolyn Rayne family (thehomeplace.org)
Ron and Patti Vaillant (biblemusic.com)
Emily van Rhin (Emily van Rijn Youtube)
Karen Stoeckert (Keeptheword.org)
Jolly and Madsen families (atriumoflight.com)
Derrol Sawyer (mosessong.org)
Tom and Alane Waters family (rionline.org)
Derek and Bodil Morris, Ashley Hold (trilogyscriptureresources.com)
Braedan and Alise Entermann (Word and Song with Sandra Entermann Youtube)
Victoria-Joy Creighton (The Hope Factor Youtube)
Zaida Torres (Zaida Torres Youtube)
Janet Evert (Young Disciple Youtube)
Zana Reichen (zanareichen.com)
Tyler family (Sounds of Scripture Youtube)
Mihaela Williams (mihaelawilliams.com)
Ruth Davis (Ruth Davis Youtube)
Jack Marti (Jack Marti Youtube)
Hannah and Haley Dooley (Little Branches Youtube)
Karen Hudson (Jonathan Hudson Youtube)
Gloria Thorne (blueskymusic.net)
Linda McCabe
Shemaiah Carter
Malachi and Chelsea Speidel
Natalie, Olivia, and Seth Sherbondy
Joshua and Emily Suarez Mizner
Audrey Weatherest
Judy Evenson
Jenn and Amber Harris
Wayne Hooper
Linda McCabe



"The Saviour overcame to show man how he may overcome. All the temptations of Satan, Christ met with the word of God. By trusting in **God's promises**, He received power to obey God's commandments, and the tempter could gain no advantage. To every temptation His answer was, "It is written." So God has given us His word wherewith to resist evil. Exceeding great and **precious promises** are ours, that by these we 'might be partakers of the divine nature, having escaped the corruption that is in the world through lust.'"

2 Peter 1:4

The Ministry of Healing, p. 181.

Ideas for Using this Book

Personal Devotions. Because this book attaches memory verses to specific photos, even non-reading children can see the photos and remember the Scriptures that go with them. The beautiful nature scenes also help turn the minds to the great Creator.

Family Worship. The whole family can enjoy reading the stories and devotionals together and singing the songs. Be creative and come up with ideas to make it fun. I have made up life scenarios and had the children give me a promise that they could use to help them with that situation. Also, you could hum or sing the melodies and have the children guess the verse. You could describe the picture and have the child guess the verse.

Discipline. When your child needs correction you can point them to the beautiful photos and verses. Using Scripture will have more power with young children as you can show them the picture and discuss it with them rather than simply quoting it. It will give you a tool to “overcome evil with good” (Romans 12:21). Book 3 in the Precious Promises Book Series will contain topics very applicable for discipline issues.

Home school. This book is an excellent Bible curriculum as it will give your child a very good foundation in Christian living. The Scriptures and songs will be with your children the rest of their lives and equip them to be able to live a successful Christian life.

Classroom. This can be used as a Bible curriculum in a classroom setting.

1. Spiritual Needs

God has designed us with basic daily needs that are essential for sustaining our life and well-being. When we are hungry, we need to eat. And when we are thirsty, we need to drink. But did you know that deep inside you there is an invisible hunger and thirst for love, happiness, and fulfillment? Only God can truly satisfy this spiritual hunger. This is why Jesus called himself the “bread of life” and the fountain of living water (John 6:35; 7:37-38).

Have you noticed that the most enjoyable activities only last a short time?

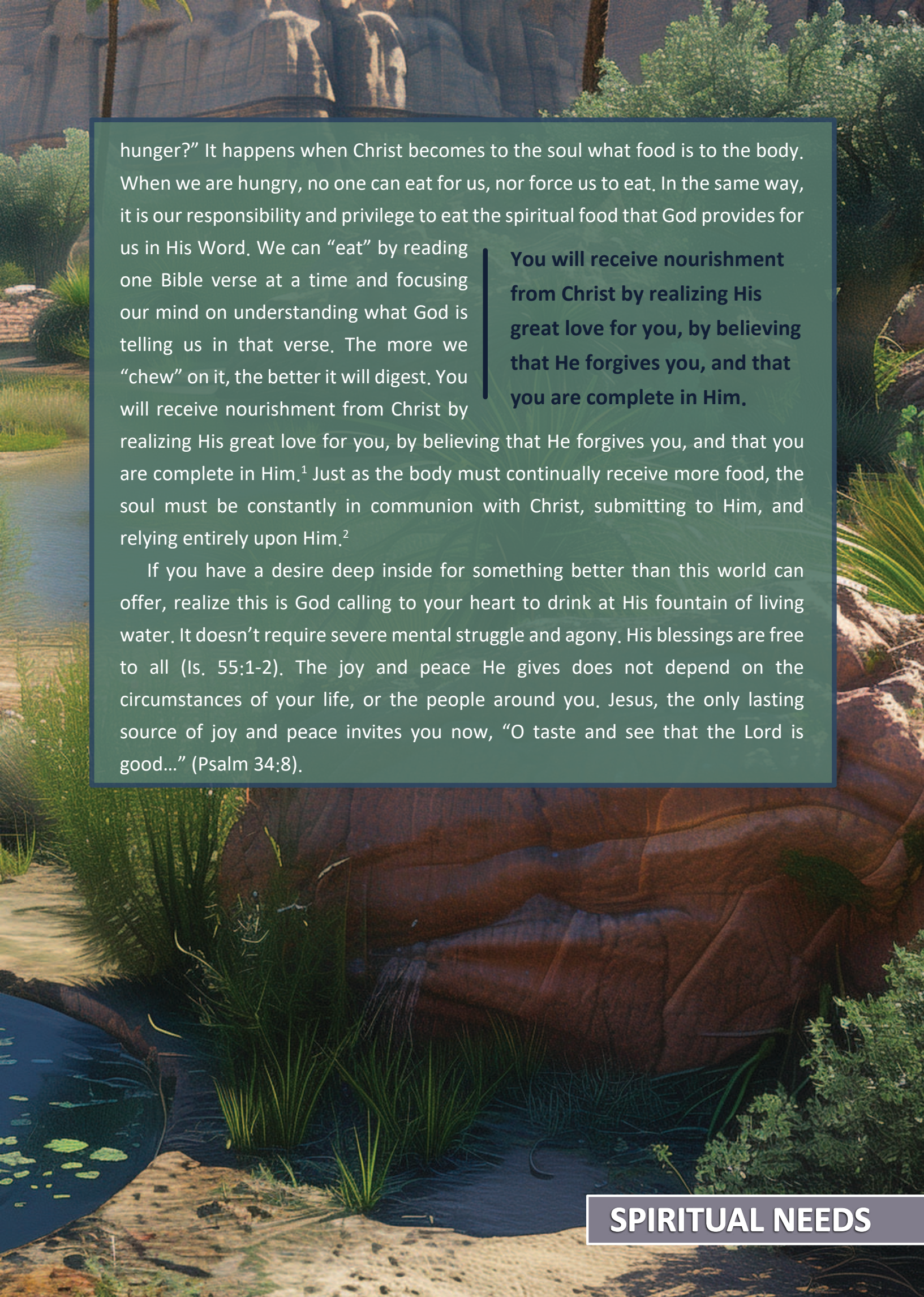
A new gadget or toy is only exciting for a little while before it gets put in a corner and starts to collect dust.

Watching movies or TV shows brings pleasure that soon ends. A new gadget or toy is only exciting for a little while before it gets put in a corner and starts to collect dust. Indulging in delicious sweets may leave you with a belly ache. And the thrill of a roller coaster only lasts for the length of the ride.

These short-lived pleasures will leave you feeling empty or longing for more, unable to fill an insatiable void. Unfortunately, most people do not know how to satisfy the needs of their soul. Instead of coming to Jesus, they spend money, and work for things that do not quench their soul hunger and thirst. They seek to find their satisfaction in worldly pleasures, relationships, or riches. However, the Bible says living this way is like trying to drink from broken pots that can't hold water (Jeremiah 2:13).

Drinking at the “world's well” will always leave you thirsty. The words of Jesus confirm this when He said, “Whosoever drinketh of this water [the water at the well] shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst (John 4:13-14). Therefore, the only solution for filling our soul is to develop and maintain a deep relationship with Jesus — He is the only thing that is so satisfying that everything else will lose its appeal.

Just as food fills an empty belly, so Christ must fill the empty soul. You may wonder how this can happen. You ask, “How can Christ satisfy my spiritual



hunger?” It happens when Christ becomes to the soul what food is to the body. When we are hungry, no one can eat for us, nor force us to eat. In the same way, it is our responsibility and privilege to eat the spiritual food that God provides for us in His Word. We can “eat” by reading one Bible verse at a time and focusing our mind on understanding what God is telling us in that verse. The more we “chew” on it, the better it will digest. You will receive nourishment from Christ by realizing His great love for you, by believing that He forgives you, and that you are complete in Him.¹ Just as the body must continually receive more food, the soul must be constantly in communion with Christ, submitting to Him, and relying entirely upon Him.²

You will receive nourishment from Christ by realizing His great love for you, by believing that He forgives you, and that you are complete in Him.

If you have a desire deep inside for something better than this world can offer, realize this is God calling to your heart to drink at His fountain of living water. It doesn't require severe mental struggle and agony. His blessings are free to all (Is. 55:1-2). The joy and peace He gives does not depend on the circumstances of your life, or the people around you. Jesus, the only lasting source of joy and peace invites you now, “O taste and see that the Lord is good...” (Psalm 34:8).

SPIRITUAL NEEDS

The Empty Love Cup

Everyone has a love cup, an imaginary hole that can only be filled by God's love. When children are too young to know God for themselves, God designed that parents should represent Him to their children. Ideally, parents should gather plenty of love from God by spending time with Him, and then give love to their children.

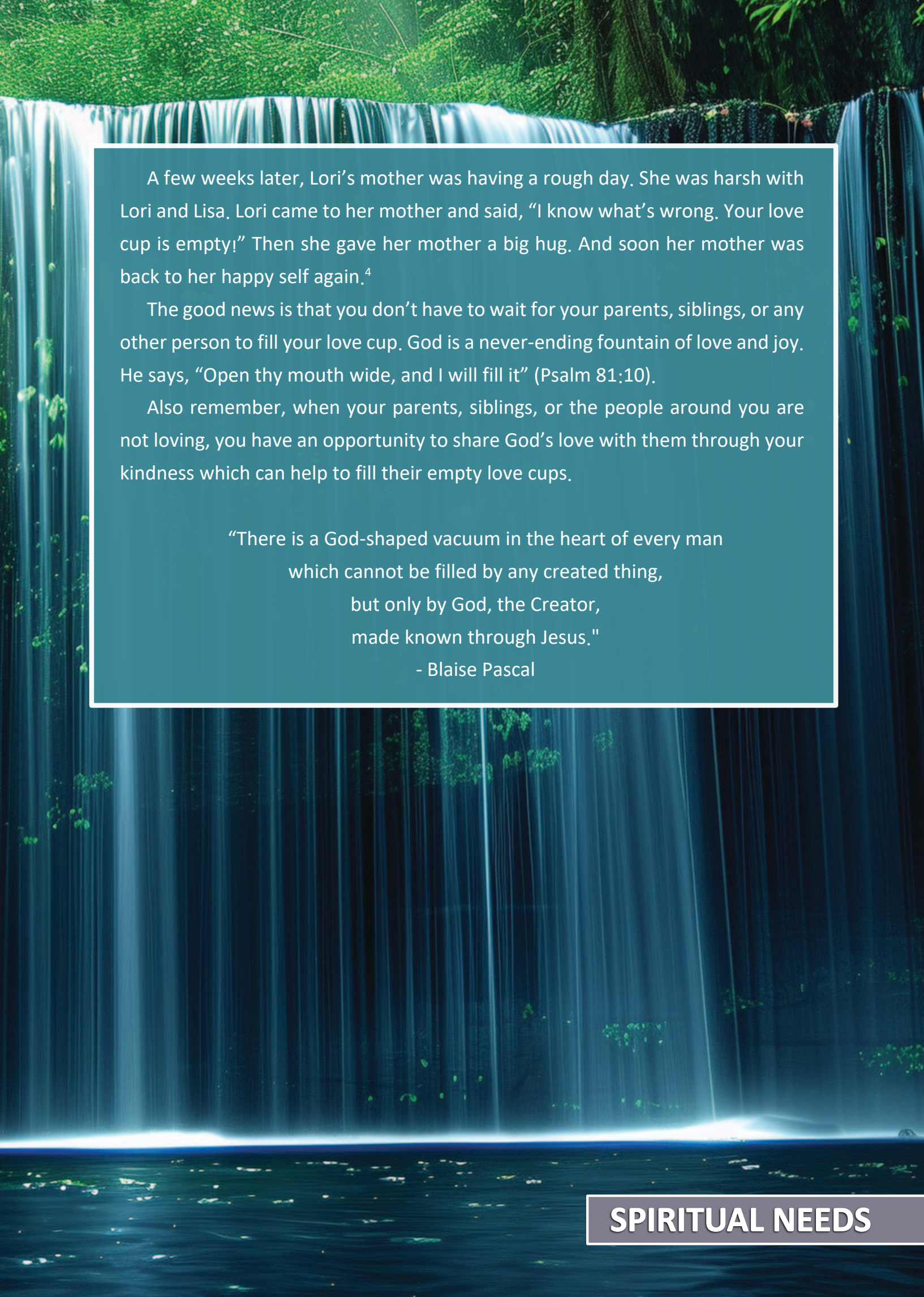
Dr. Kay Kuzma, a retired professor and author, tells a story that demonstrates the love cup principle. One day, seven-year-old Lori was having a rough day. She could not seem to get along with her little sister, Lisa. Lori shoved her, stole her favorite doll, and was very harsh and unloving throughout the day. None of her mother's warnings to be kind seemed to be able to change her behavior. The next morning, Lori woke up in the same bad mood, complaining, and not happy about anything.

Then Lori's mother remembered that she had recently read a book called *Filling Your Love Cup*. The book explains that each child is like a cup. When the cup is filled with love to overflowing, the child has enough love to give away and they can be loving to others. But if the love cup is empty, even punishment won't work. "His need for love must first be satisfied."³

Laying all her plans aside, Lori's mother sat her daughter on her lap and explained that she had figured out why Lori was struggling so much. Surprised by what she heard, Lori listened as her mother explained that Lori's love cup was empty and needed to be filled up. Then her mother kissed her and spent the next few minutes talking and giving her some undivided attention.

When her mother asked how full her love cup was, Lori pointed to her chest. Giving her one final hug, she said, "Let's try to get it to overflowing!" Soon Lori had a big smile and said her love cup was running over.

Then her mother encouraged her to go share some of her love with her little sister. After the way she had treated Lisa, Lori knew that she might get pushed away. However, when she went to Lisa and gave her a big hug and told her she loved her, they went to breakfast holding hands.



A few weeks later, Lori's mother was having a rough day. She was harsh with Lori and Lisa. Lori came to her mother and said, "I know what's wrong. Your love cup is empty!" Then she gave her mother a big hug. And soon her mother was back to her happy self again.⁴

The good news is that you don't have to wait for your parents, siblings, or any other person to fill your love cup. God is a never-ending fountain of love and joy. He says, "Open thy mouth wide, and I will fill it" (Psalm 81:10).

Also remember, when your parents, siblings, or the people around you are not loving, you have an opportunity to share God's love with them through your kindness which can help to fill their empty love cups.

"There is a God-shaped vacuum in the heart of every man
which cannot be filled by any created thing,
but only by God, the Creator,
made known through Jesus."

- Blaise Pascal

51. Psalm 63:1-5; 81:10

¹O God, thou art my God;
early will I seek thee:
my soul thirsteth for thee,
my flesh longeth for thee
in a dry and thirsty land,
where no water is;

²To see thy power and thy glory,
so as I have seen thee
in the sanctuary.

³Because thy lovingkindness
is better than life,
my lips shall praise thee.

⁴Thus will I bless thee while I live:
I will lift up my hands in thy name.



⁵My soul shall be satisfied...
and my mouth shall praise thee
with joyful lips:

¹⁰I am the Lord thy God...
open thy mouth wide,
and I will fill it.

SPIRITUAL NEEDS



52. Isaiah 41:17-18

¹⁷When the poor and needy
seek water,
and there is none,
and their tongue faileth for thirst,
I the Lord will hear them,
I the God of Israel
will not forsake them.

¹⁸I will open rivers in high places,
and fountains in the midst
of the valleys:
I will make the wilderness
a pool of water,
and the dry land
springs of water.



53. Isaiah 55:1-2

¹Ho, every one that thirsteth,
come ye to the waters,
and he that hath no money;
come ye, buy, and eat...

²Wherefore do ye spend money
for that which is not bread?
and your labour
for that which satisfieth not?
hearken diligently [to] me,
and eat ye that which is good,
and let your soul
delight itself in fatness.

54. John 4:10,14

¹⁰If [you knew] the gift of God,
and who it is that saith to thee,
Give me to drink;
[you would] have asked of Him,
and He would have given thee
living water.

¹⁴But whosoever [drinks]
of the water that I shall give him
shall never thirst;
but the water that I
shall give him shall be
in him a well of water.

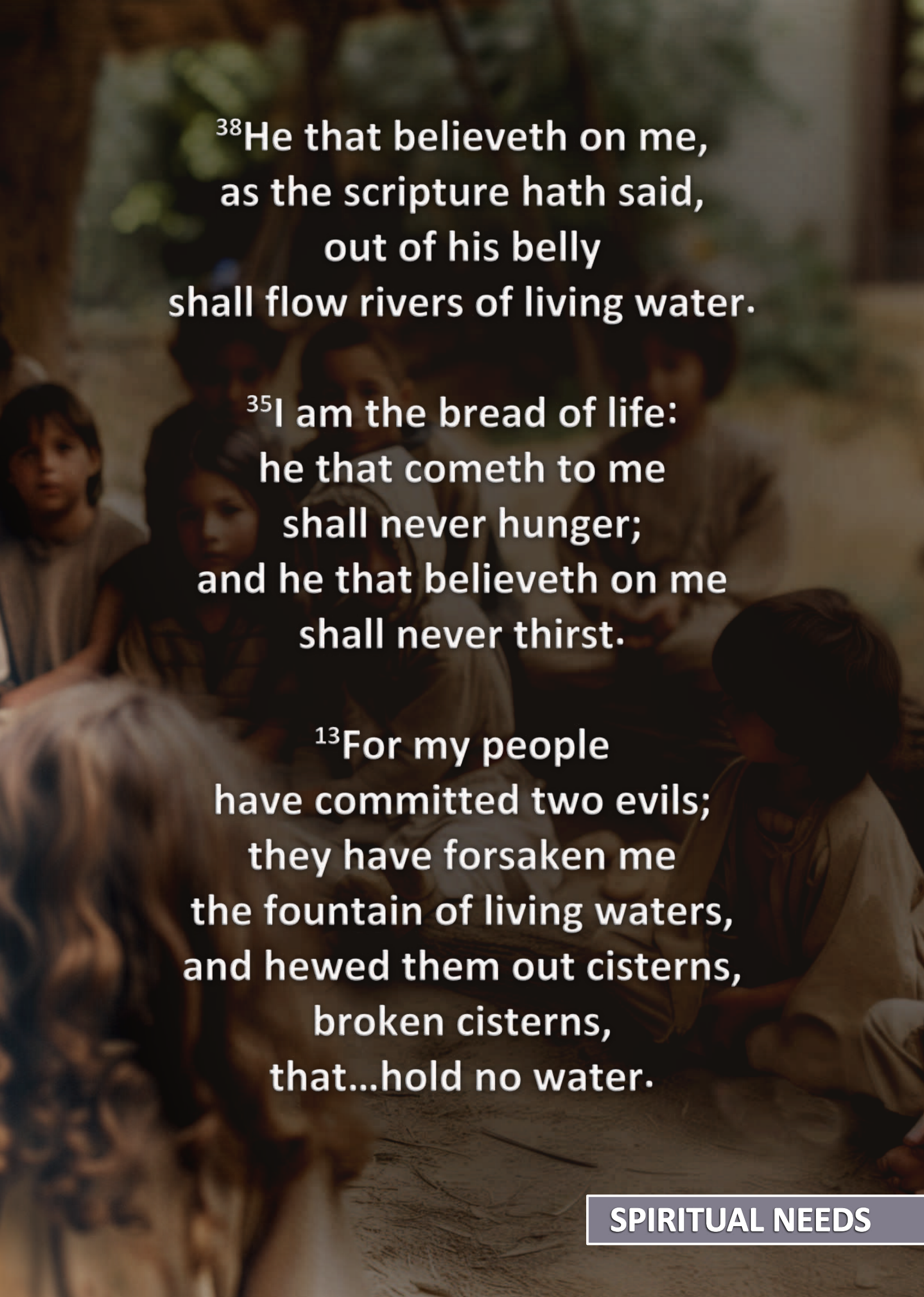


SPIRITUAL NEEDS

55. John 7:37:38 John 6:35; Jeremiah 2:13

³⁷If any man thirst,
let him come unto me, and drink.





³⁸He that believeth on me,
as the scripture hath said,
out of his belly
shall flow rivers of living water.

³⁵I am the bread of life:
he that cometh to me
shall never hunger;
and he that believeth on me
shall never thirst.

¹³For my people
have committed two evils;
they have forsaken me
the fountain of living waters,
and hewed them out cisterns,
broken cisterns,
that...hold no water.

2. Physical Needs

Long before you were ever born or knew anything at all, God, your Heavenly Father, had already planned your very existence. He is the one who formed you in your mother's womb (Jeremiah 1:5). God knows all your innermost thoughts. He knows the exact number of hairs you have on your head (Luke 12:7), and every minute detail of your life (Psalm 139). He who created your body knows your need for food and clothing. He who gave you the gift of life will also provide the things necessary to sustain your life.¹

God could have provided everything you need without all the beautiful things of earth. But instead, He filled the land and sky with beauty to show you His loving care and tender thoughts toward you. The birds with their happy songs don't have a single worry about their life, yet God provides for their needs. Referring to the birds, Jesus said, "Are you not of more value than they?"

He filled the land and sky with beauty to show you His loving care and tender thoughts toward you.

(Matthew 6:26 NKJV). The flowers and grass of the field also demonstrate God's love and care for your needs. Jesus said, "If God so clothe the grass of the field...shall he not much more clothe you?" (Matthew 6:30).

The Bible gives many examples of ways that God provided for people in the past. When the Israelites were in the middle of the wilderness and had no food, delicious bread-like white flakes called manna fell from heaven. It was food sent from God Himself (Exodus 16:4). When they were thirsty, God caused water to pour out of a rock (Exodus 17:6). When a poor woman used the last of her cooking supplies to bake a cake for Elijah, God's prophet, she found that her oil and flour multiplied as she used them. She and her family lived off the same oil and flour for a long time (1 Kings 17). When Elijah had no food, the ravens brought him bread in their mouths twice a day (1 Kings 17). When Jesus provided food for thousands of people using a little boy's donated lunch, the food multiplied so much that there were 12 baskets of food left over! (Matthew 15:32-38).

We all may experience times in our life when it looks like our needs won't be met. When the Israelites were in the wilderness, God allowed their food supply

to get low because He wanted them to turn to Him, their only source of strength. If they had chosen to be cheerful in their hardship, their faith would have been strengthened. Instead, they complained about their future needs, even though God had promised that He would take care of them if they were obedient. Even though they had not yet felt any hunger, and their present needs were met, they worried about what might happen to them. Instead of remembering how God had provided for them in the past and praising Him for how He would provide for their future, they thought only of their present hardships and did not trust Him beyond what their eyes could see.²

God owns the whole earth and everything in it.

God owns the whole earth and everything in it (Psalm 24:1). He says, “Every beast of the forest is mine, and the cattle upon a thousand hills. I know all the fowls of the mountains; and the wild beasts of the field are mine. If I were hungry, I would not tell thee: for the world is mine, and the fulness thereof” (Psalm 50:10-12). God’s resources are limitless! He “knows the things you have need of before you ask Him” (Matthew 6:8 NKJV). All heaven is interested in your well-being. So, with that in mind, instead of complaining or worrying, let the language of your heart be, “Bless the Lord, O my soul, and forget not all His benefits” (Psalm 103:2).



PHYSICAL NEEDS

The Mystery Bread

Pastor Sergei was a faithful Christian in the Soviet Union during the time when Communism flourished. In those days, there was very little religious freedom, and persecution was common for those who stood up for the Gospel of Jesus.

Sergei was arrested because of his Christian faith and taken to a remote prison where he was locked in a cell by himself. As the prison warden left Sergei in the cold, dark cell, he mocked God and questioned how a loving God could allow his followers to be locked up. He told Sergei that no food would be provided for him until He cooperated by giving up his beliefs.

Although Sergei felt alone and discouraged, he claimed God's promises. He kept repeating the words, "God shall supply all [my] need according to his riches in glory by Christ Jesus" (Philippians 4:19). Alone in his prison cell, which only contained a bed and a chair, he wondered what God was going to do.

Sergei awoke the next morning to the sound of scratching at the window high above his bed. He stood on the bed and could hardly believe his eyes when he saw a slice of Black Russian bread on the windowsill.

He was so hungry, but he knew the prison warden would never believe that God provided for him without seeing proof. So, he kept the bread safely under his mattress.

Over the next several days, morning and evening, Sergei heard the same scratching at the window and found a similar slice of bread each time. He hid each of them under his mattress as more evidence for the warden. Had God sent an angel? Who could possibly be feeding him?

The warden finally arrived on the fifth day, confident that Sergei would be ready to give up his God. Sergei confidently told him of God's care and showed him the stack of bread slices he had received.

Of course, the warden was furious, wondering who he should punish for bringing food to the prisoner. He didn't have to wait long however, because just then, they heard the familiar scratching at the window. As they

investigated the noise, they saw a cat on the window ledge with bread in its mouth.

The warden was astonished that God could use an animal to feed Sergei. But the most amazing thing was that the cat belonged to his daughter. The bread that Sergei had received was fresh from the warden's own kitchen!³

The same God who rained manna from heaven, used ravens to feed the prophet Elijah, and multiplied a boy's lunch, is able to provide for all your needs today!



PHYSICAL NEEDS



56. Psalm 37:4-5

⁴Delight thyself also in the Lord;
and He shall give thee
the desires of [thy] heart.

⁵Commit thy way unto the Lord;
trust also in Him;
And He shall bring it to pass.



PHYSICAL NEEDS

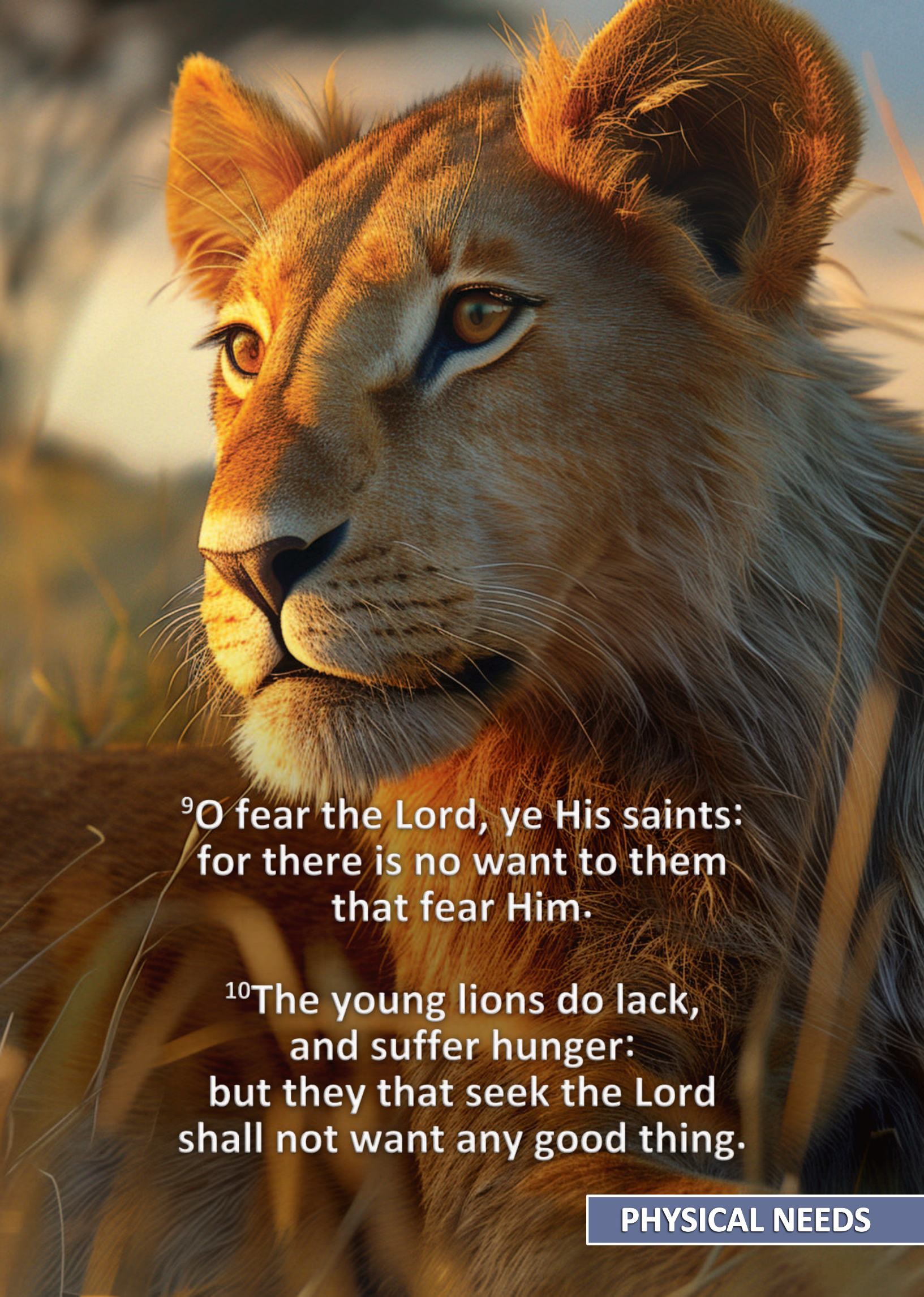
**57. Psalm 145:15-16
Psalm 50:10,12
Psalm 34:9-10**

**¹⁵The eyes of all wait upon thee;
and thou givest them their meat in
due season.**

**¹⁶Thou openest thine hand,
and satisfiest the desire
of every living thing.**

**¹⁰For every beast of the forest
is mine,
and the cattle
upon a thousand hills.**

**¹²If I were hungry,
I would not tell thee:
for the world is mine,
and the fulness thereof.**



⁹O fear the Lord, ye His saints:
for there is no want to them
that fear Him.

¹⁰The young lions do lack,
and suffer hunger:
but they that seek the Lord
shall not want any good thing.

PHYSICAL NEEDS

58. Matthew 6:25,32-34 (NKJV)

²⁵Do not worry about your life,
what you will eat
or what you will drink;
nor about your body,
what you will put on.

Is not life more than food
and the body more than clothing?

³²For your heavenly Father knows
that you need all these things.

³³But seek first the kingdom of God
and His righteousness,
and all these things
shall be added to you.

³⁴Therefore do not worry
about tomorrow,
for tomorrow will worry
about its own things.





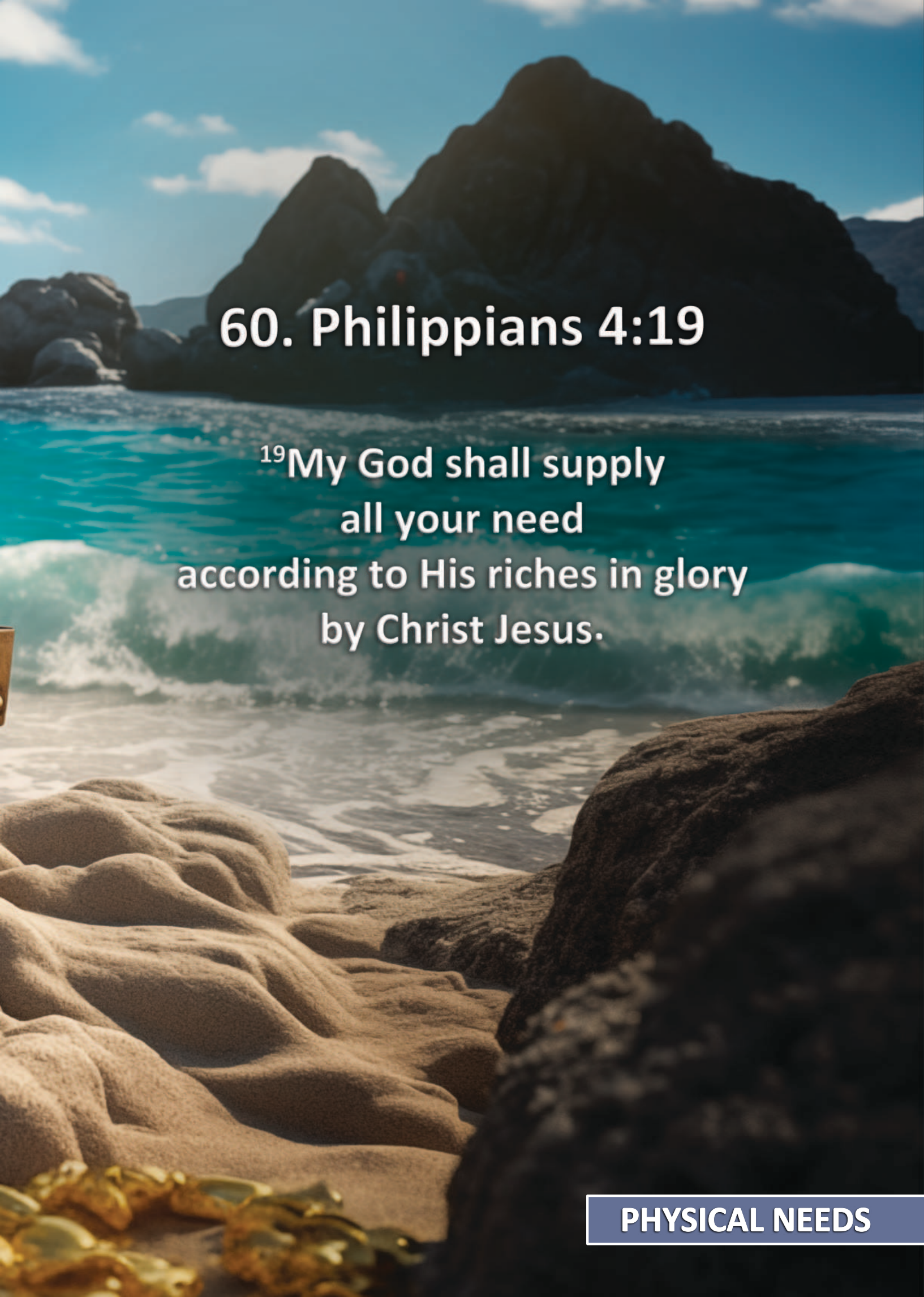
59. Matthew 6:26,28-29

²⁶Behold the fowls of the air:
for they sow not,
neither do they reap...
yet your heavenly Father
feedeth them.
Are ye not much better than they?

²⁸Consider the lilies of the field,
how they grow; they toil not,
neither do they spin:

²⁹And yet I say unto you,
That even Solomon in all his glory
was not arrayed like one of [them].





60. Philippians 4:19

¹⁹My God shall supply
all your need
according to His riches in glory
by Christ Jesus.

PHYSICAL NEEDS


3. Guidance

Have you ever wondered how you can know what God wants you to do in any given situation? Each day, every one of us must make decisions that require wisdom. How does God want us to spend our time and use our talents? What does He want us to say to those around us? At some point in life, you will be faced with huge, life-changing decisions such as whom to marry, what career to choose, where to live, when to move, how to spend your money, etc. God can give you the wisdom needed to make such decisions. He wants to reveal His will to you and personally speak to you, but there are certain conditions that must be met, and specific methods that He uses to communicate with you — with all of us.

One of the most important conditions to knowing God's will is to have no will of your own. In other words, set your ideas and plans aside. God knows what is best for you. The happiest place on earth for you is to be at the spot God leads you, doing the specific things He wants you to do. However, God will not force your will; and if you are determined to have your own way He will not intervene. The Bible says God will guide and teach the meek (Psalm 25:9). Someone who is meek is humble and does not force their own opinions. God is able to instruct the meek because they sincerely want to know His will and follow it. "Until you have the resolution [or make a firm decision] to obey God's will, you cannot have His guidance."¹

One of the most important conditions to knowing God's will is to have no will of your own.

How does God communicate? Well, sometimes God speaks with His voice, and at other times He sends angels to communicate with us or He gives us dreams. But by far, the most common method of communication is through the prophets who wrote the Scriptures. As you prayerfully read and meditate on the Scriptures, God will speak to you and help you apply the words to your life.



Another way that God communicates with us is through providential events, or by opening and closing certain doors. For example, He may not allow certain opportunities to come your way if they are not according to His plan for you. Other times, opportunities will come that seem like He is leading in a certain direction. But any time it looks like a door is open, you must be certain that it

Any time it looks like a door is open, you must be certain that it does not go against Scripture.

does not go against Scripture. God will never lead you to do something that contradicts what is written in the Bible. Not every open door is one you should walk through.

God may choose to speak to you through something you hear or read. Or you may meet someone who provides an opportunity for you to learn something you've needed to understand.

He can also speak through impressions upon your heart. You may sense His still, small voice helping you know what to do in your specific situation. Once again, you must be sure that every impression is in agreement with the Bible. For instance, God would never "impress" you to hit someone, lie, cheat, steal, or be unkind. However, if the impression you are having causes you to be kind, loving, and self-denying, you can know that it is probably from God.

Do you want God's guidance in your life? Do you want to hear His voice? If so, begin each day by talking with Him, reading His Word, and listening for His still, small voice. Acknowledge that you do not have the wisdom to plan your life or make decisions. Just as Jesus completely depended upon His Father, surrender all your ideas to God and allow Him to reveal His plans for you. As you do this, He will direct your steps day by day.²

The Marriage That Almost Didn't Happen

Michelle was so excited to be getting married soon. The Lord had brought a godly man into her life named John, and they were looking forward to starting their life of ministry together. Several friends and family had counseled them, and everyone supported their decision to marry.


Prior to their engagement, Michelle had been seeing a Christian counselor because she had grown up in a divorced household and didn't want to bring baggage into their relationship. In fact, she had an appointment with the counselor a few mornings after she had accepted John's marriage proposal.

On the morning of her appointment, Michelle woke up early to spend some time in prayer and devotion with God, which was her usual habit. The time spent was very special, and as she read a devotional, one paragraph in particular stood out to her. So, she spent time thinking about it for a while.

Michelle had no idea that just a few hours later, a surprise awaited her at the counseling session. She didn't know that her trusted counselor had already heard the news of her engagement. Michelle was so surprised when the counselor began their session by telling her she should not get married because she did not "love herself."

Michelle was shocked and confused. She was the type of person who always followed the rules, and she had a high respect for authority. Before she had accepted John's marriage proposal, she had prayed and prayed and felt confident that God was leading her into this marriage. But now, this highly respected religious woman was telling her she should not get married? Why?

Michelle might have called off the wedding if it had not been for two things. First, the counselor was extremely talkative and had not really taken the time to listen to Michelle talk. She had been so intent on sharing her view on psychology that Michelle really felt like her counselor didn't know anything about her other than the fact that she came from a divorced home. Secondly, and more importantly, Michelle knew that she should not follow the counselor's advice because of what God had shown her that morning. Her devotional reading was



based on Galatians 2:20 which says, “I am crucified with Christ: nevertheless, I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”

So, when the counselor said the words, “You do not love yourself,” Michelle’s mind was immediately reminded of the paragraph she had meditated on just hours earlier. It said, “It is the love of self that destroys our peace. While self is all alive, we stand ready continually to guard it from mortification and insult; but when we are dead, and our life is hidden with Christ in God, we shall not take neglects or slights to heart. We shall be deaf to reproach and blind to scorn and insult.”³

Thankfully, Michelle was able to recognize that the counselor's advice was not from God because it directly contradicted what God had shown her that morning. Michelle and John did get married and began a ministry together. Now, years later they are happily married with three children.

We should always listen to our parents, teachers, and counselors, unless what they say goes directly against God’s Word. What if Michelle had not spent time with God that morning? She would not have heard what He wanted to say to her, and she might have listened to the words of a trusted human Counselor, rather than her Heavenly Father, the greatest, all-knowing counselor, of all.

God longs to guide you and teach you His way and guide your path if you will take time to commune with Him and listen for His voice.

61. Psalm 32:8

⁸I will instruct thee
and teach thee
in the way which thou shalt go:
I will guide thee with mine eye.



GUIDANCE



62. Proverbs 3:5-7,11

⁵Trust in the Lord with all
thine heart;
and lean not unto
thine own understanding.

⁶In all thy ways acknowledge Him,
and He shall direct thy paths.

⁷Be not wise in thine own eyes:
fear the Lord, and depart from evil.

¹¹My son, despise not the
chastening of the Lord;
neither be weary of His correction.



63. Isaiah 30:21,19,18

²¹Your ears shall hear a word
behind you, saying,
“This is the way, walk in it,”
Whenever you turn
to the right hand...
whenever you turn to the left.

¹⁸For the Lord is a God of justice.
Blessed are...those
who wait for Him.

¹⁹You shall weep no more.
He will be very gracious to you
at the sound of your cry;
When He hears it,
He will answer you.

An aerial photograph showing a winding asphalt road that curves through a dense, vibrant green forest. The road leads towards a rocky coastline where the forest meets a body of water. The water is a deep blue, and the rocks are dark and jagged. The overall scene is serene and natural.

64. Isaiah 42:16

¹⁶ I will bring the blind
by a way that they [know] not;
I will lead them in paths
that they have not known.



I will make [the] darkness
light before them,
and crooked things straight.
These things will I do unto them,
and not forsake them.

GUIDANCE

65. James 1:2-7

²My brethren, count it all joy when
ye fall into divers temptations;

³Knowing this, that
the trying of your faith worketh
patience.

⁴But let patience have her perfect
work,
that ye may be perfect and entire,
wanting nothing.

⁵If any of you lack wisdom,
let him ask of God,
that giveth to all men liberally,
and upbraideth not;
and it shall be given him.

**⁶But let him ask in faith,
nothing wavering.
For he that wavereth
is like a wave of the sea
driven with the wind and tossed.**

**⁷Let not that man think that he shall
receive any thing of the Lord.**



GUIDANCE

4. Strength

God is the source of all strength, talent, and ability. Whether it be singing, doing backflips, understanding math, public speaking, working etc. There is not a single talent or ability a person has that does not come from God. Even Jesus said, “I can of mine own self do nothing” (John 5:30). He relied completely on His Heavenly Father for everything He did in His life. From victory over sin, to

The same source of strength is freely available to us by connecting with God as He did.

working miracles, Jesus did not possess any strength that He did not receive from His Father. The same source of strength is freely available to us by connecting with God as He did.¹

God has promised strength enough for any trials you face or tasks that need to be accomplished today. He says, “As your days, so shall your strength be” (Deuteronomy 33:25 NKJV). The secret to accessing God’s power is found in Nehemiah 8:10 which says, “the joy of the Lord is your strength.” If you go about your day complaining, grumbling, and thinking about your problems, you certainly won’t find the fulfillment of God’s promise for strength. But if you believe His promises and go about your day cheerfully expecting Him to help and possibly even work a miracle for you, then you will find that the strength will be given to you as you need it. God will not fail to keep His promises, and what He will do for you will often far exceed what you “ask or think” (Ephesians 3:20).

While God has promised strength for today (Deuteronomy 33:25), He has not promised strength for tomorrow, next week, or next year. If you take upon yourself future worries and problems, they will only weigh you down. The

God often uses weak, unlearned, unskilled individuals to do great things for Him because they realize their weakness and their need to rely entirely on Him.

workload God has for you is not burdensome. Jesus said, “...My yoke is easy, and My burden is light” (Matthew 11:30). Be careful not to try to reach the world’s standards of success or take on burdens that God has not called you to bear.

God often uses weak, unlearned, unskilled individuals to do great things for

Him because they realize their weakness and their need to rely entirely on Him. The duties that God wants you to accomplish may include things in which you feel you have no special talent or ability. If you only attempt to do the things you are comfortable with and feel like you can do on your own, you will never be able to fully see the power of God in your life.

Therefore, as you go forward and do the tasks God calls you to, He will give you the skills you need for the work He's chosen for you to do. Be encouraged when you are faced with something that seems out of your own capability or strength. God wants you to rely on His power instead of your own. For He has promised, "My grace is sufficient for thee: for my strength is made perfect in weakness" (2 Corinthians 12:9).



STRENGTH

The Successful Stammerer

Willie Brinninger wanted to work for Jesus, and he longed to tell others about the gospel. So, he was excited when he saw an advertisement in a church bulletin inviting people to come and learn how to sell Christian literature. He went to the training class and learned precisely what to say about each book. The only problem was, Willie had a significant speech impediment. He stammered and stuttered, making it difficult for people to understand what he was saying.

Some of the church leaders wanted to reject Willie because of his stuttering. They believed that sending him out to sell Christian literature with such poor speech would be an embarrassment. However, they remembered that the church advertisement stated that anyone was invited to do the work; so they reluctantly sent him out to sell the books.

When Willie began to report back about the many books he was selling, the church leaders didn't believe him. So, one of them agreed to go with him to make sure he was being honest about his report.

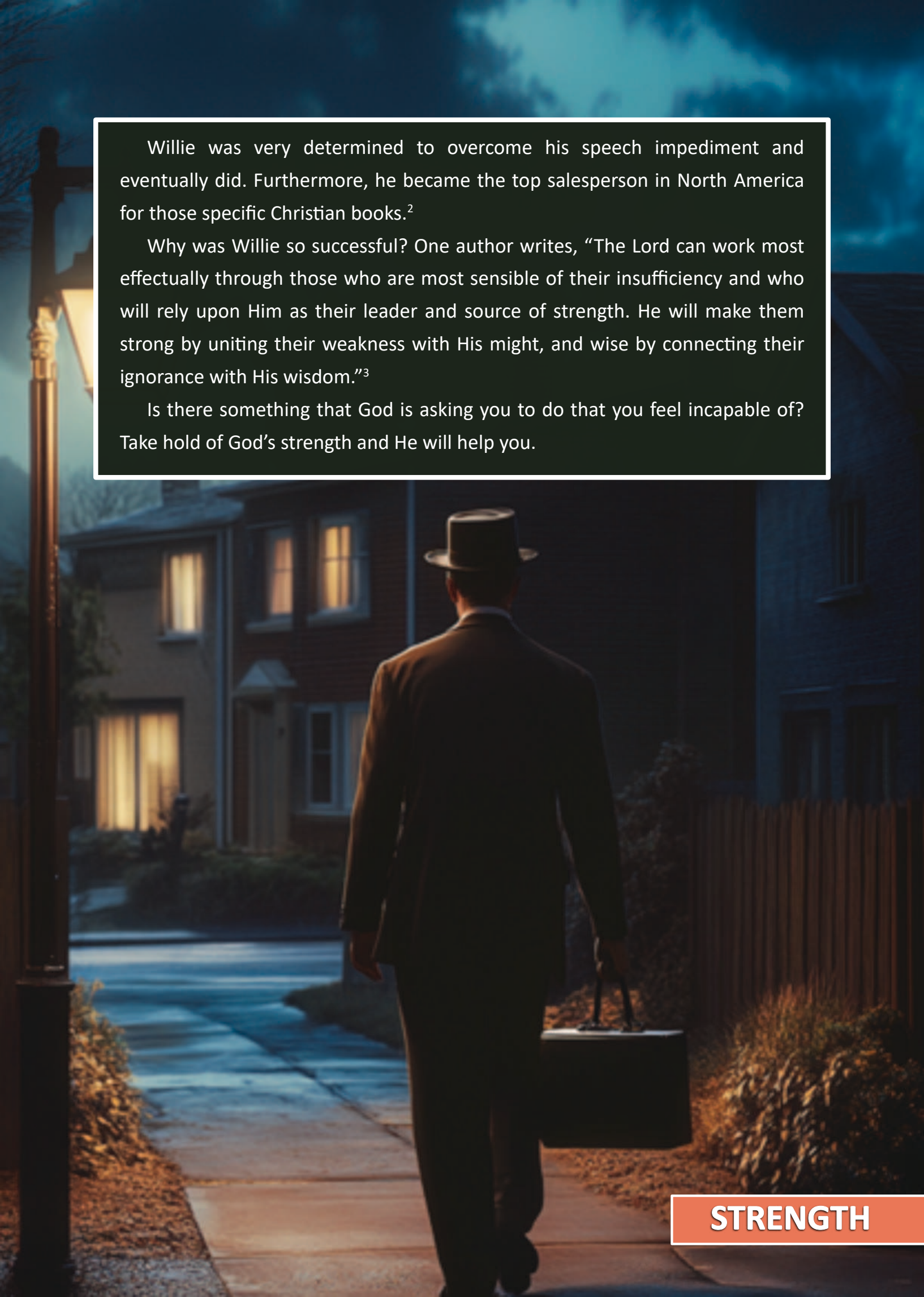
So, one day, a leader accompanied Willie. As they neared the first house on a country road, Willie motioned for the leader to pause beside a tree, where Willie fell to his knees. He stammered a prayer to God as tears trickled down his cheeks. Then both men stood up and went to the first house and knocked on the door. A woman answered and invited them inside. She listened intently as Willie showed her the pictures in the book and told her what the book was about. Although no one could understand what he was saying, he pointed out the costs and showed her where she should write her name on the order pad. She gladly signed her name to purchase some books.

Before approaching the next house, Willie again fell to his knees and asked for the Holy Spirit to impress the heart of his next customer. Once again, the next customer bought books even though Willie's words could not be understood.

The following year, one of the church leaders met a young man who was preparing for baptism. He had purchased a book from Willie the previous year.

The leader asked, "Why did you buy a book from Willie?"

The young man answered, "I felt that I must have that book."

A man in a dark suit and a fedora hat is walking away from the camera on a sidewalk at night. He is carrying a dark briefcase in his right hand. The sidewalk is illuminated by a street lamp on the left, and the background shows a row of houses with lit windows under a dark, cloudy sky.

Willie was very determined to overcome his speech impediment and eventually did. Furthermore, he became the top salesperson in North America for those specific Christian books.²

Why was Willie so successful? One author writes, “The Lord can work most effectually through those who are most sensible of their insufficiency and who will rely upon Him as their leader and source of strength. He will make them strong by uniting their weakness with His might, and wise by connecting their ignorance with His wisdom.”³

Is there something that God is asking you to do that you feel incapable of? Take hold of God’s strength and He will help you.

STRENGTH



**66. Deuteronomy 33:25
Nehemiah 8:10
1 Thessalonians 5:24
Philippians 4:13**

**²⁵As thy days,
so shall thy strength be.**

**¹⁰For the joy
of the Lord
is your strength.**

**²⁴Faithful is He that calleth you,
who also will do it.**

**¹³I can do all things
through Christ
which strengtheneth me.**

STRENGTH



67. Isaiah 40:29-31

²⁹He giveth power to the faint;
and to them that have no might
He increaseth strength.

³⁰Even the youths shall faint
and be weary,
and the young men
shall utterly fall.

³¹But they that wait upon the Lord
shall renew their strength;
they shall mount up
with wings as eagles;
they shall run, and not be weary;
and they shall walk,
and not faint.

STRENGTH



68. 2 Corinthians 12:9

⁹And He said unto me,
My grace is sufficient for thee:
for my strength is made perfect
in weakness.

Most gladly therefore will I
rather glory in my infirmities,
that the power of Christ
may rest upon me.

69. Ephesians 3:20 Matthew 19:26

²⁰Now unto Him
that is able to do
exceeding abundantly
above all that
we ask or think,
according to the power
that worketh in us.

²⁶With men
this is impossible,
but with God all
things are possible.



STRENGTH

70. Ephesians 6:10-17

¹⁰Finally, my brethren,
be strong in the Lord,
and in the power of His might.

¹¹Put on the whole armour of God,
that ye may be able to stand
against the wiles of the devil.

¹²For we wrestle not against
flesh and blood,
but against principalities,
against powers,
against the rulers of the
darkness of this world,
against spiritual wickedness
in high places.

¹³Wherefore take unto you the whole
armour of God,

that ye may be able to withstand
in the evil day,
and having done all, to stand.

¹⁴Stand therefore, having your loins
girt about with truth,
and having on the breastplate
of righteousness;

¹⁵And your feet shod with the
preparation of the gospel of peace;

¹⁶Above all, taking the shield of faith,
wherewith ye shall
be able to quench
all the fiery darts of the wicked.

¹⁷And take the helmet of salvation,
and the sword of the Spirit,
which is the word of God.

STRENGTH

5. Health

The world is filled with people who are sick, suffering, and diseased. But Jesus came to restore mankind to health, peace, and righteousness.¹ Jesus, who “took our infirmities, and bare our sicknesses” (Matthew 8:17), feels the anguish of every sufferer. While He was here on earth, He spent more time healing than preaching. He helped every single person who came to Him. Even though many

Jesus is still willing to provide both spiritual and physical healing.


of them had brought misery and sickness upon themselves, He did not refuse to heal anyone. He came to save us from our sickness and our sins. Today is no different. Jesus is still willing to provide

both spiritual and physical healing.²

God taught ancient Israel specific health laws and assured them that they would have good health if they were obedient. If they followed the laws, He promised to “take sickness away” (Exodus 23:25) and prevent them from acquiring the diseases common in their day (Exodus 15:26). Jesus also indicated that disease often comes as a result of violating spiritual or physical laws. For example, after healing a person, He sometimes warned them, “sin no more, lest a worse thing come unto thee” (John 5:14). Sadly, we live in a fallen world, and as a result, all sickness and disease can ultimately be blamed on sin. Children often inherit poor health because of their parent’s sins. And while they are not accountable for those sins, they should do what they can to follow the laws of nature and recover health as much as possible.³

The condition of the mind greatly affects the body much more than people realize.

Trust in God is the most important law of health. When we trust Him, He gives us His peace. The condition of the mind greatly affects the body much more than people realize. It has been said that nine out of ten diseases first begin in the mind.⁴ “Grief, anxiety, discontent, remorse, guilt, [and] distrust, all tend to break down the life forces and to invite decay and death.”⁵ On the other hand, “courage, hope, faith, sympathy, [and] love, promote health and prolong life.”⁶ “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.”⁷



In addition to trusting God, there are several other laws of health including: breathing pure air, getting the appropriate amount of sunlight, getting proper sleep and rest, keeping the body active through exercise, drinking and bathing with pure water, and avoiding things that are harmful to the body.⁸

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.”⁹ When someone is sick, they should first

**God is the Great Physician,
and He invites everyone to
bring their sicknesses and
diseases to Him.**

try to determine the cause. Then they should do their best to change unhealthful surroundings and persevere to correct wrong habits. God will not work a miracle or restore health to someone who is violating the laws of nature. For example, God is not likely to miraculously heal a smoker dying of lung cancer. If He did, the smoker would likely continue their destructive practice.

God is the Great Physician, and He invites everyone to bring their sicknesses and diseases to Him. He desires His children to have abundant health. Go to him for wisdom, and for healing. To those whose ears are open, He will give instructions and strength to obey. While not everyone will be healed in this life, all can claim the promise of a new, healthy body in heaven and in the earth made new (Philippians 3:21).

A Miraculous Healing

Pastor Dr. Henry Wright started a ministry to help people regain their health after he learned about the spiritual causes of disease. So, it was no surprise when one day, in 1990, he received a phone call from a woman who said she had heard about his ministry and believed God could use him to heal her. During their phone call, Dr. Wright asked her what she was suffering from. She told him that she had been exposed to pesticides ten years prior and was allergic to everything. She went on to describe her unfavorable living conditions. She was living alone in one room. The floors were covered with tin foil, the walls consisted of bare sheet rock, and her bed was covered with a special cover to keep allergens at bay. She was on oxygen and had to use a respirator to help her breathe. Moreover, she could not leave her room or be around another person for very long. And unfortunately, there were only a few foods she could eat.

After hearing her report, Dr. Wright assured the woman that he would pray about her condition. Though he knew absolutely nothing about what disease she was suffering from, he did pray. And when he did, he felt God telling him to go visit her. So, he set aside ten days to fly across the country to see if he could help her, making it clear he wanted no payment.

During his flight, Dr. Wright reflected on the fact that he didn't know what to do for this woman and that she was expecting to be healed. He began talking to God and asked for wisdom regarding her situation. While leafing through his Bible, he came across a verse that caught his attention. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones (Proverbs 17:22). And as he thought about dry bones, he recalled that there is an intimate connection and interaction between bones and the immune system. Simply speaking, immune cells form in the bone marrow. So, he reasoned that perhaps this woman was injured spiritually and emotionally, which left her bones devoid of important immune system fighter cells. Dr. Wright began his visit with the woman by asking her how her heart had been broken. During their time together, he taught her many things about the spiritual issues that cause disease. Miraculously, just seven days later, the woman was healthy. She was

able to be out with her family, eating everything, and living a completely normal life!

From that point on until his death in 2019, Dr. Wright helped thousands of people overcome their diseases. It is God alone who can heal disease. Dr. Wright simply helped people to connect with God and helped them understand the things that separated them from God's healing power. However, he also made it clear that sometimes a person will not receive healing in this life. The following are just a few of the things Dr. Wright taught:

- Disease is often caused by sin. Sins of parents can be passed down, such as asthma from a smoking parent or fetal alcohol syndrome from an alcoholic parent.
- Holding on to bitterness and having unforgiveness is a fruitful cause of disease. Dr. Wright found that most women with breast cancer suffered from bitterness and unforgiveness. He also found that arthritis and several other diseases were directly related to unforgiveness.
- Fear, unbelief, murmuring, and dishonesty can cause disease.
- Not caring for the body properly can cause disease. The body is designed to have pure water, proper nutrition, sunlight, exercise, proper sleep, and fresh air. Drugs, alcohol, chemicals, and stimulants harm the body and cause disease.^{10,11}

God longs to restore us to good health, both in the body and the mind. When a person is recovering from sickness or disease, taking care of the body is extremely important. However, the condition of the mind must also be addressed. Often the very root of the health problem is a spiritual problem. There may have been a breakdown either in the person's relationship with God or with other people, which has left them with guilt, bitterness, fear, or other emotional issues.



71. Exodus 15:26

²⁶If thou wilt diligently hearken
to the voice of the Lord thy God,
and wilt do that
which is right in His sight,
and wilt give ear to His
commandments,
and keep all His statutes,
I will put
none of these diseases upon thee,
which I have brought
upon the Egyptians:
for I am the Lord
that healeth thee.

72. Proverbs 17:22; 16:24

²²A merry heart
doeth good like a medicine:
but a broken spirit drieth the bones.

²⁴Pleasant words are as an
honeycomb, sweet to the soul,
and health to the bones.

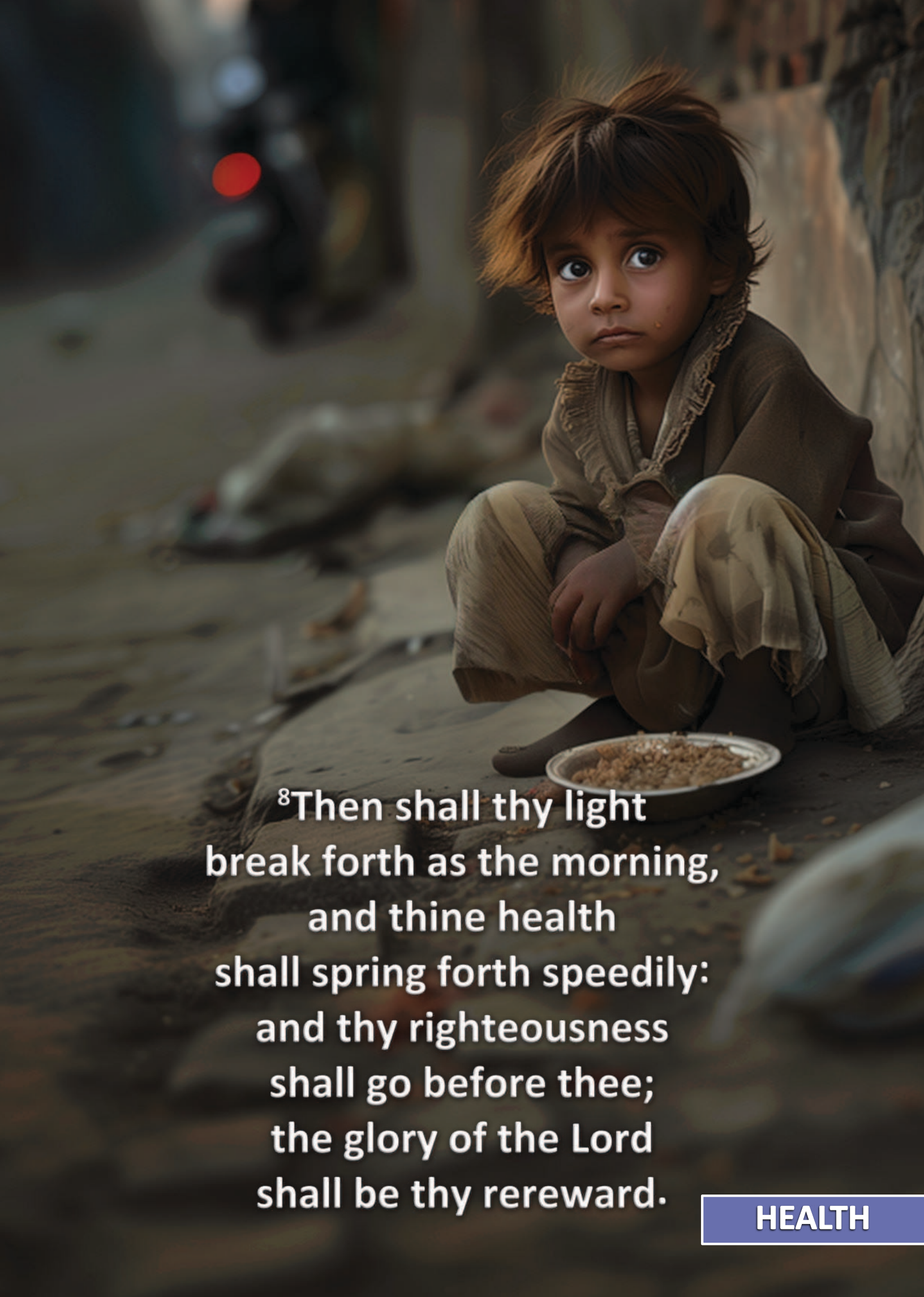


HEALTH

73. Isaiah 58:6-8

⁶Is not this the fast
that I have chosen?
to loose the bands of wickedness,
to undo the heavy burdens,
and to let the oppressed go free,
and that ye break every yoke?

⁷Is it not to deal
thy bread to the hungry,
and that thou bring the poor that
are cast out to thy house?
when thou seest the naked,
that thou cover him;
and that thou hide not thyself
from thine own flesh?

A young child with dark, curly hair and large, expressive eyes sits on a rough, grey concrete surface. The child is wearing a brown, textured tunic with a ruffled collar and light-colored, worn-out trousers. A small, round metal bowl filled with a brown, grainy substance, likely food, sits on the ground in front of the child. The child's expression is one of quiet contemplation or sadness. The background is blurred, showing a cluttered, outdoor environment with various objects and structures. A small red circle is visible in the upper left corner of the image.

⁸Then shall thy light
break forth as the morning,
and thine health
shall spring forth speedily:
and thy righteousness
shall go before thee;
the glory of the Lord
shall be thy rereward.

HEALTH

74. 1 Corinthians 6:19-20

3 John 2

1 Corinthians 10:31

¹⁹Know ye not that your body
is the temple of the Holy Ghost
which is in you,
which ye have of God,
and ye are not your own?

²⁰For ye are bought with a price:
therefore glorify God in your body,
and in your spirit, which are God's.

²Beloved, I wish above all things
that thou mayest prosper
and be in health,
even as thy soul prospereth.

³¹Whether therefore ye eat, or drink,
or whatsoever ye do,
do all to the glory of God.



HEALTH



75. James 5:14-15

¹⁴Is any sick among you?
let him call for the elders
of the church;
and let them pray over him,
anointing him with oil in the name
of the Lord.

¹⁵And the prayer of faith
shall save the sick,
and the Lord shall raise him up;
and if he have committed sins,
they shall be forgiven him.

6. Trials

Have you found that life isn't always filled with comfort, ease, and pleasure? Life also brings times of trial and disappointment when things don't go the way we want them to. When bad things happen, you may wonder if you have done something wrong or think that it is a sign that you have disappointed God. You may be tempted to doubt His love for you and think that God has failed you or

God allows us to encounter obstacles, persecution, and hardships, not as a curse, but as the greatest blessing of our life.

mistreated you. You may reason that He wouldn't allow you to suffer and face difficulties if He really loved you. After all, wouldn't a loving God remove all difficulties from your path and give you all the desires of your heart?

Though it may seem strange, God allows us to encounter obstacles, persecution, and hardships, not as a curse, but as the greatest blessing of our life.¹ God, with His infinite wisdom and loving-kindness, sees defects in our character that we are unaware of. Through trials, He gives us an opportunity to overcome these defects and develop a character like His (Hebrews 12:10). Trials strengthen our spiritual life as nothing else can.² Without them, we would not realize our weakness and we would feel no need to seek God's help.³ If you understood the reasons behind each trial and could see the end from the beginning just as God does, you would likely choose the very same trials and path for your life that God has chosen for you.⁴

He never allows you to have a trial larger than you can handle.

We can be encouraged that God carefully measures and weighs each trial before He allows it to come to us. This even includes when people say unkind things or make poor decisions that affect us. He knows the circumstances of your life and understands your weaknesses. He never allows you to have a trial larger than you can handle (1 Corinthians 10:13). While God has not promised to take away our trials, He has promised something much better. He has promised to provide strength equal to the experiences of our day (Deuteronomy 33:25). He says "My grace is sufficient for thee; for My strength is made perfect in

weakness” (2 Corinthians 12:9). Remember, Jesus is by your side offering you strength through every trial.⁵

Each hardship can be thought of as a test given to you by God. If you fail the test, out of love, God must give you another similar test again and again until you have victory, and your character is in harmony with His.⁶ You fail the test by complaining, murmuring, feeling sorry for yourself, and doubting God. It may seem natural to spend a lot of time thinking about your trials, but “the more you dwell upon discouragement, talking to others about your trials and enlarging upon them...the more discouragements and trials you will have.”⁷

You fail the test by complaining, murmuring, feeling sorry for yourself, and doubting God.

When troubles come, you may rejoice knowing that God is working out His will. Instead of begging God to remove the trial, the very thing sent for your good, plead for patience to endure and strength to overcome.⁸ Draw near to God and thank Him for what He is doing. You don’t need to wait until you “feel”

Claim God’s promises by faith. The more you talk faith, the more faith you will have.

happy. Claim God’s promises by faith.⁹ “The more you talk faith, the more faith you will have.”¹⁰

“Look on the bright side of everything. Do not bring a cloud or shadow into your home” by complaining. Instead, praise God, and “see how smoothly everything will go.”¹¹

Saved by a Trial

Katie and her husband Doug were not getting along and were on the verge of divorce. In desperation, Katie knew she needed help and sought the counsel of a pastor. So, with her 3-year-old daughter and 3-month-old baby girl accompanying her, she met with Pastor Frank Phillips. During their meeting, Katie explained that she and her husband had visited many counselors and tried everything they could think of to solve their marital problems. However, nothing had worked, and she was running out of hope.

Pastor Frank asked Katie if she was willing to do anything to save her marriage. She agreed that she was willing to try anything. So, Pastor Frank gave her a paper with a quote on it and explained that he'd seen it work miracles, save lives, and bring families together even after divorce. The quote said the following:

The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ, abides in Christ. The blow that is aimed at him falls upon the Savior who surrounds him with his presence. Whatever comes to him comes from Christ. He has no need to resist evil for Christ is his defense. Nothing can touch him except by our Lord's permission, and "all things" that are permitted "work together for good to them that love God"¹² (Romans 8:28).

Pastor Frank went on to explain that the quote meant that Christ accepted everything that happened to Him, including being tortured and spit on, as coming from His Father's hand. He assured her that if she would do the same, her marriage could be saved.

Katie went home determined to accept everything that happened as coming from God. The first three months were very difficult because her husband was so mean and unkind. However, her husband was soon won over by the change he'd seen in Katie, and their marriage became like a little piece of heaven.

However, Katie would soon face the biggest trial of her life. One day, she and Doug went on an outing together. They had left their eleven-month-old

daughter with Doug's mother, the baby's grandmother. Grandma laid the baby down to sleep, forgetting that her medicine pills were nearby. When the baby woke up, Grandma had been busy reading and did not notice her swallowing pills until it was too late. Tragically, the baby went into a coma, and by the time they got her to the hospital, she had died.

Up to that point, Katie had formed a good habit of accepting all her trials as coming from Jesus. But the death of her baby was so unexpected. Within hours of the tragedy, friends and church members were coming to sympathize with her and console her. For days, Katie accepted everyone's sympathy. But soon, she noticed the same feelings of anger and resentment returning that she'd felt when she counseled with Pastor Frank.





Katie realized that she had not accepted the death of her child as coming from God. Determined to keep her promise, she fell to her knees and cried out to God, "Please, please forgive me. I will accept even the death of my baby as coming from Your hands. You know what You're doing, I don't. I don't enjoy it; I don't like it, but I know that You know what You're doing and that in good time You'll let me know."


Soon after her prayer, another woman arrived to show her sympathy. Katie said to her, "I don't want to appear rude or ungrateful for your kindness, but please don't sympathize with me. You see, I gave my life to Jesus a year ago, and I gave my baby's life to Him at the same time. We are in the hands of Jesus. He knows what He is doing, I don't; but I don't have to know because I trust Him. So, please, instead of sympathizing, would you kneel with me, and we can thank Jesus for working in our lives?" They prayed and the woman left.

Three weeks later, Doug's parents came to visit Katie. They said, "Katie, we've been watching you for a whole year. Something has happened. You're not the same girl you were a year ago. And we've watched you even closer since the little baby died. We've seen no resentment in you. We don't understand it at all." They went on to explain that they had been raised in church but had not set foot in one since they had been married. They had raised Doug without God. Then they said, "If God can do in you what He's done one year's time, then He can do it in us too. We're going to come back to church."

A short time later, Doug came to Katie and said, "Honey, you're not the girl I married. If God can do in you what He has done in this past year, and if He can do in my parents what He has in such a short time, then He can do it in me too!" Soon after, Doug was baptized.

Katie later shared with Pastor Frank, "Now, I understand! In the earth made new I'm going to have my baby, my little girl, my husband, and his parents! I understand now that God works in marvelous ways...I shudder every time I think of it. If I had gone on with resentment in my heart, my husband and his parents would never have seen Jesus in me."¹³

"No matter how terrible something might look or feel in your life — no matter how awful someone may be treating you — if you can accept these things as coming directly from the hand of Jesus, they can be used by God to bless you." ~Pastor Frank Phillips



76. Job 23:10

¹⁰But He knoweth the way
that I take:
when He hath tried me,
I shall come forth as gold.



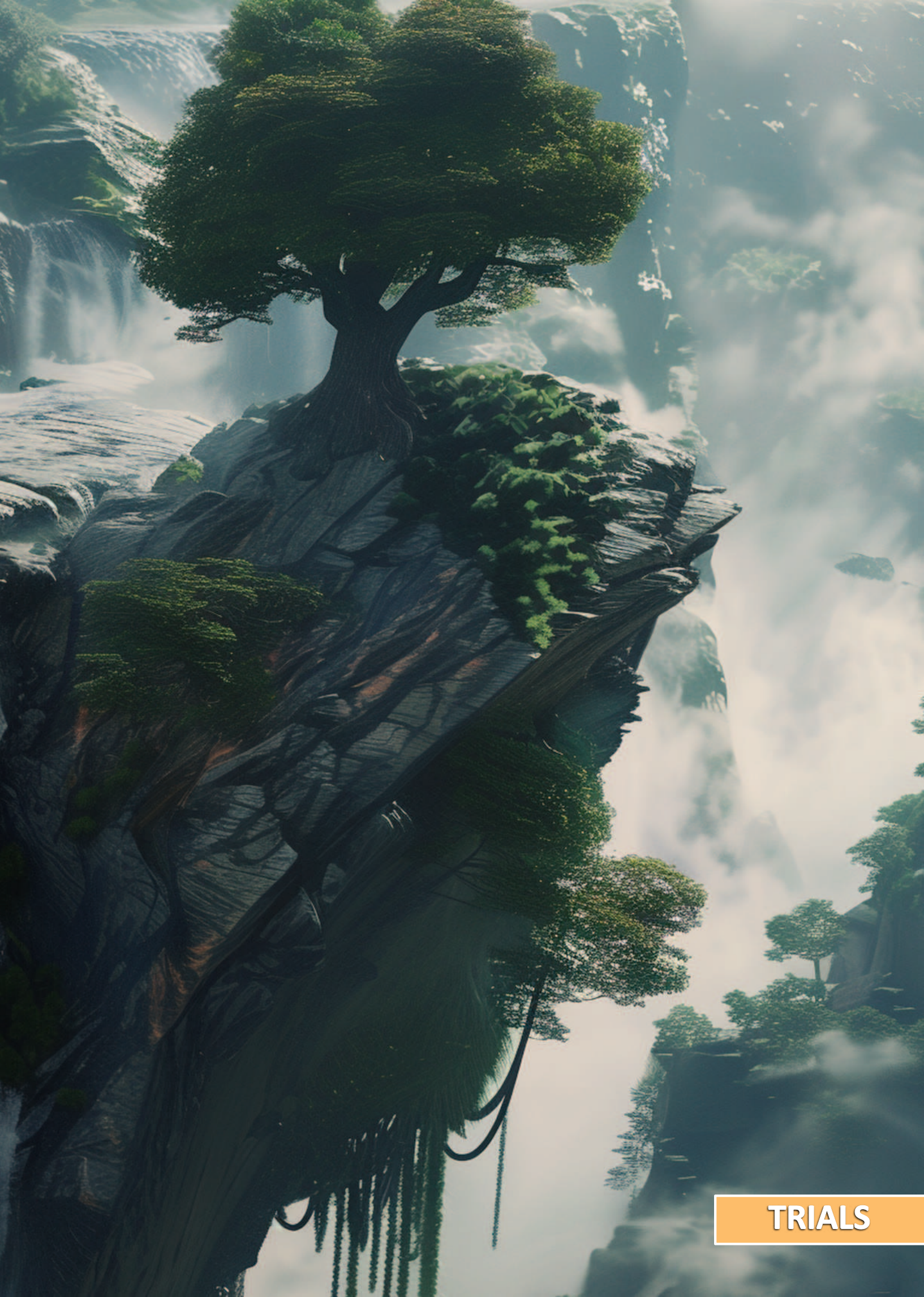
TRIALS



77. John 16:33

³³These things I have spoken unto you,
that in me ye might have peace.

In the world
ye shall have tribulation:
but be of good cheer;
I have overcome the world.

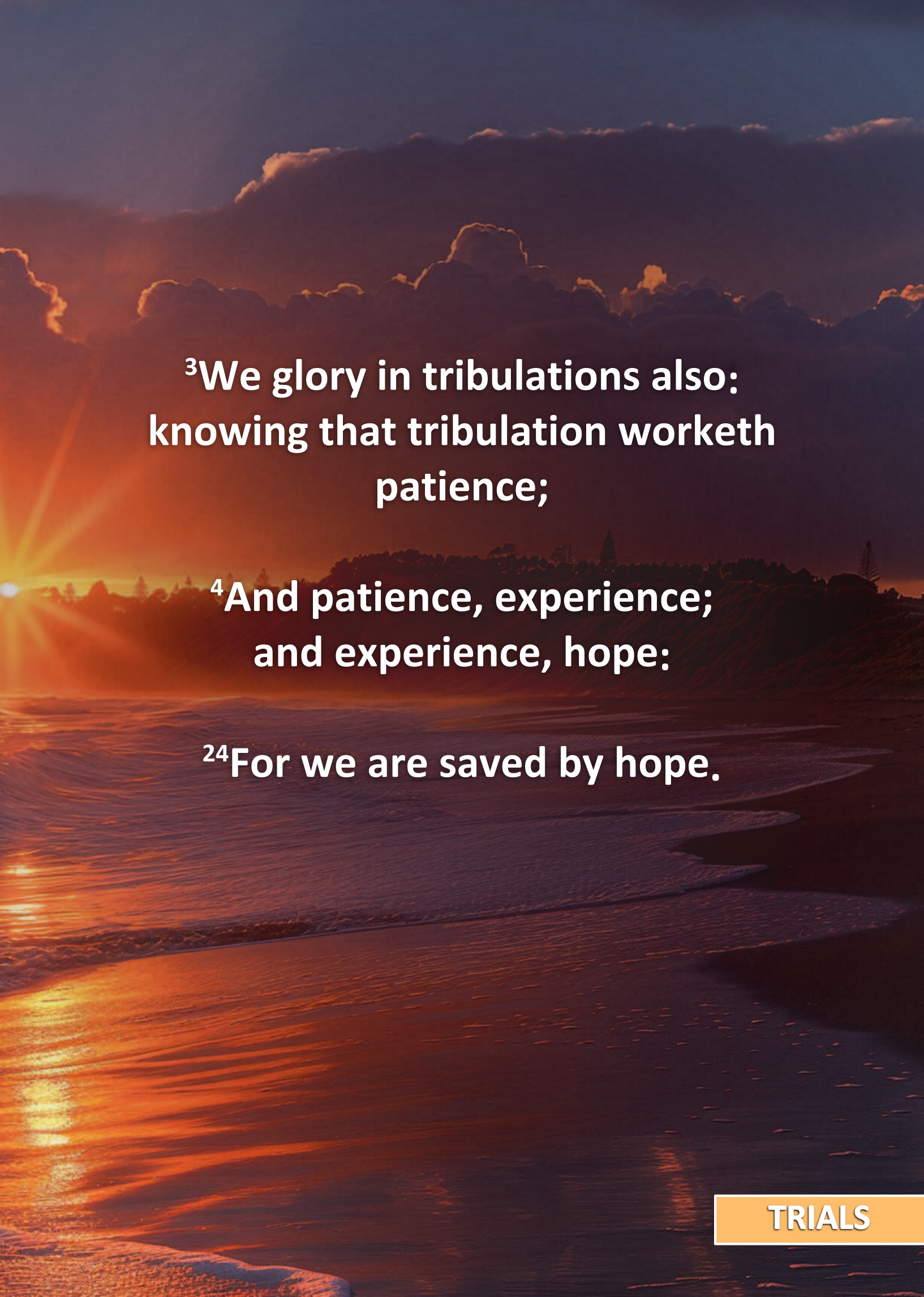


TRIALS

78. Romans 8:18,24,28 Romans 5:3-4

¹⁸The sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

²⁸And we know that all things work together for good to them that love God. To them who are the called according to his purpose.



**³We glory in tribulations also:
knowing that tribulation worketh
patience;**

**⁴And patience, experience;
and experience, hope:**

²⁴For we are saved by hope.

79. 2 Corinthians 4:16-18 (NKJV)

¹⁷For our light affliction,
which is but for a moment,
is working for us
a far more exceeding
and eternal weight of glory.

¹⁶Therefore we do not lose heart.
Even though our
outward man is perishing,
yet the inward man
is being renewed day by day.

¹⁸While we do not look at the
things which are seen,
but at the things which are not seen.
For the things which are seen
are temporary,
but the things which are not seen
are eternal.



TRIALS

80. 1 Peter 4:12-13

¹²Beloved, think it not strange
concerning the fiery trial
which is to try you,
as though some strange thing
happened unto you:

¹³But rejoice,
inasmuch as ye are partakers
of Christ's sufferings;
that, when His glory
shall be revealed,
ye may be glad also
with exceeding joy.



TRIALS

7. Protection

Our world can be a very scary place. The news is filled with reports of natural disasters, accidents, disease, and crime. The list of dangers in our world is endless. However, as a Christian, you don't need to be afraid of any of these things. The Bible is full of promises that God is with us, and that His angels watch over us (Psalm 34:4-7). However, there are things one needs to understand

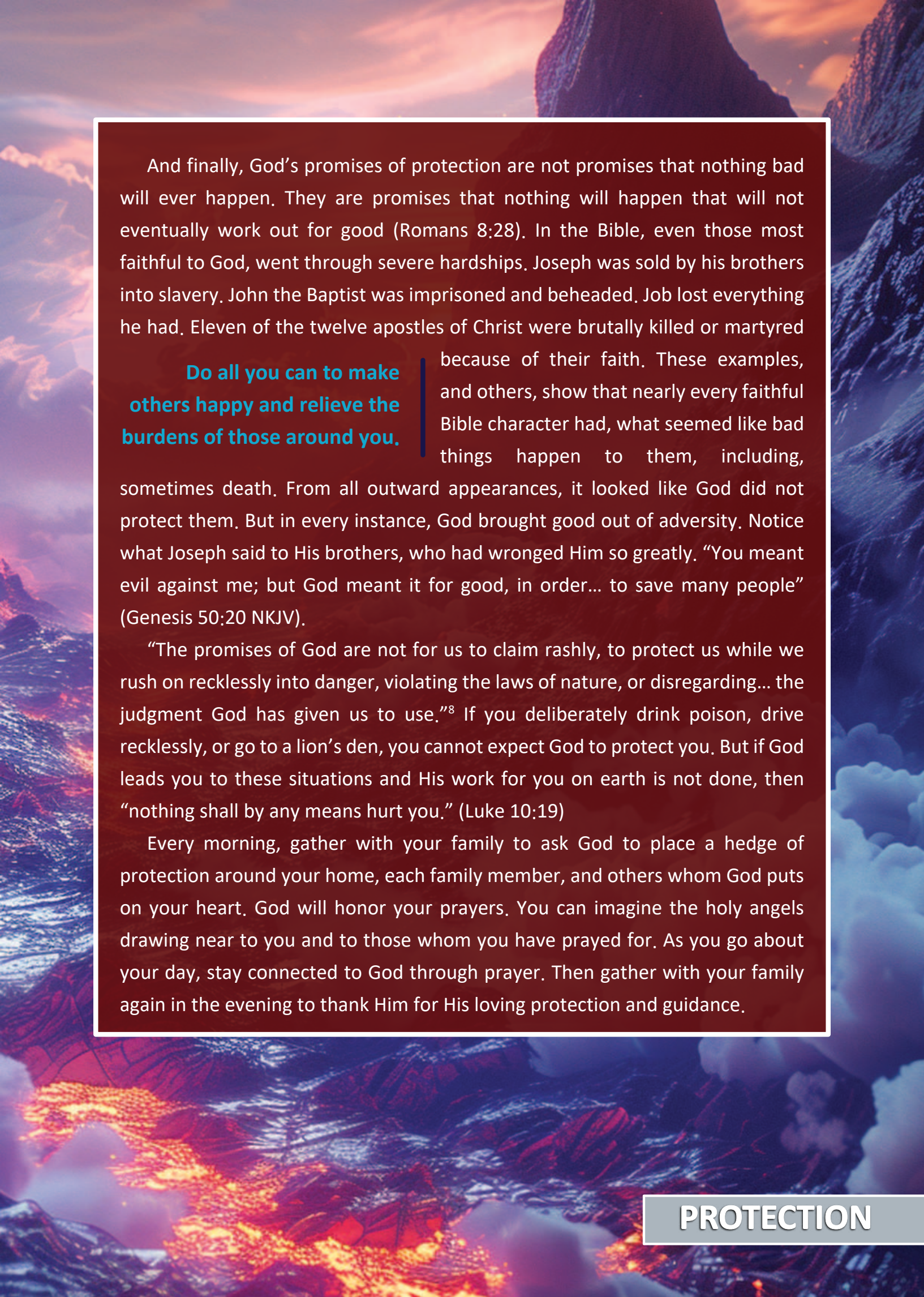
God's promises of protection are for those who belong to Him.

about the conditions and extent of these promises.

First, God's promises of protection are for those who belong to Him. "A guardian angel is appointed to every follower of Christ" to guide, encourage, and protect from the power of Satan¹ (Psalm 34:7). "The wicked one cannot break through the guard which God has stationed about His people."² However, there is no promise of God's protection for those who have not given themselves wholeheartedly to Him. "Until the soul temple is fully surrendered to God, it is the stronghold of the enemy"³ whose goal is "to steal, and to kill, and to destroy" (John 10:10). "If we venture on Satan's ground, we have no assurance of protection from his power."⁴ Any activity in which we cannot ask God's blessing on is venturing on Satan's ground.

Secondly, God's protection is promised on the condition of obedience. All of God's laws and commands are for our happiness and for our good. We cannot ignore any one of them and be safe, no matter how small and insignificant they may seem. "In obedience to God's law, man is surrounded as with a hedge and kept from... evil. He who breaks down this divinely erected barrier at one point has destroyed its power to protect him; for he has opened a way by which the enemy can enter."⁵ "Angels cannot protect those who are disregarding any of the divine commandments"⁶, or who are "living in neglect of any known duty."⁷

Whether he was with neighbors or strangers, friends or enemies, Jesus treated all with pure kindness and love.



And finally, God's promises of protection are not promises that nothing bad will ever happen. They are promises that nothing will happen that will not eventually work out for good (Romans 8:28). In the Bible, even those most faithful to God, went through severe hardships. Joseph was sold by his brothers into slavery. John the Baptist was imprisoned and beheaded. Job lost everything he had. Eleven of the twelve apostles of Christ were brutally killed or martyred

Do all you can to make others happy and relieve the burdens of those around you.

because of their faith. These examples, and others, show that nearly every faithful Bible character had, what seemed like bad things happen to them, including, sometimes death. From all outward appearances, it looked like God did not protect them. But in every instance, God brought good out of adversity. Notice what Joseph said to His brothers, who had wronged Him so greatly. "You meant evil against me; but God meant it for good, in order... to save many people" (Genesis 50:20 NKJV).

"The promises of God are not for us to claim rashly, to protect us while we rush on recklessly into danger, violating the laws of nature, or disregarding... the judgment God has given us to use."⁸ If you deliberately drink poison, drive recklessly, or go to a lion's den, you cannot expect God to protect you. But if God leads you to these situations and His work for you on earth is not done, then "nothing shall by any means hurt you." (Luke 10:19)

Every morning, gather with your family to ask God to place a hedge of protection around your home, each family member, and others whom God puts on your heart. God will honor your prayers. You can imagine the holy angels drawing near to you and to those whom you have prayed for. As you go about your day, stay connected to God through prayer. Then gather with your family again in the evening to thank Him for His loving protection and guidance.

Untied by an Angel

Mr. Wong was a police officer in China during World War II. Most people had fled Shanghai, China, leaving their belongings behind. One day while Mr. Wong was patrolling the city's deserted streets, he came across a Bible. Although he wasn't familiar with Christianity, and the Bible didn't mean anything to him, he took it home to use as paper, since paper was very scarce.

Providentially, Mr. Wong ended up studying the Bible, and accepted Jesus as His friend and Savior. He loved Jesus and soon became willing to sacrifice anything for Him. But he knew that being a Christian in Communist China was not safe.

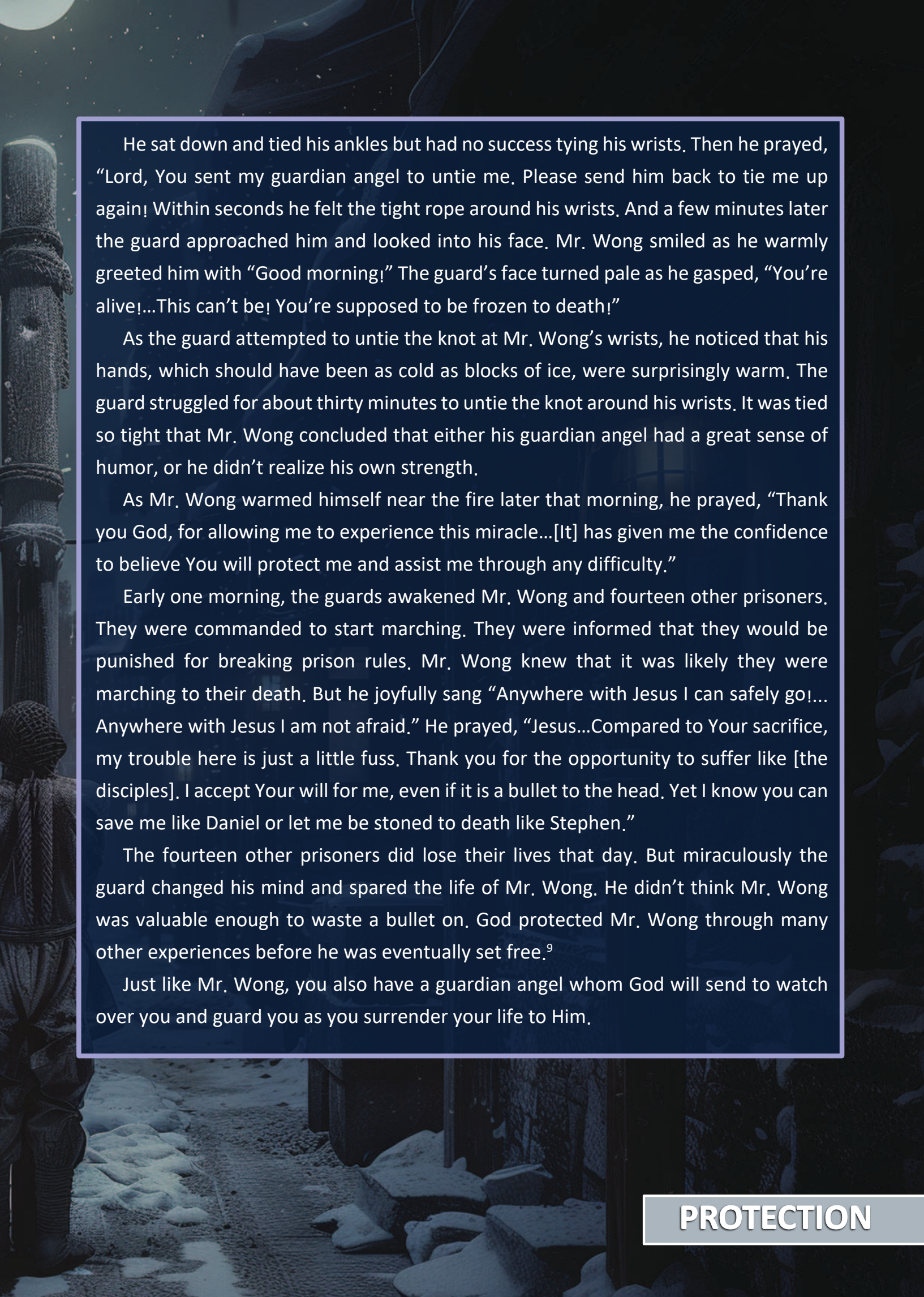
Eventually Mr. Wong ended up in prison because of his faith in God. The Communists tried everything they could think of to get him to give up his God, but his faith in Jesus remained strong. Mr. Wong's story is written in a book called *The Man Who Couldn't Be Killed*. The book title is fitting because God repeatedly spared Mr. Wong's life from the Communists' many attempts to destroy him.

One day his captors had an idea they were sure would end the life of Mr. Wong. They tied him to a pole outside in the freezing cold. As the guard was tying Mr. Wong's wrists, he bragged about his incredible knot tying skills and said, "No one can untie it but me!" The guards left him there to freeze to death overnight as the temperature dropped thirty-six degrees below zero Fahrenheit.

As the night progressed, a breeze blew the frigid air at Mr. Wong. He knew he would soon be frostbitten and freeze to death. Even the guards left their post of duty, unable to stand the bitter cold. But Mr. Wong prayed, "I'm willing to be a martyr for You if it's Your will, but I don't think now is the right time. I'd rather die for You when I can give You more glory."

Suddenly Mr. Wong felt someone behind him. Soon the knots on his wrist were loose. He removed the rope from his wrists and untied his ankles, and He was free! He knew he must keep his circulation going if he was going to survive, so he spent most of the night running in circles and jumping up and down.

The night seemed it would never end, but finally Mr. Wong saw the sky begin to lighten. He realized he had another dilemma. If the guards came and found him untied, they might accuse another prisoner of helping him, which would result in that prisoner being severely punished.



He sat down and tied his ankles but had no success tying his wrists. Then he prayed, “Lord, You sent my guardian angel to untie me. Please send him back to tie me up again! Within seconds he felt the tight rope around his wrists. And a few minutes later the guard approached him and looked into his face. Mr. Wong smiled as he warmly greeted him with “Good morning!” The guard’s face turned pale as he gasped, “You’re alive!...This can’t be! You’re supposed to be frozen to death!”

As the guard attempted to untie the knot at Mr. Wong’s wrists, he noticed that his hands, which should have been as cold as blocks of ice, were surprisingly warm. The guard struggled for about thirty minutes to untie the knot around his wrists. It was tied so tight that Mr. Wong concluded that either his guardian angel had a great sense of humor, or he didn’t realize his own strength.

As Mr. Wong warmed himself near the fire later that morning, he prayed, “Thank you God, for allowing me to experience this miracle...[It] has given me the confidence to believe You will protect me and assist me through any difficulty.”

Early one morning, the guards awakened Mr. Wong and fourteen other prisoners. They were commanded to start marching. They were informed that they would be punished for breaking prison rules. Mr. Wong knew that it was likely they were marching to their death. But he joyfully sang “Anywhere with Jesus I can safely go!... Anywhere with Jesus I am not afraid.” He prayed, “Jesus...Compared to Your sacrifice, my trouble here is just a little fuss. Thank you for the opportunity to suffer like [the disciples]. I accept Your will for me, even if it is a bullet to the head. Yet I know you can save me like Daniel or let me be stoned to death like Stephen.”

The fourteen other prisoners did lose their lives that day. But miraculously the guard changed his mind and spared the life of Mr. Wong. He didn’t think Mr. Wong was valuable enough to waste a bullet on. God protected Mr. Wong through many other experiences before he was eventually set free.⁹

Just like Mr. Wong, you also have a guardian angel whom God will send to watch over you and guard you as you surrender your life to Him.

81. Psalm 23:1-6

¹The Lord is my shepherd;
I shall not want.

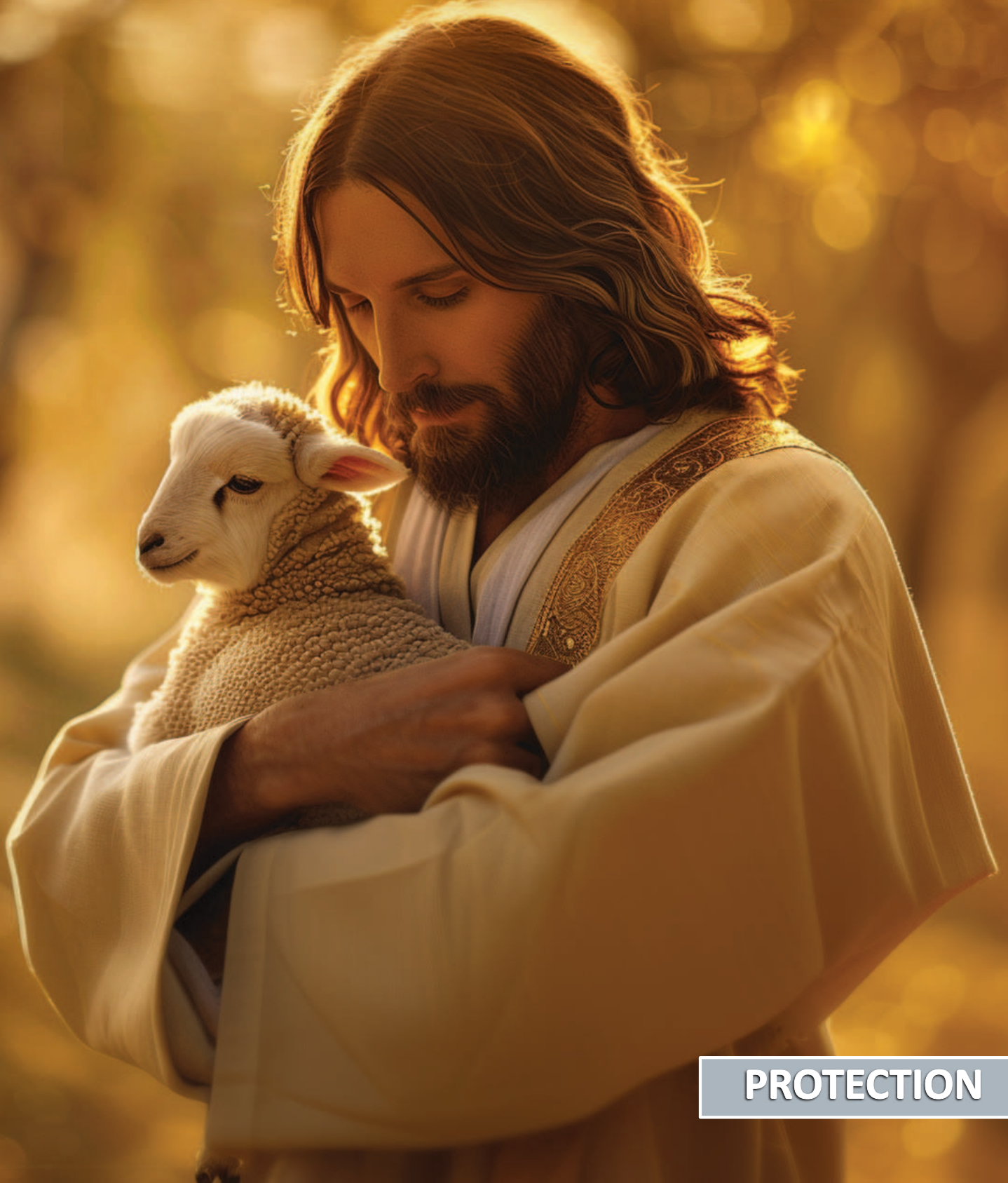
²He maketh me to lie down
in green pastures:
He leadeth me beside the still waters.

³He restoreth my soul:
He leadeth me in the paths
of righteousness for His name's sake.

⁴Yea, though I walk through the valley
of the shadow of death,
I will fear no evil: for thou art with me;
thy rod and thy staff they comfort me.

⁵Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil; my cup
runneth over.

**⁶Surely goodness and mercy shall
follow me all the days of my life:
and I will dwell in the house of
the Lord for ever.**



PROTECTION



82. Psalm 46:1-2,7

¹God is our refuge and strength,
a very present help in trouble.

²Therefore will not we fear,
though the earth be removed,
and though the mountains
be carried
into the midst of the sea.

⁷The Lord of hosts is with us;
the God of Jacob is our refuge.

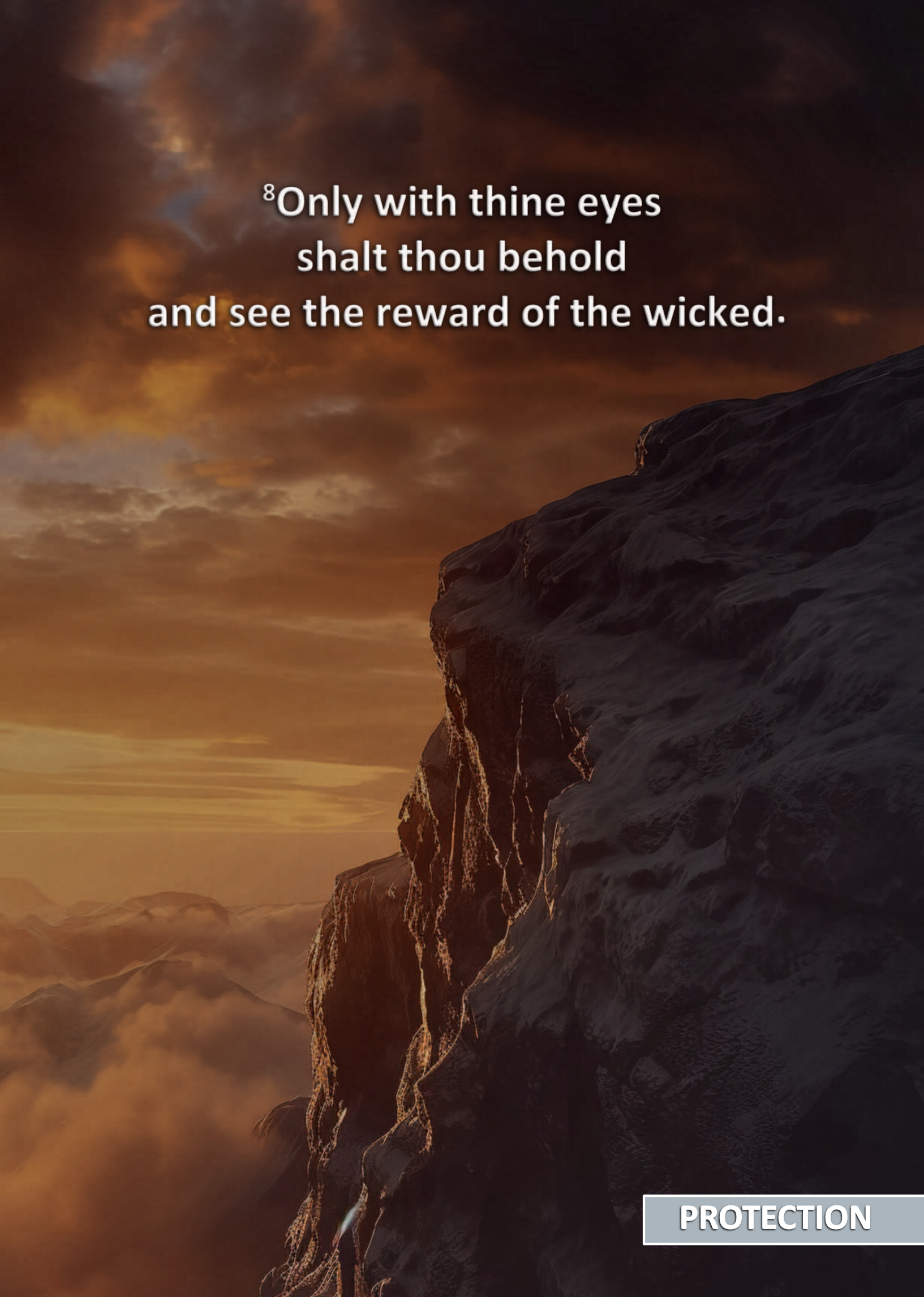
83. Psalm 91:1,2,5,7-8

¹He that dwelleth in the
secret place of the most High
shall abide under
the shadow of the Almighty.

²I will say of the Lord,
He is my refuge... my fortress:
my God;
in Him will I trust.

⁵Thou shalt not be afraid for the
terror by night;
nor for the arrow that flieth by day.

⁷A thousand shall fall at thy side,
and ten thousand at thy right hand;
but it shall not come [near you].



⁸Only with thine eyes
shalt thou behold
and see the reward of the wicked.

PROTECTION



84. Psalm 121:1-3,5-8

⁵The Lord is thy keeper:
the Lord is thy shade
upon thy right hand.

⁶The sun shall not smite thee
by day,
nor the moon by night.

¹I will lift up mine eyes unto the
hills, from whence cometh my help.



²My help cometh from the Lord,
which made heaven and earth.

⁷The Lord shall preserve thee
from all evil:
He shall preserve thy soul.

⁸The Lord shall preserve thy going
out and thy coming in
from this time forth,
and even for evermore.

³He will not suffer thy foot to be
moved: He that keepeth thee will
not slumber.

PROTECTION

85. Isaiah 43:2-3

²When thou passest
through the waters,
I will be with thee;
and through the rivers,
they shall not overflow thee:
when thou walkest through the fire,
thou shalt not be burned;
neither shall the flame kindle upon
thee.

³For I am the Lord thy God,
the Holy One of Israel, thy Saviour:
I gave Egypt for thy ransom,
Ethiopia and Seba for thee.



PROTECTION

8. Temptation

Have you ever felt drawn to do something that you knew you should not do? Whenever you are attracted to sin it is called temptation. Temptation never comes from God, but from “Satan and from the evil of our own hearts”¹ (James 1:13). “There is no sin in having temptations; but sin comes in when temptation is yielded to.”² While on earth, even Jesus “was in all points tempted as we are, yet without sin” (Hebrews 4:15 NKJV). Because Jesus was able to overcome sin, He is able to help us overcome as well (Hebrews 2:18).

Jesus was led into the wilderness by the Holy Spirit — exactly where God wanted Him to be — when Satan came to tempt Him (Matthew 4). Temptations will also come to us, but we should not purposely put ourselves in a place or situation where we know we will be tempted. When we are faithfully doing what we are instructed to do, “we may be sure that God will protect us; but if we place ourselves under temptation we shall fall sooner or later.”³ For example, if your mother tells you not to eat any cookies, you should not go sit in front of the cookies and stare at them. You would be putting yourself directly in the path of temptation, making it nearly impossible for you to resist eating those cookies. As far as possible, close all the avenues by which Satan could tempt you to sin.

Temptations will also come to us, but we should not purposely put ourselves in a place or situation where we know we will be tempted.

Besides avoiding tempting situations, what should you do when you are enticed to do something wrong, or you have thoughts that are not in harmony with God’s Word? It is vital that you immediately cry out to God for help. Not one of us is able to stand against the devil’s temptations in our own strength. However, we are not without hope. “In the whole Satanic force there is not power to overcome one soul who in simple trust casts himself on Christ.”⁴ “Cast yourself, helpless, unworthy, upon Jesus, and claim His very promise. The Lord will hear...and He will help in every time of temptation.”⁵ The Bible tells us, “Submit yourselves therefore to God. Resist the devil, and he will flee from you”

(James 4:7). "Jesus gained the victory through submission and faith in God." "So, we may resist temptation, and force Satan to depart from us."⁶

Christ, our example, also used the Word of God when He was assailed by temptation in the wilderness. "Every promise in God's Word is ours"⁷ and we are to live by every word (Matthew 4:4). "When assailed by temptation, look not to circumstances or to the weakness of self, but to the power of the Word. All its strength is yours." If you know and believe the promises of God, you can "quench all the fiery darts of the wicked one" (Ephesians 6:16 NKJV). Quickly reject any thought that does not agree with Scripture. God's Word is the truth (John 17:17). Many fall to into temptation because they allow their mind to waver. They think about the advantages and seeming benefits of giving in to sin. "Do not for a moment acknowledge Satan's temptations as being in harmony with your own mind. Turn from them as you would from the adversary himself."

God will never allow you to be tempted beyond your ability to resist with His help. He will always make a way of escape for you

"Every sinful desire we cherish affords him a foothold."⁸

God will never allow you to be tempted beyond your ability to resist with His help. He will always make a way of escape for you (1 Corinthians 10:13). The way of escape — the truth — will be in the still, small voice of your conscience. Listen to it immediately, because "if the voice of Jesus is not heeded at once, it becomes confused in the mind with a multitude of other voices."⁹

If you do fall into temptation and give in to sin, do not stay away from God hoping to make yourself better. God is merciful, and says to the fallen, "My son, give me thine heart" (Proverbs 23:26). "Return, ye backsliding children, and I will heal your backslidings" (Jeremiah 3:22).

A Little Decision and a Big Victory

Six-year-old Stephanie listened intently during family worship one morning as her mother talked to her about how to overcome temptation.

“On your own, you don’t have power to resist temptation because Satan is much bigger than you. But Jesus is **way** stronger than Satan. Call on Jesus the very moment that you recognize you are being tempted,” Mother instructed.

“Will I always know when I’m being tempted?” Stephanie asked.

“That’s the hard part,” Mother replied. Sometimes you will have thoughts that seem like your own thoughts, and it won’t really feel like you’re being tempted. That’s why it is so important to know God’s Word. Any thought that comes that doesn’t match with God’s Word is a lie, and Satan is using it to tempt you.”

“Let me tell you a story,” Mother continued. “One morning I was reading Colossians 3:3 which says, ‘For ye are dead, and your life is hid with Christ in God.’ “I realized that when someone is dead, they don’t get upset or bothered by anything. If you were to go spit on a grave right now, the person wouldn’t care at all because they are dead. I prayed for God to help me be dead to self that morning so that I could live Christ’s life, and not my own.

“At lunch time later that day, your father said something that hurt my feelings. I don’t even remember what it was now, but I headed to my room with tears in my eyes. I was feeling sorry for myself and having really negative self-talk. Then the thought occurred to me, ‘Oh yeah, I’m supposed to be ‘dead.’ As I chose to believe those words about being dead, based on Scripture, it was like I was set free immediately. And just like that, the feelings of hurt left me. I ended up having a wonderful day after that.”

Stephanie and her mother finished their worship time by singing a Scripture song with these words: “Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you” (James 4:7-8).

A few weeks later, Stephanie was playing outside building a fort when her mother peeked her head out of the door and told her to put her things away and come inside. It was time for her to finish her evening chores. Stephanie had been having such a fun time and chores were the last thing she felt like doing.

As Mother went back to her work, she couldn't help but notice the irritated look on Stephanie's face. So, she was really surprised when Stephanie came inside a few minutes later with a smile on her face. Stephanie hummed as she quickly finished her chores.

That night, Mother couldn't help but ask, "Stephanie, what happened to you? At first you seemed upset when I called you in from playing. But then you did your chores so cheerfully."

Stephanie went on to explain, "I was really frustrated, and I didn't want to come in. I thought about just ignoring you for a few more minutes. But that's not what Jesus would want me to do, and I suddenly realized I was being tempted. So, I called on Jesus and I said, 'Get behind me Satan. I don't want to listen to you.' It felt so good to listen to Jesus. He made me feel happy. I felt free, and I knew He would help me do my chores too! And He did!"

Stephanie had experienced the sweet joy of victory. Satan wants us to think that serving ourselves and pleasing ourselves is the way to happiness. But in reality, the joy of self-denial and victory is so much sweeter!



TEMPTATION



86. Psalm 101:3

³I will set no wicked thing
before mine eyes.
I hate the work of them
that turn aside;
it shall not cleave to me.

TEMPTATION



87. 1 Corinthians 10:13

¹³There hath no temptation
taken you
but such as is common to man:
but God is faithful,
who will not suffer you to be
tempted above that ye are able;
but will with the temptation
also make a way to escape,
that ye may be able to bear it.



88. 2 Corinthians 10:3-5

³Though we walk in the flesh,
we do not war after the flesh:

⁴For the weapons of our warfare
are not carnal,
but mighty through God
to the pulling down of strong holds.

⁵Casting down imaginations,
and every high thing
that [exalts] itself against the
knowledge of God,
and bringing into captivity
every thought to the
obedience of Christ.

89. James 4:7-8 Hebrews 4:15-16

⁷Submit yourselves
therefore to God.
Resist the devil,
and he will flee from you.

⁸Draw nigh to God,
and He will draw nigh to you.

¹⁵For we have not an high priest
which cannot be touched
with the feeling of our infirmities;
but was in all points
tempted like as we are,
yet without sin.

¹⁶Let us therefore come boldly
unto the throne of grace,
that we may obtain mercy,
and find grace to help
in time of need.



TEMPTATION



90. Jude 1:24-25

²⁴Now unto Him
that is able to keep
you from falling,
and to present you faultless
before the presence of
His glory
with exceeding joy.

²⁵To the only wise God
our Saviour,
be glory and majesty,
dominion and power,
both now and ever. Amen.

9. Appetite

Satan uses many methods to tempt people, but one of His most successful is through the corruption of the appetite. He loves to tempt us to eat and drink things that will harm us. Even “our first parents lost Eden through the indulgence of appetite.”¹ They ate something they had been told not to eat. And as a result, they brought sin and misery upon the entire human family.


What we eat and drink may not seem significant, but being intemperate in this area weakens our ability to withstand other temptations of Satan. “The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, then they would have had the moral power to gain the victory over every other temptation of Satan.”² “There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny.”³

Why is caring for your body and being temperate so important? Because God wants to dwell in you just like He did in the temple in the wilderness. “Know ye not that your body is the temple of the Holy Ghost which is in you...and ye are not your own?” (I Corinthians 6:19). Your body belongs to God, and you should care for it as tenderly as you would any item you’ve borrowed. Also,

Why is caring for your body and being temperate so important? Because God wants to dwell in you just like He did in the temple in the wilderness.

the food and drink you choose is important because “our bodies are built up from what we eat.”⁴ The brain is the portion of the body in which spiritual things are understood. “A clogged stomach means a clogged brain.”⁵ Just as your family’s car was made to run on fuel, your body was designed to function with pure water and wholesome food. It is important to learn how to care for your body so that your mind is clear, and God can communicate with you.

The Bible says, “every man that striveth for the mastery is temperate in all things” (I Corinthians 9:25). True temperance means we avoid everything that is harmful, and reasonably use the things that are healthful.⁶ The story of Daniel is

The background of the entire page is a vibrant collage of various foods. In the top left, there are red tomatoes and yellow bell peppers. Below them are slices of bread and a hamburger. To the right, there are more fruits like apples and oranges. In the bottom left, there are donuts with white and pink frosting. The bottom right features a large chocolate donut with orange sprinkles. The central text is set against a dark red rectangular background.

an example of true temperance. “He purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank” (Daniel 1:8). “He knew that such a diet would not strengthen his physical powers or increase his mental capability. He would not use wine, nor any other unnatural stimulant; he would do nothing to becloud his mind.”⁷ As a result, God gave him “knowledge and skill in all learning and wisdom” and also

True temperance means we avoid everything that is harmful, and reasonably use the things that are healthful.

“understanding in all visions and dreams” (Daniel 1:17). He was “ten times better” than the other men “in all matters of wisdom and understanding” (Daniel 1:20).

You may wonder, “How can we know what to eat?” Be assured, it isn’t hidden from us. “God gave our first parents the food He designed that the [human] race should eat.”⁸ So we need to study God’s original plan for man’s diet to see what foods are the healthiest for us to eat. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator”⁹ (Genesis 1:29). “These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.”¹⁰

Like Daniel, decide in your heart to eat and drink only that which will benefit you. Instead of choosing your food based solely on what tastes good, choose the things that will help your body grow strong and healthy and keep your mind clear. God has given us a wide range of healthy, tasty foods to choose from. However, God does not want us to obsess or worry about what we will eat (Matthew 6:25). He has promised that He will provide food for us. We are to choose the best foods from what we have available to us, and just like God blessed Daniel, He will bless us with good health and a clear mind.

A Modern-day Daniel

Ivan was a Christian living in the Soviet Union during the Communist era. He was eighteen-years-old when he was forced to join the Soviet army and serve his country. He knew that he would be faced with many challenges as a Christian. So before Ivan left to serve, he prayed that he would remain faithful to God just as the prophet Daniel was.

It wasn't long before he was faced with a test. One day during lunch, Ivan was served vegetables and pork. He was familiar with Leviticus 11 where God told His people to avoid eating unclean meat. Ivan had already decided to avoid eating all meat while in the army because all of it was of poor quality. He was careful about what he put into his body and did not want to eat worms or risk getting food poisoning. As the other soldiers asked him why he was not eating the pork, Ivan was brave and said, "I don't eat this kind of meat." Surprisingly the soldiers didn't give him a hard time. They just weren't sure how he was going to survive in the army without eating the meat.

Ivan's stance on food served as a positive witness to the other soldiers. He knew he had been called to the army by God to be a missionary. One day, he bravely stood up in front of hundreds of soldiers and began preaching about the God of heaven. Though he knew he would likely be severely punished or killed, his love for God drove him to preach to the soldiers who likely had never heard of Jesus or the Bible. Ivan boldly poured his heart out and shared the gospel as the listening crowd continued to grow.

While Ivan was speaking, Colonel Ratovsky, a high-ranking officer, drove up in a Jeep. Ivan knew he should be afraid, but strangely he felt a peace he couldn't explain. The officer didn't interrupt, but instead, sat there listening while Ivan finished and finally made an appeal. As he called people forward to give their lives to Jesus, about a dozen or so men boldly came forward. Ivan prayed with them, and the meeting ended.

Soon after, Colonel Ratovsky began questioning him. Ivan fearlessly told him that he had been called by God to be a missionary. When the colonel reminded Ivan that he was forbidden to speak of his religion, Ivan answered, "Sir, in areas that have to do with my God, I cannot comply...I must obey Him rather than men!"

Ivan was ordered to meet the colonel in his office later that day. Expecting the worst, Ivan was surprised when the colonel sat him down, offered him some food, and said, “Tell me more about this God of yours.” Then Colonel Ratovsky listened as Ivan explained creation and the plan of salvation. The two men had a pleasant conversation and the hours passed quickly. When Ivan looked at the clock, it was two o’clock in the morning!

Colonel Ratovsky kindly showed Ivan to a place where he could sleep and told him he did not need to report to duty in the morning. Ivan was thankful because he had been up for twenty-two hours.

The following day, Ivan was invited back to the colonel’s office. He offered Ivan a cigarette, which he politely refused saying, “I don’t smoke.” When the colonel asked him why, Ivan replied, “I don’t smoke because God has asked that I treat my body as His temple — a place where He can dwell.”





The colonel went on to say, “I called you in here to see if you have everything you need...I wanted to be sure that you are comfortable.” Ivan could not believe his ears. God somehow softened the colonel’s heart and he wanted to help Ivan and be his friend.¹¹

During Ivan’s time in the army, his appetite was tested many times. The first time Colonel Ratovsky offered him alcohol, Ivan thought of Daniel, and knew that he must remain faithful to God and abstain. One evening he was invited to a banquet for high-ranking army officials. Every sort of food imaginable was laid out on the well-decorated tables. The scene reminded Ivan of the time when Daniel was asked to eat the King’s best food. But Daniel refused and chose to eat only what was healthful for him. So, Ivan carefully chose the foods that would be best for his body.

The most challenging part of the meal was refusing the strong drink. Ivan was the only one at the banquet not drinking alcohol. Everyone there noticed that something was different about Ivan. He had morals. He was not afraid to stand up for what he believed. They could trust him.

Just like Daniel, the Lord brought Ivan into favor with Colonel Ratovsky and other officers. He was promoted and allowed to marry the woman he loved from back home and bring her to the army base. During the rest of Ivan’s time in the army, he was well respected and well-treated by those in authority over him. Colonel Ratovsky ended up giving his life to Christ because of Ivan’s witness.

Author Bradley Booth states, “Like the biblical Daniel, Ivan had decided early on that he would stand for the Christian principles he had been raised with, no matter what the consequences. And because of this, God was able to use him in high places.”¹²

Ivan’s speech to young army recruits is good advice for all young people, “Look at the life of Daniel. He’s a perfect example of what God will do for anyone who steps out in faith and lives a righteous life...Be faithful to God, even if it should cost you your life. In the end you’ll receive a crown of righteousness.”¹³

91. Proverbs 20:1 Proverbs 23:29-32

¹Wine is a mocker, strong drink is raging:
and whosoever is deceived thereby
[he] is not wise.



²⁹Who hath woe? Who hath sorrow?
Who hath contentions?
Who hath babbling?
Who hath wounds without cause?
Who hath redness of eyes?

³⁰They that tarry long at the wine;
they that go to seek mixed wine.

³¹Look not thou upon the wine
when it is red,
when it giveth his colour in the cup,
when it moveth itself aright.

³²At the last it biteth like a serpent,
and stingeth like an adder.

92. Ecclesiastes 10:17 Job 23:12

¹⁷Eat in due season,
for strength,
and not for drunkenness.

¹²I have esteemed
the words of thy mouth
more than my necessary food.



APPETITE

93. Daniel 1:8,12,15

⁸But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

¹²Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

¹⁵And at the end of ten days
their countenances appeared
fairer and fatter in flesh
than all the children which did eat
the portion of the king's meat.



APPETITE

94. Matthew 4:4

⁴It is written,
man shall not live by bread alone,
but by every word that proceedeth
out of the mouth of God.



APPETITE

95. 1 Corinthians 9:25-27

²⁵And every man that striveth
for the mastery
is temperate in all things.
Now they do it to obtain
a corruptible crown;
but we an incorruptible.

²⁶I therefore so run,
not as uncertainly;
so fight I, not as one that
beateth the air:

²⁷But I keep under my body,
and bring it into subjection:
lest that by any means,
when I have preached to others,
I myself should be a castaway.



APPETITE

10. Victory Over Sin

Have you ever thought about what it would be like to be a slave? You would be considered the property of your master; and instead of having any choices of your own, you would be forced to do whatever you were told. Every human is born into a type of slavery called sin, because of Adam's disobedience. A person who hasn't given himself to God may think that he is following his own

The good news is that Jesus came to set us free from the slavery of sin.

judgement and doing just what he wants to do. But in reality, he is "under the control of another power."¹ "He is not his own. He may talk of freedom, but he is in the most abject slavery...

for his mind is under the control of Satan."² The good news is that Jesus came to set us free from the slavery of sin (Matthew 1:21). "The law of the Spirit of life in Christ Jesus" sets us "free from the law of sin and death" (Romans 8:2). "If the Son therefore shall make you free, ye shall be free indeed" (John 8:36).

What exactly is sin? The Bible says, "sin is the transgression of the law" (1 John 3:4). So, sin is breaking God's law. God's Holy law is comprised of ten commandments that can be summed up into two: "Love the Lord thy God with all thy heart...[and] love thy neighbour as thyself" (Matthew 22:37,39). Therefore, the very root of sin is selfishness instead of love. We are all born slaves to selfishness, and we are all self-serving.

How can we be freed from sin and gain victory over it? Well, we must choose another master. Freedom is only possible when we become "one with Christ."³ The Bible says, "the truth shall make you free," and Christ is the truth (John 14:6). We are no match for Satan. "The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness. Unless we become vitally connected with God, we can never resist...self-love, self-indulgence, and temptation to sin."⁴

The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness.

But how can you choose Christ as your master? Can any slave just wake up one day and decide they are going to serve someone else? No. However, if the slave were to die, he would no longer be in bondage to his master. In the same

way, when you “die to self” you are no longer in bondage to sin. “The path to freedom from sin is through crucifixion of self.”⁵ “The soul must be emptied of self, that Christ may pour his Spirit into the vacuum.”⁶ “When the soul surrenders itself to Christ, a new power takes possession of the new heart.”⁷ A change takes place that you could never bring about on your own. But this change can only take place when you give yourself completely to God, holding nothing back.⁸

Christ is not only able, but He longs to deliver you from the deep-rooted habits and sins that go against His character of unselfish love. On your own, you are no more able to live a holy life than a paralyzed person is able to walk.⁹ “You cannot change your heart and make yourself holy. But God promises to do all

On your own, you are no more able to live a holy life than a paralyzed person is able to walk.

this for you through Christ.”¹⁰ As you confess your sins, and choose to serve God without reserve, “God will fulfill His word to you.”¹¹ “If you believe the promise — believe that you are forgiven and cleansed — God supplies the

fact; you are made whole, just as Christ gave the paralytic power to walk when the man believed that he was healed. It is so if you believe it.”¹² Don’t wait to feel that you have victory over your sins, but say, “I believe it; it is so, not because I feel it, but because God has promised.”¹³ “Every failure on the part of the children of God is due to their lack of faith.”¹⁴

Today is the day to gain victory over sin. “Do not put off the work of forsaking your sins and seeking purity of heart through Jesus”¹⁵ You may think that you can change your evil ways whenever you choose, and that God will help you at some time in the future. However, every time you sin, it separates you from God and hardens your heart a little more. It clouds your understanding and makes you less capable of hearing the gentle pleading of God’s Spirit.¹⁶ “Even one wrong trait of character, one sinful desire, persistently cherished, will eventually neutralize all the power of the gospel.”¹⁷ “Your only safety is in coming to Christ and ceasing from sin this very moment. The sweet voice of mercy is sounding in your ears today, but who can tell if it will sound tomorrow?”¹⁸

VICTORY

Delivered From Addiction

The addiction to tobacco products in all its forms, is one of the hardest to overcome. This is one of many reasons it is so important to never start using them in the first place. Author Merlin Carothers, who started a ministry to teach people to praise God in all circumstances, shares two very different stories of deliverance from this dreadful addiction.

While working as an army chaplain in North Carolina, Merlin taught a group of young soldiers about how God answers prayer. After the class, a man approached him and said, "I've been smoking since I was fourteen...Now I smoke three packs a day and the doctor told me this morning that if I don't stop it will kill me."

Although the soldier obviously wasn't convinced of the power of prayer, he asked Merlin to pray that God would make him quit smoking. Merlin silently asked God to show him what to do. Then without thinking, he opened his mouth and prayed, "God don't let him smoke again as long as he lives." Even Merlin was surprised by the strong words that came out of his mouth. But he felt God was saying, "Just trust me."

Some days later, the young soldier came to Merlin's office, his face was full of joy as he shared what happened after Merlin's prayer. He had thought to himself, "This will be easy. All I have to do is smoke, and I'll prove that God doesn't answer prayer." But as soon as he took a puff of his cigarette, he immediately started to vomit. Thinking it was just a coincidence, later he tried smoking again only to experience more vomiting. The same experience was repeated for three days before he decided he was done smoking.

The young man told Merlin, "Now if I just think about smoking, I feel like vomiting." He had experienced the miraculous power of prayer and as a result, asked Merlin to help him accept Jesus as Savior into his heart and life.¹⁹

The previous story was published in Merlin's book entitled *Prison to Praise*. One woman, who also had a tobacco addiction, read the story and wrote to Merlin for help. She explained that she had been smoking for years and had tried nearly everything to stop. Nothing had worked. Understanding that it was injuring her health, she pleaded with Merlin to help her stop the habit.

He wrote an unusual and unexpected response to her. He said, "I am joyfully thanking God for the problem you have with smoking...I know that God is using it to bless you and draw you to him. He is using this craving that you have for cigarettes to make you realize how much you need His blessing in many other parts of your life. ...I urge you to join with me, even as you read this letter, in thanking God...Rejoice even for the bad habit and believe that God is using it for your good."

As the woman read the letter, she was shocked that Merlin would tell her to praise God for her situation. But by the time she finished the letter, she knew He was right. She began to thank God for her problem, trusting that it would work out for good.

She later wrote to Merlin and said, "As I was praising the Lord and rejoicing, I felt a great weight was being lifted off my shoulders. I felt so free and so happy...Within a few minutes, I knew that something must have happened to me, because when I thought about a cigarette, I didn't want one."²⁰

After so many years and so many attempts to overcome the habit on her own, she was finally free. By praising God, and focusing on Him and His great power, she was able to take her eyes off her problem. Then God delivered her. And He will do the same for you in regards to your deep-rooted habits and sins!



VICTORY



96. Psalm 119:11-12

¹¹Thy word have I hid in mine heart,
that I might not sin against thee.

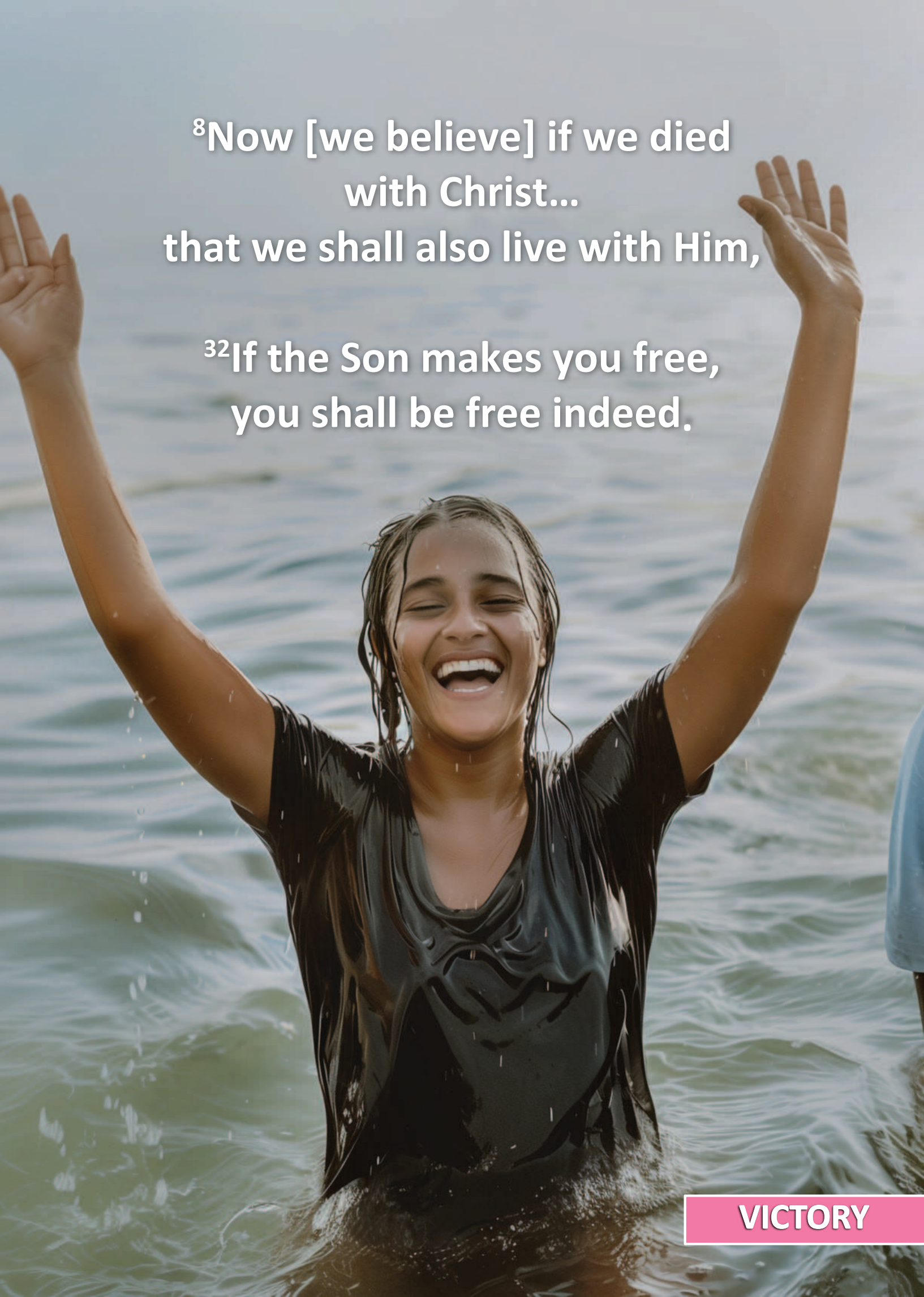
¹²Blessed art thou, O Lord:
teach me thy statutes.

97. Romans 6:4-8 John 8:32 (NKJV)

⁴Buried with Him
through baptism into death,
that just as Christ was
raised from the dead...
even so we also should walk in
newness of life.

⁵For if we have been united...
in...His death...
we also shall be in the
likeness of His resurrection.

⁶Our old man was crucified
with Him...
that we should no longer
be slaves of sin.

A young woman with dark hair is standing in the ocean, her arms raised high in the air. She is wearing a dark, wet t-shirt and has a joyful expression on her face, with her mouth open as if laughing or shouting. Water droplets are visible around her, and the background shows the gentle waves of the sea under a soft, overcast sky.

⁸Now [we believe] if we died
with Christ...
that we shall also live with Him,

³²If the Son makes you free,
you shall be free indeed.

VICTORY

98. Romans 6:7, 11-14, 16 Romans 13:14

¹¹Reckon ye also yourselves
to be dead indeed unto sin,
but alive unto God
through Jesus Christ our Lord.

¹²Let not sin therefore reign
in your mortal body,
that ye should obey it
in the lusts thereof.

¹³Yield yourselves unto God...

¹⁴For sin shall not have
dominion over you.

⁷He that is dead is freed from sin.

¹⁶Know ye not,
that to whom ye yield
yourselves servants to obey,
His servants ye are to whom ye obey;
whether of sin unto death,
or of obedience unto righteousness?

¹⁴But put ye on the Lord Jesus Christ,
and make not provision for the flesh,
to fulfil the lusts thereof.

VICTORY

99. 1 John 5:4
1 Corinthians 15:57
Philippians 2:13



**⁴For whatsoever is born of God
overcometh the world:
and this is the victory
that overcometh the world,
even our faith.**

**⁵⁷But thanks be to God,
which giveth us the victory
through our Lord Jesus Christ.**

**¹³For it is God which worketh in you
both to will and to do
of His good pleasure.**

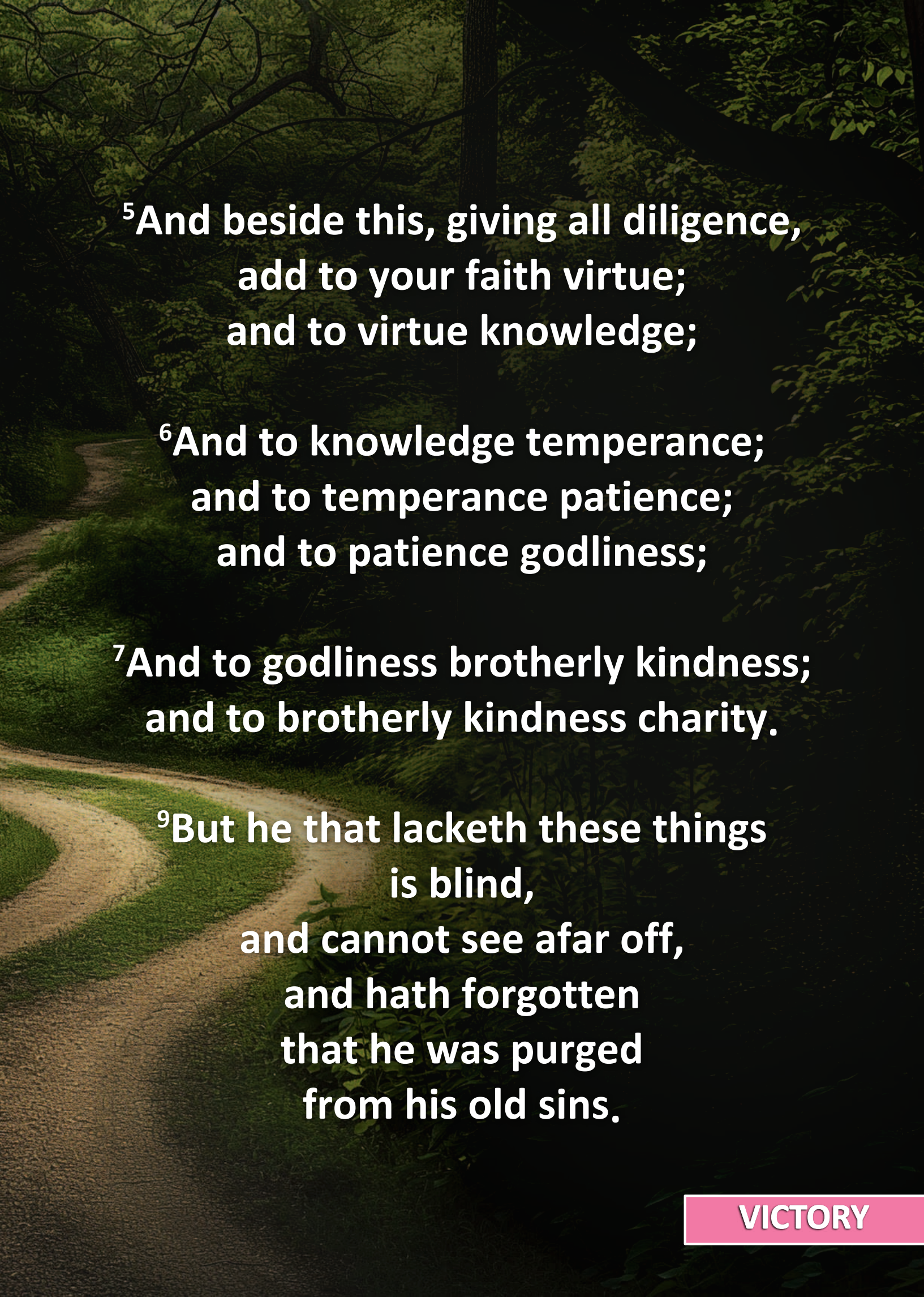
VICTORY

100. 2 Peter 1:2-7,9

²Grace and peace be multiplied unto you
through the knowledge of God,
and of Jesus our Lord,

³According as His divine power
hath given unto us
all things that pertain
unto life and godliness,
through the knowldge of Him
that hath called
us to glory and virtue:

⁴Whereby are given unto us
exceeding great
and precious promises:
that by these ye might be partakers of the
divine nature,
having escaped the corruption
that is in the world through lust.



**⁵And beside this, giving all diligence,
add to your faith virtue;
and to virtue knowledge;**

**⁶And to knowledge temperance;
and to temperance patience;
and to patience godliness;**

**⁷And to godliness brotherly kindness;
and to brotherly kindness charity.**

**⁹But he that lacketh these things
is blind,
and cannot see afar off,
and hath forgotten
that he was purged
from his old sins.**

VICTORY

SCRIPTURE INDEX

Spiritual Needs

51. Psalm 63:1-5; 81:10

¹O God, thou art my God;
early will I seek thee:
my soul thirsteth for thee,
my flesh longeth for thee
in a dry and thirsty land,
where no water is.

²To see thy power and thy
glory,
so as I have seen thee in the
sanctuary.

³Because thy lovingkindness
is better than life,

my lips shall praise thee.
⁴Thus will I bless thee while I
live:
I will lift up my hands in thy
name.

⁵My soul shall be satisfied...
and my mouth shall praise
thee with joyful lips.

¹⁰I am the Lord thy God...
open thy mouth wide,
and I will fill it.

52. Isaiah 41:17-18

¹⁷When the poor and needy seek water,
and there is none,
and their tongue faileth for thirst,
I the Lord will hear them,
I the God of Israel will not forsake them.

¹⁸I will open rivers in high places,
and fountains in the midst of the valleys:
I will make the wilderness a pool of water,
and the dry land springs of water.

Physical Needs

56. Psalm 37:4-5

⁴Delight thyself also in the Lord;
and He shall give thee
the desires of [thy] heart.

⁵Commit thy way unto the Lord;
trust also in Him;
And He shall bring it to pass.

57. Psalm 145:15-16 Psalm 50:10, 12 Psalm 34:9-10

¹⁵The eyes of all wait upon thee;
and thou givest them their meat
in due season.

¹⁶Thou openest thine hand,
and satisfiest the desire
of every living thing.

¹⁰For every beast of the forest
is mine,
and the cattle
upon a thousand hills.

¹²If I were hungry,
I would not tell thee:

for the world is mine,
and the fulness thereof.

⁹O fear the Lord, ye His saints:
for there is no want to them that
fear him.

¹⁰The young lions do lack,
and suffer hunger:
but they that seek the Lord
shall not want any good thing.

Guidance

61. Psalm 32:8

⁸I will instruct thee and teach thee
in the way which thou shalt go:
I will guide thee with mine eye.

62. Proverbs 3:5-7, 11

⁵Trust in the Lord with all thine heart;
and lean not unto
thine own understanding.

⁶In all thy ways acknowledge Him,
and He shall direct thy paths.

⁷Be not wise in thine own eyes:
fear the Lord, and depart from evil.

¹¹My son, despise not the
chastening of the Lord;
neither be weary of His correction.

Strength

66. Deuteronomy 33:25 Nehemiah 8:10 1 Thessalonians 5:24 Philippians 4:13

²⁵As thy days, so shall thy strength be.

¹⁰For the joy of the Lord is your strength.

²⁴Faithful is He that calleth you,
who also will do it.

¹³I can do all things through Christ
which strengtheneth me.

67. Isaiah 40:29-31

²⁹He giveth power to the faint;
and to them that have no might
He increaseth strength.

³⁰Even the youths shall faint and be weary,
and the young men shall utterly fall.

³¹But they that wait upon the Lord
shall renew their strength;
they shall mount up with wings as eagles;
they shall run, and not be weary;
and they shall walk, and not faint.

53. Isaiah 55:1-2

¹Ho, every one that thirsteth,
come ye to the waters,
and he that hath no money;
come ye, buy, and eat...

²Wherefore do ye spend money for that
which is not bread?
and your labour
for that which satisfieth not?
hearken diligently [to] me,
and eat ye that which is good,
and let your soul delight itself in fatness.

54. John 4:10,14

¹⁰If [you knew] the gift of God,
and who it is that saith to thee,
Give me to drink;
[you would] have asked of Him,
and He would have given thee
living water.

¹⁴But whosoever [drinks]
of the water that I shall give him
shall never thirst;
but the water that I
shall give him shall be
in him a well of water...

55. John 7:37-38; 6:35 Jeremiah 2:13

⁷If any man thirst,
let him come unto me,
and drink.

³⁸He that believeth on me,
as the scripture hath said,
out of his belly
shall flow rivers of living water.

³⁵I am the bread of life:
he that cometh to me shall
never hunger;
and he that believeth on me
shall never thirst.

¹³For my people
have committed two evils;
they have forsaken me
the fountain of living waters,
and hewed them out cisterns,
broken cisterns,
that...hold no water.

58. Matthew 6:25,32-34

²⁵Do not worry about your life,
what you will eat or what you will drink;
nor about your body, what you will put on.
Is not life more than food
and the body more than clothing?

³²For your heavenly Father knows
that you need all these things.

³³But seek first the kingdom of God
and His righteousness,
and all these things
shall be added to you.

³⁴Therefore do not worry about tomorrow,
for tomorrow will worry
about its own things.

59. Matthew 6:26,28-29

²⁶Behold the fowls of the air:
for they sow not,
neither do they reap...
yet your heavenly Father feedeth them.
Are ye not much better than they?

²⁸Consider the lilies of the field,
how they grow; they toil not,
neither do they spin:

²⁹And yet I say unto you,
That even Solomon in all his glory
was not arrayed like one of [them].

60. Philippians 4:19

¹⁹My God shall supply all your need
according to His riches in glory
by Christ Jesus.

63. Isaiah 30:18-19,21

¹⁸For the Lord is a God of justice.
Blessed are...those who wait for Him.

¹⁹You shall weep no more.
He will be very gracious to you
at the sound of your cry;
When He hears it, He will answer you.

²¹Your ears shall hear a word
behind you, saying,
"This is the way, walk in it,"
Whenever you turn to the right hand...
whenever you turn to the left.

64. Isaiah 42:16

¹⁶And I will bring the blind
by a way that they [know] not;
I will lead them in paths
that they have not known:
I will make darkness light before them,
and crooked things straight.
These things will I do unto them,
and not forsake them.

65. James 1:2-7

²My brethren, count it all joy
when ye fall
into divers temptations;

³Knowing this, that
the trying of your faith worketh
patience.

⁴But let patience
have her perfect work,
that ye may be perfect and
entire,
wanting nothing.

⁵If any of you lack wisdom,
let him ask of God,
that giveth to all men liberally,
and upbraideth not;
and it shall be given him.

⁶But let him ask in faith,
nothing wavering.
For he that wavereth
is like a wave of the sea
driven with the wind and
tossed.

⁷For let not that man think that
he shall
receive any thing of the Lord.

68. 2 Corinthians 12:9

⁹And he said unto me,
My grace is sufficient for thee:
for my strength is made perfect
in weakness.

Most gladly therefore will I
rather glory in my infirmities,
that the power of Christ
may rest upon me.

69. Ephesians 3:20 Matthew 19:26

²⁰Now unto Him that is able to do
exceeding abundantly above all that
we ask or think, according to the power
that worketh in us.

²⁶With men this is impossible;
but with God all things are possible

70. Ephesians 6:10-17

¹⁰Finally, my brethren, be strong
in the Lord,
and in the power of His might.

¹¹Put on the whole armour of
God,
that ye may be able to stand
against the wiles of the devil.

¹²For we wrestle not against
flesh and blood, but against
principalities, against powers,
against the rulers of the
darkness of this world,
against spiritual wickedness in
high places.

¹³Wherefore take unto you the
whole armour of God,
that ye may be able to
withstand in the evil day,

and having done all, to stand.

¹⁴Stand therefore, having your
loins girt about with truth,
and having on the breastplate
of righteousness;

¹⁵And your feet shod with the
preparation of
the gospel of peace;

¹⁶Above all, taking the shield of
faith, wherewith ye shall be able
to quench all the fiery darts of
the wicked.

¹⁷And take the helmet of
salvation,
and the sword of the Spirit,
which is the word of God:

<div>Health</div>	<div>71. Exodus 15:26</div> <div>²⁶If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.</div>	<div>72. Proverbs 17:22; 16:24</div> <div>²²A merry heart doeth good like a medicine: but a broken spirit drieth the bones.</div> <div>²⁴Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.</div>
<div>Trials</div>	<div>76. Job 23:10</div> <div>¹⁰But He knoweth the way that I take: when He hath tried me, I shall come forth as gold.</div>	<div>77. John 16:33</div> <div>³³These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.</div>
<div>Protection</div>	<div>81. Psalm 23:1-6</div> <div>¹The Lord is my shepherd; I shall not want.</div> <div>²He maketh me to lie down in green pastures: He leadeth me beside the still waters.</div> <div>³He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake.</div> <div>⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.</div> <div>⁵Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.</div> <div>⁶Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.</div>	<div>82. Psalm 46:1-2,7</div> <div>¹God is our refuge and strength, a very present help in trouble.</div> <div>²Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;</div> <div>⁷The Lord of hosts is with us; the God of Jacob is our refuge.</div>

73. Isaiah 58:6-8

⁶Is not this the fast that I have chosen?
to loose the bands of wickedness,
to undo the heavy burdens,
and to let the oppressed go free,
and that ye break every yoke?

⁷Is it not to deal thy bread to the hungry,
and that thou bring the poor that are cast
out to thy house?
when thou seest the naked,
that thou cover him;
and that thou hide not thyself
from thine own flesh?

⁸Then shall thy light break forth as the morning,
and thine health shall spring forth speedily:
and thy righteousness shall go before thee;
the glory of the Lord shall be thy rereward.

74. 1 Corinthians 6:19-20 3 John 2 1 Corinthians 10:31

¹⁹Know ye not that your body
is the temple of the Holy Ghost
which is in you, which ye have of God,
and ye are not your own?

²⁰For ye are bought with a price:
therefore glorify God in your body,
and in your spirit, which are God's.

²Beloved, I wish above all things
that thou mayest prosper and be in health,
even as thy soul propereth.

³¹Whether therefore ye eat, or drink,
or whatsoever ye do,
do all to the glory of God.

75. James 5:14-15

¹⁴Is any sick among you?
let him call for the elders of the church;
and let them pray over him,
anointing him with oil in the name of the Lord.

¹⁵And the prayer of faith shall save the sick,
and the Lord shall raise him up;
and if he have committed sins,
they shall be forgiven him.

78. Romans 8:18,24,28; 5:3-4

¹⁸The sufferings of this present time
are not worthy to be compared
with the glory which shall be revealed in us.

²⁸And we know that all things
work together for good
to them that love God.
To them who are the called
according to His purpose.

³We glory in tribulations also:
knowing that tribulation worketh patience;

⁴And patience, experience; and experience, hope.

²⁴For we are saved by hope.

79. 2 Corinthians 4:16-18 (NKJV)

¹⁷For our light affliction,
which is but for a moment,
is working for us
a far more exceeding
and eternal weight of glory.

¹⁶Therefore we do not lose heart.
Even though our
outward man is perishing,
yet the inward man
is being renewed day by day.

¹⁸While we do not look at the
things which are seen,
but at the things which are not seen.
For the things which are seen are temporary,
but the things which are not seen are eternal.

80. 1 Peter 4:12-13

¹²Beloved, think it not strange
concerning the fiery trial
which is to try you,
as though some strange thing
happened unto you:

¹³But rejoice,
inasmuch as ye are partakers of
Christ's sufferings;
that, when His glory
shall be revealed,
ye may be glad also
with exceeding joy.

83. Psalm 91:1-2,5,7-8

¹He that dwelleth in the secret place of the most
High
shall abide under the shadow of the Almighty.

²I will say of the Lord,
He is my refuge... my fortress: my God;
in Him will I trust.

⁵Thou shalt not be afraid for the terror by night;
nor for the arrow that flieth by day.

⁷A thousand shall fall at thy side,
and ten thousand at thy right hand;
but it shall not come [near you].

⁸Only with thine eyes shalt thou behold
and see the reward of the wicked.

84. Psalm 121:1-3,5-8

⁵The Lord is thy keeper:
the Lord is thy shade upon thy right hand.

⁶The sun shall not smite thee by day,
nor the moon by night.

¹I will lift up mine eyes unto the hills,
From whence cometh my help.

²My help cometh from the Lord,
Which made heaven and earth.

⁷The Lord shall preserve thee from all evil:
He shall preserve thy soul.

⁸The Lord shall preserve thy going out
and thy coming in from this time forth,
and even for evermore.

³He will not suffer thy foot to be moved: He that
keepeth thee will not slumber.

85. Isaiah 43:2-3

²When thou passest through the waters,
I will be with thee;
and through the rivers,
they shall not overflow thee:
when thou walkest through the fire,
thou shalt not be burned;
neither shall the flame kindle upon thee.

³For I am the Lord thy God,
the Holy One of Israel, thy Saviour:
I gave Egypt for thy ransom,
Ethiopia and Seba for thee.

Temptation	<p>86. Psalm 101:3</p> <p>³I will set no wicked thing before mine eyes. I hate the work of them that turn aside; it shall not cleave to me.</p>	<p>87. 1 Corinthians 10:13</p> <p>¹³There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.</p>
Appetite	<p>91. Proverbs 20:1; 23:29-32</p> <p>¹Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.</p> <p>²⁹Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes?</p> <p>³⁰They that tarry long at the wine; they that go to seek mixed wine.</p> <p>³¹Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.</p> <p>³²At the last it biteth like a serpent, and stingeth like an adder.</p>	<p>92. Ecclesiastes 10:17 Job 23:12</p> <p>¹⁷Eat in due season, for strength, and not for drunkenness.</p> <p>¹²I have esteemed the words of his mouth more than my necessary food.</p>
Victory	<p>96. Psalm 119:11-12</p> <p>¹¹Thy word have I hid in mine heart, that I might not sin against thee.</p> <p>¹²Blessed art thou, O Lord: teach me thy statutes.</p>	<p>97. Romans 6:4-6,8 John 8:32</p> <p>⁴Buried with Him through baptism into death, that just as Christ was raised from the dead... even so we also should walk in newness of life.</p> <p>⁵For if we have been united... in...His death... we also shall be in the likeness of His resurrection,</p> <p>⁶Our old man was crucified with Him... that we should no longer be slaves of sin.</p> <p>⁸Now [we believe] if we died with Christ... that we shall also live with Him.</p> <p>³²If the Son makes you free, you shall be free indeed.</p>

88. 2 Corinthians 10:3-5

³Though we walk in the flesh,
we do not war after the flesh:

⁴For the weapons of our warfare
are not carnal,
but mighty through God
to the pulling down of strong holds.

⁵Casting down imaginations,
and every high thing
that [exalts] itself against
the knowledge of God,
and bringing into captivity
every thought to the obedience of Christ.

89. James 4:7-8 Hebrews 4:15-16

⁷Submit yourselves therefore to God.
Resist the devil, and He will flee from you.

⁸Draw nigh to God,
and He will draw nigh to you.

¹⁵For we have not an high priest
which cannot be touched with
the feeling of our infirmities;
but was in all points tempted
like as we are, yet without sin.

¹⁶Let us therefore come boldly
unto the throne of grace,
that we may obtain mercy,
and find grace to help
in time of need.

90. Jude 1:24-25

²⁴Now unto Him that is
able to keep you from falling,
and to present you faultless
before the presence of his glory
with exceeding joy.

²⁵To the only wise God our Saviour,
be glory and majesty,
dominion and power,
both now and ever. Amen.

93. Daniel 1:8,12,15

⁸But Daniel purposed in his heart
that he would not defile himself
with the portion of the king's meat,
nor with the wine which he drank:
therefore he requested
of the prince of the eunuchs
that he might not defile himself.

¹²Prove thy servants, I beseech thee,
ten days; and let them give us
pulse to eat,
and water to drink.

¹⁵And at the end of ten days
their countenances appeared
fairer and fatter in flesh
than all the children which did eat
the portion of the king's meat.

94. Matthew 4:4

⁴It is written,
Man shall not live by bread alone,
but by every word that proceedeth
out of the mouth of God.

95. 1 Corinthians 9:25-27

²⁵And every man that striveth for the mastery
is temperate in all things.
Now they do it to obtain a corruptible crown;
but we an incorruptible.

²⁶I therefore so run,
not as uncertainly;
so fight I, not as one that beateth the air:

²⁷But I keep under my body,
and bring it into subjection: I
est that by any means,
when I have preached to others,
I myself should be a castaway.

98. Romans 6:7,11-14,16 Romans 13:14

¹¹Reckon ye also yourselves
to be dead indeed unto sin,
but alive unto God
through Jesus Christ our Lord.

¹²Let not sin therefore reign
in your mortal body,
that ye should obey it in the lusts thereof.

¹³Yield yourselves unto God...

¹⁴For sin shall not have dominion over you.
⁷For he that is dead is freed from sin.

¹⁶Know ye not,
that to whom ye yield
yourselves servants to obey,
His servants ye are to whom ye obey;
whether of sin unto death,
or of obedience unto righteousness?

¹⁴But put ye on the Lord Jesus Christ,
and make not provision for the flesh,
to fulfil the lusts thereof.

99. 1 John 5:4 1 Corinthians 15:57 Philippians 2:13

⁴For whatsoever is born of God
overcometh the world:
and this is the victory
that overcometh the world,
even our faith.

⁵⁷But thanks be to God,
which giveth us the victory
through our Lord Jesus Christ.

¹³For it is God which worketh in you
both to will and to do
of His good pleasure.

100. 2 Peter 1:2-7, 9

²Grace and peace be multiplied unto you
through the knowledge of God, and of Jesus our
Lord,

³According as His divine power hath given unto us
all things that pertain unto life and godliness,
through the knowledge of Him that hath called
us to glory and virtue:

⁴Whereby are given unto us
exceeding great and precious promises:
that by these ye might be partakers of the divine
nature, having escaped the corruption
that is in the world through lust.

⁵And beside this, giving all diligence,
add to your faith virtue; and to virtue knowledge;

⁶And to knowledge temperance;
and to temperance patience; and to patience
godliness;

⁷And to godliness brotherly kindness;
and to brotherly kindness charity.

⁹But he that lacketh these things is blind,
and cannot see afar off,
and hath forgotten that he was purged
from his old sins.

Bible Stories By Chapter

Use these Bible stories to help your child better understand each chapter.

1. Spiritual Needs

Jesus Bread of Life
Disciples catching fish
Pearl of great price
Woman at well

John 6:26-35
Luke 5:4-11
Matthew 13:45-46
John 4:1-42

2. Physical Needs

Manna/Quail
Elijah and widow
Jesus feeds 5000
Jesus sends 70

Exodus 16:1-15
1 Kings 17:8-16
Matthew 14:13-21
Luke 10:1- 11; Luke 22:35

3. Guidance

Cloud/pillar of fire
Abram leaving Ur
Gideon fleece
Israelites wilderness

Exodus 13:21-22
Genesis 12:1-3
Judges 6:36-40
Deuteronomy 8:1-4

4. Strength

Gideon
David anointed
Moses called by God
Samson

Judges 6:14-16,23
1 Samuel 16:6-13
Exodus 3:6-12; 4:10-12
Judges 16:16-31

5. Healing

Naaman
Hezekiah
Jesus/bleeding woman
Jesus healed man

2 Kings 5:1-14
Isaiah 38
Matthew 9:19-22
John 5:8-11

Bible Stories By Chapter

6. Trials

Joseph	Genesis 37,39, 42-45, 50:20
Israelites murmuring	Exodus 15:22-25
Job	Job 1:1-21
Paul and Silas	Acts 16:20-25

7. Protection

Red Sea	Exodus 14
3 friends in fiery furnace	Daniel 3
Daniel lions den	Daniel 6:1-28
Jonah	Jonah 1-2

8. Victory over Sin

Adulterous woman	John 8:1-11
Jesus heals leprosy	Luke 17:11-19
Paralyzed man	Luke 5:17-26
Paul's conversion	Acts 9:1-19

9. Temptation

Adam/Eve	Genesis 3:1-13
Jacob	Genesis 27
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10. Appetite

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