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### I Corinthians 11:23-29 ESV

"For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, **24** and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." **25** In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." **26** For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. 28 Let a person examine himself, then, and so eat of the bread and drink of the cup. 29 For anyone who eats and drinks without discerning the body eats and drinks judgment on himself."

## Ephesians 4:22-32 ESV

"to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, **23** and to be renewed in the spirit of your minds, **24** and to put on the new self, created after the likeness of God in true righteousness and holiness.

25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

#### Hebrews 3:7-15 ESV

"Therefore, as the Holy Spirit says,

"Today, if you hear his voice,

8 do not harden your hearts as in the rebellion,

on the day of testing in the wilderness,

**9** where your fathers put me to the test

and saw my works for forty years.

**10** Therefore I was provoked with that generation,

and said, 'They always go astray in their heart;

they have not known my ways.'

11 As I swore in my wrath,

'They shall not enter my rest.'"

- **12** Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.
- **13** But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin. **14** For we have come to share in Christ, if indeed we hold our original confidence firm to the end. **15** As it is said,

"Today, if you hear his voice,

do not harden your hearts as in the rebellion."

### John 1:6-14 ESV

There was a man sent from God, whose name was John. **7** He came as a witness, to bear witness about the light, that all might believe through him. **8** He was not the light, but came to bear witness about the light.

**9** The true light, which gives light to everyone, was coming into the world. **10** He was in the world, and the world was made through him, yet the world did not know him. **11** He came to his own, and his own people did not receive him. **12** But to all who did receive him, who believed in his name, he gave the right to become children of God, **13** who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

**14** And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

## Luke 12:22-28 ESV

"And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. 23 For life is more than food, and the body more than clothing. 24 Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! 25 And which of you by being anxious can add a single hour to his span of life? 26 If then you are not able to do as small a thing as that, why are you anxious about the rest? 27 Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 28 But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!"

## Malachi 3:6-12 ESV

"For I the Lord do not change; therefore you, O children of Jacob, are not consumed. **7** From the days of your fathers you have turned aside from my statutes and have not kept them. Return to me, and I will return to you, says the Lord of hosts. But you say, 'How shall we return?' **8** Will man rob God? Yet you are robbing me. But you say, 'How have we robbed you?' In your tithes and contributions. **9** You are cursed with a curse, for you are robbing me, the whole nation of you. **10** Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need. **11** I will rebuke the devourer for you, so that it will not destroy the fruits of your soil, and your vine in the field shall not fail to bear, says the Lord of hosts. **12** Then all nations will call you blessed, for you will be a land of delight, says the Lord of hosts."

## Matthew 5:3-12 ESV

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- **4** "Blessed are those who mourn, for they shall be comforted.
- **5** "Blessed are the meek, for they shall inherit the earth.
- **6** "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- **7** "Blessed are the merciful, for they shall receive mercy.
- **8** "Blessed are the pure in heart, for they shall see God.
- **9** "Blessed are the peacemakers, for they shall be called sons of God.
- **10** "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- **11** "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. **12** Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## I Peter 2:11-17

"Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. **12** Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation.

**13** Be subject for the Lord's sake to every human institution, whether it be to the emperor as supreme, **14** or to governors as sent by him to punish those who do evil and to praise those who do good. **15** For this is the will of God, that by doing good you should put to silence the ignorance of foolish people. **16** Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. **17** Honor everyone. Love the brotherhood. Fear God. Honor the emperor."

# Philippians 3:7-14 ESV

"But whatever gain I had, I counted as loss for the sake of Christ. **8** Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ **9** and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— **10** that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, **11** that by any means possible I may attain the resurrection from the dead.

# **Straining Toward the Goal**

**12** Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. **13** Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, **14** I press on toward the goal for the prize of the upward call of God in Christ Jesus."

## Psalm 37:1-9

"Fret not yourself because of evildoers;

be not envious of wrongdoers!

- **2** For they will soon fade like the grass and wither like the green herb.
- **3** Trust in the Lord, and do good; dwell in the land and befriend faithfulness.[b]
- 4 Delight yourself in the Lord, and he will give you the desires of your heart.
- **5** Commit your way to the Lord; trust in him, and he will act.
- **6** He will bring forth your righteousness as the light, and your justice as the noonday.
- **7** Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!
- 8 Refrain from anger, and forsake wrath!

  Fret not yourself; it tends only to evil.
  - **9** For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land."

## **Psalm 67:1-7 ESV**

- "May God be gracious to us and bless us and make his face to shine upon us, *Selah*
- 2 that your way may be known on earth, your saving power among all nations.
- **3** Let the peoples praise you, O God; let all the peoples praise you!
- **4** Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. *Selah*
- **5** Let the peoples praise you, O God; let all the peoples praise you!
- **6** The earth has yielded its increase; God, our God, shall bless us.
- 7 God shall bless us;

  let all the ends of the earth fear him!"

## Psalm 119:1-8 ESV

"Blessed are those whose way is blameless,

who walk in the law of the Lord!

2 Blessed are those who keep his testimonies,

who seek him with their whole heart,

**3** who also do no wrong,

but walk in his ways!

4 You have commanded your precepts

to be kept diligently.

**5** Oh that my ways may be steadfast

in keeping your statutes!

**6** Then I shall not be put to shame,

having my eyes fixed on all your commandments.

7 I will praise you with an upright heart,

when I learn your righteous rules.

8 I will keep your statutes;

do not utterly forsake me!"

### Psalm 145:1-12 ESV

"I will extol you, my God and King,

and bless your name forever and ever.

2 Every day I will bless you

and praise your name forever and ever.

**3** Great is the Lord, and greatly to be praised,

and his greatness is unsearchable.

4 One generation shall commend your works to another,

and shall declare your mighty acts.

**5** On the glorious splendor of your majesty,

and on your wondrous works, I will meditate.

6 They shall speak of the might of your awesome deeds,

and I will declare your greatness.

**7** They shall pour forth the fame of your abundant goodness and shall sing aloud of your righteousness.

8 The Lord is gracious and merciful,

slow to anger and abounding in steadfast love.

9 The Lord is good to all,

and his mercy is over all that he has made.

**10** All your works shall give thanks to you, O Lord,

and all your saints shall bless you!

**11** They shall speak of the glory of your kingdom

and tell of your power,

**12** to make known to the children of man your mighty deeds, and the glorious splendor of your kingdom." Degree of Difficulty: 4

### Romans 5:1-11 ESV

"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. **2** Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. **3** Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, **4** and endurance produces character, and character produces hope, **5** and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

**6** For while we were still weak, at the right time Christ died for the ungodly. **7** For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— **8** but God shows his love for us in that while we were still sinners, Christ died for us. **9** Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. **10** For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. **11** More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation."

### 2 Samuel 22:31-37 ESV

"This God—his way is perfect;

the word of the Lord proves true;

he is a shield for all those who take refuge in him.

**32** "For who is God, but the Lord?

And who is a rock, except our God?

**33** This God is my strong refuge

and has made my way blameless.

**34** He made my feet like the feet of a deer

and set me secure on the heights.

**35** He trains my hands for war,

so that my arms can bend a bow of bronze.

**36** You have given me the shield of your salvation,

and your gentleness made me great.

37 You gave a wide place for my steps under me,

and my feet did not slip;

# 2 Timothy 4:1-8 ESV

"I charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by his appearing and his kingdom: **2** preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching. **3** For the time is coming when people will not endure sound[a] teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, **4** and will turn away from listening to the truth and wander off into myths. **5** As for you, always be sober-minded, endure suffering, do the work of an evangelist, fulfill your ministry.

**6** For I am already being poured out as a drink offering, and the time of my departure has come. **7** I have fought the good fight, I have finished the race, I have kept the faith. **8** Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing."