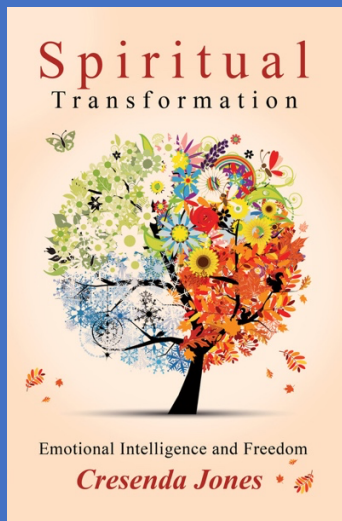


*Spiritual Transformation:
Emotional Intelligence and Freedom*

**SCRIPTURES AND PASSAGES
BONUS BOOKLET**



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Introduction

Psalm 139:13 - For you created my inmost being; you knit me together in my mother's womb.

1 Corinthians 13

¹If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

Galatians 5:22-26 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

Psalm 84:11 – For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

1 Samuel 15: 24 – “I was afraid and so I gave in to them” resulted in his rejection as king. ²⁴ Then Saul said to Samuel, “I have sinned. I violated the Lord's command and your instructions. I was afraid of the men and so I gave in to them.

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

Psalm 51:10 – Create in me a pure heart, O God, and renew a steadfast spirit within me.

John 15:16 – You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Proverbs 20:5 – The purposes of a person’s heart are deep waters, but one who has insight draws them out.

Matthew 22:37 – Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”

Jeremiah 20:12 – LORD Almighty, you who examine the righteous and probe the heart and mind.

Chapter One

Take the test – assessment is imperative!

2 Corinthians 13:5 – Examine yourselves... test yourselves. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Galatians 6:4 – Each one should test their own actions. ⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

1 Peter 5:8 – Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

Romans 12:3 – For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

1 Thessalonians 5:6 & 8 – So then, let us not be like others, who are asleep, but let us be awake and sober. ⁸ But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.

2 Corinthians 13:5 – It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Psalms 11:4 – The Lord is in his holy temple; the Lord is on his heavenly throne. He observes everyone on earth; his eyes examine them.

Psalms 17:3 – Though you probe my heart, though you examine me at night and test me, you will find that I have planned no evil; my mouth has not transgressed.

Psalms 26:2 – Test me, Lord, and try me, examine my heart and my mind;

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Matthew 7:18 –19 – A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire.

John 15:8 – This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

John 15:16 – You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

1 Corinthians 1:5 – For in him you have been enriched in every way—with all kinds of speech and with all knowledge

Romans 12:2-3 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

2 Corinthians 3: 18 – And we all, who with unveiled faces contemplate[a] the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Peter 1: 5-8 – For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

Chapter Two

Life Without EQ

1 Corinthians 3: 1-5 – Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly—mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

Galatians 5: 19-21 – The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

1 Thessalonians 5:6 – So then let us not sleep [in spiritual indifference] as the rest [of the world does], but let us keep wide awake [alert and cautious] and let us be sober [self-controlled, calm, and wise]. AMP

1 John 1: 6-8 – If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. ⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us.

Romans 6: 16 & 20 – Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? ²⁰ When you were slaves to sin, you were free from the control of righteousness.

Proverbs 25: 28 – Like a city whose walls are broken through is a person who lacks self-control

Proverbs 16:32 – Better a patient person than a warrior, one with self-control than one who takes a city.

James 1:20 – ... because human anger does not produce the righteousness that God desires.

1 Timothy 3:2 – Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach

Titus 1: 8 – Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

Titus 2:2 – Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

2 Corinthians 5:13 – If we are “out of our mind,” as some say, it is for God; if we are in our right mind, it is for you.

Acts 26: 25 – “I am not insane, most excellent Festus,” Paul replied. “What I am saying is true and reasonable.

Romans 12:3 – For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Romans 7 – available on www.bible.com, www.biblegateway.com, or in your Bible

1 Corinthians 9: 25-27 – Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Thessalonians 4: 3-5 – It is God’s will that you should be sanctified: that you should avoid sexual immorality; ⁴ that each of you should learn to control your own body[a] in a way that is holy and honorable, ⁵ not in passionate lust like the pagans, who do not know God;

1 Corinthians 7:9 – But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.

Titus 2: 11-12 – For the grace of God has appeared that offers salvation to all people. ¹² It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age

2 Corinthians 5: 14 – For Christ’s love compels us, because we are convinced that one died for all, and therefore all died.

1 Peter 5:8 – Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Mark 12:30

³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’

1 Corinthians 3:3 – You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

Galatians 5: 15 – If you bite and devour each other, watch out or you will be destroyed by each other.

Ephesians 4:30 – And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

1 Thessalonians 5:19 – Do not quench the Spirit.

Acts 5:4 – Didn’t it belong to you before it was sold? And after it was sold, wasn’t the money at your disposal? What made you think of doing such a thing? You have not lied just to human beings but to God.”

Acts 5:9 – Peter said to her, “How could you conspire to test the Spirit of the Lord? Listen! The feet of the men who buried your husband are at the door, and they will carry you out also.”

Hebrews 10:29 – How much more severely do you think someone deserves to be punished who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace?

James 4:5 – Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us?

Matthew 12:31 – And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven.

Acts 7:51 – “You stiff-necked people! Your hearts and ears are still uncircumcised. You are just like your ancestors: You always resist the Holy Spirit!

Jude 1:19 – These are the people who divide you, who follow mere natural instincts and do not have the Spirit.

1 Corinthians 13:4-13 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. ¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

Galatians 5: 15, 22-23 – If you bite and devour each other, watch out or you will be destroyed by each other. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Chapter Three

What is Emotional Intelligence?

3 John 1:2 – Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Genesis 3 – the fall of Adam and Eve. Available on www.bible.com, www.biblegateway.com, or in your Bible

Psalms 139:13-16 – For you created my inmost being; you knit me together in my mother's womb. ¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Genesis 1: 26 – Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

1 Corinthians 3:16 – Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

Genesis 1: 31 – God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Psalms 51:12-13 – Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. ¹³Then I will teach transgressors your ways, so that sinners will turn back to you.

Ephesians 4:15 – Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Colossians 3:2 – Set your minds on things above, not on earthly things.

Our Welfare

Matthew 6:31-33 – So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well.

1 Corinthians 10:13 – No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

John 15:11 – I have told you this so that my joy may be in you and that your joy may be complete.

Hebrews 13:20 – 21 – Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep,²¹ equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

Ephesians 3: 14 -16 – For this reason I kneel before the Father,¹⁵ from whom every family^[a] in heaven and on earth derives its name.¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,

Hebrews 13:6 – So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

Mark 10:29-30 – “Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel³⁰ will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life.

John 14: 1-3 – “Do not let your hearts be troubled. You believe in God; believe also in me.² My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

Our future

Philippians 1:6 – ... being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

1 John 3:2 – Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is.

Revelation 22:3-5 – No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him.⁴ They will see his face, and his name will be on their foreheads.⁵ There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.

Revelation 21:4 – ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’”

Ephesians 1: 16-18 -¹⁶ I have not stopped giving thanks for you, remembering you in my prayers.¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit^l of wisdom and revelation, so that you may know him better.¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

Our hope

Colossians 1: 3-5 – We always thank God, the Father of our Lord Jesus Christ, when we pray for you, ⁴ because we have heard of your faith in Christ Jesus and of the love you have for all God's people— ⁵ the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel

1 Thessalonians 4:13 – Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.

1 Thessalonians 5: 8-10 – But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. ⁹ For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. ¹⁰ He died for us so that, whether we are awake or asleep, we may live together with him.

1 Peter 1: 3-4 – Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you

1 Peter 1:21 – Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.

2 Peter 1:3 – His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

Romans 12: 2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Matthew 22:37- 38 – Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.” ³⁸ This is the first and greatest commandment.

Proverbs 20:5 – “The purposes of a person's heart are deep waters, but one who has insight draws them out.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Part 2

1 Timothy 4:16 – Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

2 Corinthians 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Deuteronomy 30:19 – his day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live

Matthew 18:17 – If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

1 Corinthians 5:9-11 – I wrote to you in my letter not to associate with sexually immoral people— ¹⁰ not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. ¹¹ But now I am writing to you that you must not associate with anyone who claims to be a brother or sister^[a] but is sexually immoral or greedy, an idolater or slanderer, a drunkard or swindler. Do not even eat with such people.

2 Thessalonians 3:14 – Take special note of anyone who does not obey our instruction in this letter. Do not associate with them, in order that they may feel ashamed.

James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Romans 6:18 – You have been set free from sin and have become slaves to righteousness.

Romans 8:37 – No, in all these things we are more than conquerors through him who loved us.

1 Thessalonians 5:16-18 – Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Psalms 46:3 – though its waters roar and foam and the mountains quake with their surging.

1 Corinthians 12:12-27 – Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. ¹³ For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. ¹⁴ Even so the body is not made up of one part but of many. ²¹ The eye cannot say to the hand, “I don't need you!” And the head cannot say to the feet, “I don't need you!” ²² On the contrary, those parts of the body that seem to be weaker are indispensable, ²³ and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, ²⁴ while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. ²⁷ Now you are the body of Christ, and each one of you is a part of it.

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

1 Corinthians 13:4-8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

1 Corinthians 13:1 – If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.

Romans 15:5-6 – May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

Chapter Four

Master Your Mind: What we need to know about our brains

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

Psalms 139:14 – I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Matthew 22:37 – Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.

Mark 12:30 – Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

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

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Ephesians 4:26 – “In your anger do not sin”: Do not let the sun go down while you are still angry

Proverbs 29:11 – Fools give full vent to their rage, but the wise bring calm in the end.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Mark 12:30 – Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

Ephesians 4:23 – Be made new in the attitude of your minds

Proverbs 23:7 – ... for he is the kind of person who is always thinking about the cost. “Eat and drink,” he says to you, but his heart is not with you.

Romans 12:2-3 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Psalms 139:13-15 – For you created my inmost being; you knit me together in my mother’s womb. ¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I

know that full well. ¹⁵My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

2 Corinthians 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2 Timothy 3:17 – ...so that the servant of God may be thoroughly equipped for every good work.

Galatians 5:22 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Peter 1: 5-7 – For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love.

1 Corinthians 12: 12-27 – Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. ¹³ For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. ¹⁴ Even so the body is not made up of one part but of many. ¹⁵ Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. ¹⁶ And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. ¹⁷ If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? ¹⁸ But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. ¹⁹ If they were all one part, where would the body be? ²⁰ As it is, there are many parts, but one body. ²¹ The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” ²² On the contrary, those parts of the body that seem to be weaker are indispensable, ²³ and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, ²⁴ while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. ²⁷ Now you are the body of Christ, and each one of you is a part of it.

Part 2

Proverbs 2:6 – For the Lord gives wisdom; from his mouth come knowledge and understanding.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

2 Corinthians 3:18 – And we all, who with unveiled faces contemplate[a] the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Philippians 3: 13-14 – Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Hebrews 12:2 – ...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Genesis 1: 26 – Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

Proverbs 23:7 – ...for he is the kind of person who is always thinking about the cost. “Eat and drink,” he says to you, but his heart is not with you.

Hebrews 13:20-21 – Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, ²¹ equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

Hebrews 9:14 – How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!

1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

Romans 7:23 – ... but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

Galatians 2: 17 & 20 – “But if, in seeking to be justified in Christ, we Jews find ourselves also among the sinners, doesn’t that mean that Christ promotes sin? Absolutely not! ²⁰ I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

2 Peter 1: 3-11 – His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. ⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess

these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. ¹⁰ Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble, ¹¹ and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

Chapter Five

The cost of repressing emotions

Proverbs 20:5 – “The purposes of a person’s heart are deep waters, but one who has insight draws them out.

John 13:34-35 - “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another”.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Philippians 4:8 – “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Galatians 5:22-25 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Chapter Six

God, Emotions and Emotional Intelligence

Galatians 5: 22-25 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit

1 Corinthians 13: 4-8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Genesis 1:27 – So God created mankind in his own image, in the image of God he created them; male and female he created them.

Genesis 1:31 – God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

2 Corinthians 3:18 – And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Ephesians 4: 15 – Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Romans 8:29 – For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

2 Corinthians 4:16 – Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

Philippians 4: 8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Ephesians 3: 20 – Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us

1 Corinthians 6:11 – And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Romans 8:13 – For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

Galatians 5:16 – So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Genesis 3 - Before the Fall

Jeremiah 17:9 – The heart is deceitful above all things and beyond cure. Who can understand it?

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Matthew 12:34 – You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of.

Colossians 3:8-11 – But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

Luke 14:26 – “If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple.

Romans 5:8 – But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Jesus' emotions and feelings noted in the Bible

Matthew 26:40-46 – Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. ⁴¹ “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” ⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.” ⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing. ⁴⁵ Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!”

John 6:15 – Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

Luke 9:18 – Once when Jesus was praying in private and his disciples were with him, he asked them, “Who do the crowds say I am?”

Matthew 27:46 – About three in the afternoon Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” (which means “My God, my God, why have you forsaken me?”).

Matthew 8:10 – When Jesus heard this, he was amazed and said to those following him, “Truly I tell you, I have not found anyone in Israel with such great faith.

Mark 3:5 – He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

Mark 11:15-18 – On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, ¹⁶ and would not allow anyone to carry merchandise through the temple courts. ¹⁷ And as he taught them, he said, “Is it not written: ‘My house will be called a house of prayer for all nations’? But you have made it ‘a den of robbers.’” ¹⁸ The chief priests and the teachers of the law heard this and began looking for a way to kill him, for they feared him, because the whole crowd was amazed at his teaching.

Matthew 23:33 – “You snakes! You brood of vipers! How will you escape being condemned to hell?”

Matthew 17:14-20 – When they came to the crowd, a man approached Jesus and knelt before him. ¹⁵ “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. ¹⁶ I brought him to your disciples, but they could not heal him.” ¹⁷ “You unbelieving and perverse generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.” ¹⁸ Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. ¹⁹ Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” ²⁰ He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Mark 4:35-41 – That day when evening came, he said to his disciples, “Let us go over to the other side.” ³⁶ Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” ³⁹ He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. ⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?” ⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Matthew 26:47 – While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people.

Matthew 9:36 – When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 11:28-30 – “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Matthew 15:32 – Jesus called his disciples to him and said, “I have compassion for these people; they have already been with me three days and have nothing to eat. I do not want to send them away hungry, or they may collapse on the way.”

Matthew 14:14 – When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

Matthew 20:34 – Jesus had compassion on them and touched their eyes. Immediately they received their sight and followed him.

Luke 7:13 – When the Lord saw her, his heart went out to her and he said, “Don’t cry.”

Mark 6:34 – When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

Mark 8:32 – He spoke plainly about this, and Peter took him aside and began to rebuke him.

John 8:1-11 – ... but Jesus went to the Mount of Olives. 2 At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. 3 The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group 4 and said to Jesus, “Teacher, this woman was caught in the act of adultery. 5 In the Law Moses commanded us to stone such women. Now what do you say?” 6 They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. 7 When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” 8 Again he stooped down and wrote on the ground. 9 At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. 10 Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” 11 “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”

Hebrews 4:15 – For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

John 19:25-27 – Near the cross of Jesus stood his mother, his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, “Woman, here is your son,” ²⁷ and to the disciple, “Here is your mother.” From that time on, this disciple took her into his home.

Hebrews 5:7 – During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

Luke 10:21 – At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

Matthew 18:11-13 – “What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? ¹³ And if he finds it, truly I tell you, he is happier about that one sheep than about the ninety-nine that did not wander off.

John 15:10-11 – If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. ¹¹ I have told you this so that my joy may be in you and that your joy may be complete.

John 17:13 – “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.

Hebrews 12:2 – ... fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Mark 10:21 – Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

John 20:2 – So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don’t know where they have put him!”

1 John 4:20-21 – Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. ²¹ And he has given us this command: Anyone who loves God must also love their brother and sister.

Mark 14:32–72 – available on www.bible.com, www.biblegateway.com, or in your Bible

Hebrews 12:2 – ...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Matthew 27:34–54 – available on www.bible.com, www.biblegateway.com, or in your Bible

Luke 22:42-44 – “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Mark 7: 34 – He looked up to heaven and with a deep sigh said to him, “*Ephphatha!*” (which means “Be opened!”).

Mark 8:12 – He sighed deeply and said, “Why does this generation ask for a sign? Truly I tell you, no sign will be given to it.”

Luke 19:41-42 – As he approached Jerusalem and saw the city, he wept over it ⁴² and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.

John 11:33-38 – When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ “Where have you laid him?” he asked. “Come and see, Lord,” they replied. ³⁵ Jesus wept. ³⁶ Then the Jews said, “See how he loved him!” ³⁷ But some of them said, “Could not he who opened the eyes of the blind man have kept this man from dying?” ³⁸ Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance.

Isaiah 53:3 – He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

Matthew 27:46 – About three in the afternoon Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” (which means “My God, my God, why have you forsaken me?”).

Hebrews 5: 7 - During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

John 12:27 – “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour.

John 13:21 – After he had said this, Jesus was troubled in spirit and testified, “Very truly I tell you, one of you is going to betray me.”

Matthew 26:36-41 – Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.”³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”³⁹ Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”⁴⁰ Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter.⁴¹ “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

John 11:38 – Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance.

John 4:6 – Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

Matthew 14:13 – When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.

Mark 6:31 – Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Luke 5:16 – But Jesus often withdrew to lonely places and prayed.

John 6:15 – Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

John 2:13-17 – When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. ¹⁴ In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. ¹⁵ So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. ¹⁶ To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!” ¹⁷ His disciples remembered that it is written: “Zeal for your house will consume me.”

Luke 23:34 – Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots.

2 Corinthians 3:18 – And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Mark 12:30 – Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Romans 8:11 – And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

Matthew 26:38 – Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.

Matthew 27:50 – And when Jesus had cried out again in a loud voice, he gave up his spirit.

Mark 2:8 – Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, “Why are you thinking these things?

Mark 8:12 – He groaned *and* sighed deeply in His spirit and said, “Why does this generation demand a sign? I assure you *and* most solemnly say to you, no sign will be given to this generation!” (AMP)

Mark 14:34 – “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

Luke 10:21 – At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

Luke 23:46 – Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.

John 11:33 - When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.

John 12:27 – “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour.

John 13:21 – After he had said this, Jesus was troubled in spirit and testified, “Very truly I tell you, one of you is going to betray me.”

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

Philippians 2:12 – Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,

1 Corinthians 13:4-8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Galatians 5:13-26 – You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other. ¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

God's emotions

Genesis 1: 26-28 – Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” ²⁷ So God created mankind in his own image, in the image of God he created them; male and female he created them. ²⁸ God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

Psalms 106:40 – Therefore the Lord was angry with his people and abhorred his inheritance.

Isaiah 5:25 – Therefore the Lord's anger burns against his people; his hand is raised and he strikes them down. The mountains shake, and the dead bodies are like refuse in the streets. Yet for all this, his anger is not turned away, his hand is still upraised.

Ezekiel 34 – available on www.bible.com, www.biblegateway.com, or in your Bible

Psalms 2:5 – He rebukes them in his anger and terrifies them in his wrath, saying,

Jeremiah 7:18-19 – The children gather wood, the fathers light the fire, and the women knead the dough and make cakes to offer to the Queen of Heaven. They pour out drink offerings to other gods to arouse my anger. ¹⁹ But am I the one they are provoking? declares the Lord. Are they not rather harming themselves, to their own shame?

John 3:16 – For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Romans 5:8 – But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Psalms 5:5 – The arrogant cannot stand in your presence. You hate all who do wrong;

Psalms 11:5 – The Lord examines the righteous, but the wicked, those who love violence, he hates with a passion.

Psalms 2:4 – The One enthroned in heaven laughs; the Lord scoffs at them.

Deuteronomy 16: 21-22 – Do not set up any wooden Asherah pole beside the altar you build to the LORD your God, ²² and do not erect a sacred stone, for these the LORD your God hates.

Genesis 19:16 – When he hesitated, the men grasped his hand and the hands of his wife and of his two daughters and led them safely out of the city, for the LORD was merciful to them.

Exodus 33:19 – And the LORD said, “I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.

Genesis 6: 6 – The LORD regretted that he had made human beings on the earth, and his heart was deeply troubled.

Isaiah 53:3 – He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he despised, and we held him in low esteem.

Isaiah 63:10 – Yet they rebelled and grieved his Holy Spirit. So he turned and became their enemy and he himself fought against them.

Psalms 78: 40 – How often they rebelled against him in the wilderness and grieved him in the wasteland!

Nehemiah 8:10 – Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”

Zephaniah 3:17 – The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Isaiah 42:1 – Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him, and he will bring justice to the nations.

Isaiah 62:5 – As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you.

Isaiah 65:19 – I will rejoice over Jerusalem and take delight in my people; the sound of weeping and of crying will be heard in it no more.

John 3:16 – For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Acts 13: 22 – After removing Saul, he made David their king. God testified concerning him: ‘I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.’

2 Samuel 12 – available on www.bible.com, www.biblegateway.com, or in your Bible

Psalms 30 – available on www.bible.com, www.biblegateway.com, or in your Bible

Psalms 55 – available on www.bible.com, www.biblegateway.com, or in your Bible

Ephesians 4:11-16 – So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

What emotions did Paul display?

Acts 20:24 – However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.

Romans 9: 2 – I have great sorrow and unceasing anguish in my heart.

Philippians 1: 7-8 & 13, 2:2 & 17 – It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God’s grace with me. ⁸ God can testify how I long for all of you with the affection of Christ Jesus. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

Philippians 2:2 & 17 – ...then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ¹⁷ But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you.

Philippians 3:4-10 – ... though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more: ⁵ circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for righteousness based on the law, faultless. ⁷ But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What

is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,

Philippians 4:11 – I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

2 Corinthians 7:15 – And his affection for you is all the greater when he remembers that you were all obedient, receiving him with fear and trembling.

2 Corinthians 12:7 – 11 & 21 – ... or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. 8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 21 I am afraid that when I come again my God will humble me before you, and I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged.

Colossians 3:12 – Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Heather’s Testimony – God, Spiritual Maturity and EQ

Psalms 20:1-2 – May the Lord answer you when you are in distress; may the name of the God of Jacob protect you.² May he send you help from the sanctuary and grant you support from Zion.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Chapter Seven

The Bible on the Four Core EQ skills

Proverbs 20:5 – “The purposes of a person’s heart are deep waters, but one who has insight draws them out.

1 Corinthians 13:4-8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Galatians 5: 22-23 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Philippians 4:7 – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Ephesians 4:14 – Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Proverbs 20:5 – “The purposes of a person’s heart are deep waters, but one who has insight draws them out.

Galatians 5:22-26 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

Romans 8:11 – And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

1 Corinthians 13:4-8 – “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails”

2 Peter 1: 5-11 – For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do

these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ”.

Romans 7 available on www.bible.com, www.biblegateway.com, or in your Bible

Romans 8 – Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. ⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. ⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. ¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba, Father.*” ¹⁶ The Spirit himself testifies with our spirit that we are God’s children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. ¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ¹⁹ For the creation waits in eager expectation for the children of God to be revealed. ²⁰ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²¹ that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. ²² We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. ²³ Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. ²⁴ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? ²⁵ But if we hope for what we do not yet have, we wait for it patiently. ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God. ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹ For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³⁰ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. ³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and

is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

2 Peter 1: 8–9 – For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

1 Timothy 4:16 – Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

Romans 12:3 – For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

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

Lamentations 3:40 – Let us examine our ways and test them, and let us return to the Lord.

Proverbs 21:2 – A person may think their own ways are right, but the Lord weighs the heart.

Psalms 26 – available on www.bible.com, www.biblegateway.com, or in your Bible

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

1 Timothy 3:9 – They must keep hold of the deep truths of the faith with a clear conscience.

Galatians 6:7 – Do not be deceived: God cannot be mocked. A man reaps what he sows.

Jeremiah 17:9 – The heart is deceitful above all things and beyond cure. Who can understand it?

Proverbs 19:20 – Listen to advice and accept discipline, and at the end you will be counted among the wise.

Proverbs 13:20 – Walk with the wise and become wise, for a companion of fools suffers harm.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 15:4 – Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

John 3:16 – For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Proverbs 16:32 – Better a patient person than a warrior, one with self-control than one who takes a city.

Proverbs 25:28 – Like a city whose walls are broken through is a person who lacks self-control.

Acts 24:25 – As Paul talked about righteousness, self-control and the judgment to come, Felix was afraid and said, “That’s enough for now! You may leave. When I find it convenient, I will send for you.”

1 Corinthians 7:5 – Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

1 Timothy 3:2 – Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach

2 Timothy 3:1-5 – But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God— having a form of godliness but denying its power. Have nothing to do with such people.

Titus 1:1-4 – Paul, a servant of God and an apostle of Jesus Christ to further the faith of God’s elect and their knowledge of the truth that leads to godliness— in the hope of eternal life, which God, who does not lie, promised before the beginning of time, and which now at his appointed season he has brought to light through the preaching entrusted to me by the command of God our Savior, To Titus, my true son in our common faith: Grace and peace from God the Father and Christ Jesus our Savior.

Titus 1:8 – Rather, he (elder) must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

Titus 2:2 – Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

Titus 2:4-5 – Train the younger women...to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

Titus 2:6 – Similarly, encourage the young men to be self-controlled.

Titus 2:11-13 – For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope – the glorious appearing of our great God and Savior, Jesus Christ.

Matthew Chapters 1 – 13 – Jesus’ modeling social awareness; available on www.bible.com, www.biblegateway.com, or in your Bible

Matthew 9:36 – When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

1 Peter 5:8 – Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

2 Corinthians 5:11 – Since, then, we know what it is to fear the Lord, we try to persuade others. What we are is plain to God, and I hope it is also plain to your conscience.

Proverbs 20:5 – The purposes of a person’s heart are deep waters, but one who has insight draws them out.

1 Corinthians 13:4-8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Galatians 5: 22-23 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Matthew 28:18-20 – Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Chapter Nine

Time Line Therapy® – Transforming our Neurology

National Suicide Hotline 1 (800) 273-8255

Ephesians 4:23 – Be made new in the attitude of your minds.

Gen 43:30 – Deeply moved at the sight of his brother, Joseph hurried out and looked for a place to weep. He went into his private room and wept there.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Galatians 5:22– 23 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

1 Corinthians 13 – If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. ⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. ¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

Philippians 3:13 – Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Romans 8:37 – No, in all these things we are more than conquerors through him who loved us.

Psalms 139:13–15 – For you created my inmost being; you knit me together in my mother’s womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

2 Corinthians 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Matthew 12: 43-45 – “When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, ‘I will return to the house I left.’ When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation.”

Colossians 3:1-17 – Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory. ⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming. ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. ¹² Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. ¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

God’s word on transformation

2 Corinthians 3:18 – And we all, who with unveiled faces contemplate[a] the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Thessalonians 3:5 – May the Lord direct your hearts into God’s love and Christ’s perseverance.

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

2 Corinthians 5:17 – Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Ezekiel 36:26 – I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

Philippians 1:6 – being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Galatians 2:20 – I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Psalm 51:10-12 – Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹Do not cast me from your presence or take your Holy Spirit from me. ¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Chapter Ten

Three Requisites for Mind Changes and Soul Transformations

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

John 5:6 – When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

2 Corinthians 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Galatians 5:22–23 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law

1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

Requisite 1

Psalms 16:7 – I will praise the Lord, who counsels me; even at night my heart instructs me.

Psalms 19:12 & 14 – But who can discern their own errors? Forgive my hidden faults. ¹⁴May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Psalms 51: 6 – Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

Psalms 139:23–24 – Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Proverbs 3:5 – Trust in the Lord with all your heart and lean not on your own understanding

Proverbs 18:8 – The words of a gossip are like choice morsels; they go down to the inmost parts.

Proverbs 20:30 – Blows and wounds scrub away evil, and beatings purge the inmost being.

Isaiah 53:5 – But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Daniel 2:30 – As for me, this mystery has been revealed to me, not because I have greater wisdom than anyone else alive, but so that Your Majesty may know the interpretation and that you may understand what went through your mind.

Matthew 15:11 – What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.”

Mark 7:20-23 – He went on: “What comes out of a person is what defiles them. ²¹ For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, ²² adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and defile a person.”

Luke 24:45 – Then he opened their minds so they could understand the Scriptures.

Acts 8:21-23 – You have no part or share in this ministry, because your heart is not right before God. ²² Repent of this wickedness and pray to the Lord in the hope that he may forgive you for having such a thought in your heart. ²³ For I see that you are full of bitterness and captive to sin.”

Romans 1:28 – Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

Romans 7:21-25 – So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.

1 Corinthians 2:16 – for, “Who has known the mind of the Lord so as to instruct him?” But we have the mind of Christ.

2 Corinthians 4:4 – The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

2 Corinthians 5:17 – Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 10:3-5 – For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Ephesians 4:31-32 – Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Philippians 4:4-7 – Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Titus 1:15 – To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted.

Hebrews 12:15 – See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Ephesians 2:8 – For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—

Matthew 7:21 – “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven.

Hebrews 10:26-27 – If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, ²⁷ but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.

1 Timothy 4:16 – Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

John 14:23 – Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.

1 John 2:17 – The world and its desires pass away, but whoever does the will of God lives forever.

Matthew 7:24–27 – “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

James 1:23–25 – Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

Requisite 2

Proverbs 1:23 – Repent at my rebuke! Then I will pour out my thoughts to you, I will make known to you my teachings.

Isaiah 30:15 – This is what the Sovereign Lord, the Holy One of Israel, says: In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.

Isaiah 61:1 – The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,

Jeremiah 15:19–21 – Therefore this is what the Lord says: “If you repent, I will restore you that you may serve me; if you utter worthy, not worthless, words, you will be my spokesman. Let this people turn to you, but you must not turn to them. 20 I will make you a wall to this people, a fortified wall of bronze; they will fight against you but will not overcome you, for I am with you to rescue and save you,” declares the Lord. 21 “I will save you from the hands of the wicked and deliver you from the grasp of the cruel.”

Jeremiah 18:8 – and if that nation I warned repents of its evil, then I will relent and not inflict on it the disaster I had planned.

Jeremiah 20:12 – Lord Almighty, you who examine the righteous and probe the heart and mind, let me see your vengeance on them, for to you I have committed my cause.

Jeremiah 31:19 – After I strayed, I repented; after I came to understand, I beat my breast. I was ashamed and humiliated because I bore the disgrace of my youth.

Matthew 3:2 & 8 – and saying, “Repent, for the kingdom of heaven has come near.”⁸ Produce fruit in keeping with repentance.

Matthew 6:33 – 34 – But seek first his kingdom and his righteousness, and all these things will be given to you as well.³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 12: 43-45 – “When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it.⁴⁴ Then it says, ‘I will return to the house I left.’ When it arrives, it finds the house unoccupied, swept clean and put in order.⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation.”

Luke 3:8 – Produce fruit in keeping with repentance. And do not begin to say to yourselves, ‘We have Abraham as our father.’ For I tell you that out of these stones God can raise up children for Abraham.

Luke 13:3 & 5 – I tell you, no! But unless you repent, you too will all perish.⁵ I tell you, no! But unless you repent, you too will all perish.”

Luke 15:7 & 10 – I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.¹⁰ In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents.”

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

Acts 11:18 – When they heard this, they had no further objections and praised God, saying, “So then, even to Gentiles God has granted repentance that leads to life.”

Acts 17:30 – In the past God overlooked such ignorance, but now he commands all people everywhere to repent.

Acts 20:21 & 28 – I have declared to both Jews and Greeks that they must turn to God in repentance and have faith in our Lord Jesus. ²⁸ Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.

Acts 26:20 – First to those in Damascus, then to those in Jerusalem and in all Judea, and then to the Gentiles, I preached that they should repent and turn to God and demonstrate their repentance by their deeds.

Romans 2:4 – Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God’s kindness is intended to lead you to repentance?

1 Corinthians 13:4-7 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

2 Corinthians 7:9 – yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 3:16-17 – All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

Hebrews 6:1 – Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God

James 1: 22 – Do not merely listen to the word, and so deceive yourselves. Do what it says.

1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

1 Peter 2:2 – Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation

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

Revelations 2:16 – Repent therefore! Otherwise, I will soon come to you and will fight against them with the sword of my mouth.

Revelations 3:19 – Those whom I love I rebuke and discipline. So be earnest and repent.

Psalm 16:6 – The boundary lines have fallen for me in pleasant places; surely I have delightful inheritance.

Proverbs 3:11-12 – My son, do not despise the Lord's discipline, and do not resent his rebuke, ¹²because the Lord disciplines those he loves, as a father the son he delights in.

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Proverbs 15:25 – The Lord tears down the house of the proud, but he sets the widow's boundary stones in place.

Jeremiah 5: 22-23 & 25 – Should you not fear me?" declares the Lord. "Should you not tremble in my presence? I made the sand a boundary for the sea, an everlasting barrier it cannot cross. The waves may roll, but they cannot prevail; they may roar, but they cannot cross it. ²³But these people have stubborn and rebellious hearts; they have turned aside and gone away. ²⁵Your wrongdoings have kept these away; your sins have deprived you of good.

Matthew 5:37 – All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.

Matthew 10:16 – "I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves.

1 Corinthians 15:33 – Do not be misled: "Bad company corrupts good character."

2 Corinthians 8:13-14 – Our desire is not that others might be relieved while you are hard pressed, but that there might be equality. ¹⁴At the present time your plenty will supply what they need, so that in turn their plenty will supply what you need. The goal is equality

Galatians 6:5 – for each one should carry their own load.

Ephesians 5:1-4 – Follow God's example, therefore, as dearly loved children ²and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. ³But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. ⁴Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

2 Thessalonians 3:10 – For even when we were with you, we gave you this rule: "The one who is unwilling to work shall not eat."

Titus 2:14-15 – who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. ¹⁵These, then, are the things you should teach. Encourage and rebuke with all authority. Do not let anyone despise you.

Requisite 3

Focusing on What You Want (Your Evaluations Become Suggestions to the Unconscious Mind)

Philippians 4:8–9 – “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you”.

Matthew 12:43–45 – “When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, ‘I will return to the house I left.’ When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation.”

Psalms 23 – available on www.bible.com, www.biblegateway.com, or in your Bible

Romans 8:12-14 – Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God.

Romans 8:11 – And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of^[a] his Spirit who lives in you.

Proverbs 28:1 – The wicked flee though no one pursues, but the righteous are as bold as a lion.

Joshua 1:8 – Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Psalms 1:2 – but whose delight is in the law of the Lord, and who meditates on his law day and night.

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Matthew 21:22 – If you believe, you will receive whatever you ask for in prayer.”

Mark 11:23 – “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.

Luke 24:38 – He said to them, “Why are you troubled, and why do doubts rise in your minds?

Romans 7:25 – Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature[a] a slave to the law of sin.

Romans 8:5-7 – Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so.

Philippians 3:7-13 – But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, 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 is through faith in^[a] Christ—the righteousness that comes from God on the basis of faith. ¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and so, somehow, attaining to the resurrection from the dead. ¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Colossians 3:2 – Set your minds on things above, not on earthly things.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Is there anything helpful outside of God’s word?

Romans 1:20 – For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made.

Colossians 1:16 – For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.

John 1:3 – Through him all things were made; without him nothing was made that has been made.

Revelation 4:11 – “You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.”

1 Corinthians 8:6 – Yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live.

1 Timothy 5:23 – Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

Jesus addressing wholistic needs

Genesis 47 – in the midst of a famine, God made a way to meet the food (physical) needs of a Joseph's family, the Israelites and the Egyptians. Available on www.bible.com, www.biblegateway.com, or in your Bible

Matthew 19 – Jesus challenged the rich man to sell his possessions and give to the poor so that he could be perfect and have a treasure in heaven. Available on www.bible.com, www.biblegateway.com, or in your Bible

1 Corinthians 6:19-20 – “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

James 2:14-17 – What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.”

Psalms 139:14 – I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

1 Thessalonians 2:8 – so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.

James 2:16 – If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it?

Extra-biblical references in the Bible

Joshua 10:13 – So the sun stood still, and the moon stopped, till the nation avenged itself on its enemies, as it is written in the Book of Jashar. The sun stopped in the middle of the sky and delayed going down about a full day.

2 Samuel 1:18 – and he ordered that the people of Judah be taught this lament of the bow (it is written in the Book of Jashar)

1 Kings 8:53 – For you singled them out from all the nations of the world to be your own inheritance, just as you declared through your servant Moses when you, Sovereign Lord, brought our ancestors out of Egypt.

Numbers 21:14 – That is why the Book of the Wars of the Lord says: "...Zahab in Suphah and the ravines, the Arnon

1 Kings 14:19 & 29 – The other events of Jeroboam's reign, his wars and how he ruled, are written in the book of the annals of the kings of Israel. ²⁹ As for the other events of Rehoboam's reign, and all he did, are they not written in the book of the annals of the kings of Judah?

1 Kings 16:20 – As for the other events of Zimri's reign, and the rebellion he carried out, are they not written in the book of the annals of the kings of Israel?

2 Chronicles 35:25 – Jeremiah composed laments for Josiah, and to this day all the male and female singers commemorate Josiah in the laments. These became a tradition in Israel and are written in the Laments.

Esther 2:23 – And when the report was investigated and found to be true, the two officials were impaled on poles. All this was recorded in the book of the annals in the presence of the king.

Esther 6:1 – That night the king could not sleep; so he ordered the book of the chronicles, the record of his reign, to be brought in and read to him.

Esther 10:2 – And all his acts of power and might, together with a full account of the greatness of Mordecai, whom the king had promoted, are they not written in the book of the annals of the kings of Media and Persia?

Nehemiah 12:23 – The family heads among the descendants of Levi up to the time of Johanan son of Eliashib were recorded in the book of the annals.

1 Corinthians 15:33 – Do not be misled: "Bad company corrupts good character."

Titus 1:12-13 – One of Crete's own prophets has said it: "Cretans are always liars, evil brutes, lazy gluttons." ¹³ This saying is true. Therefore rebuke them sharply, so that they will be sound in the faith

Acts 17:28 – 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.'

Numbers 21:27 – That is why the poets say: "Come to Heshbon and let it be rebuilt; let Sihoh's city be restored.

Titus 1:2 – in the hope of eternal life, which God, who does not lie, promised before the beginning of time

Matthew 5:9 – Blessed are the peacemakers, for they will be called children of God.

James 3:18 – Peacemakers who sow in peace reap a harvest of righteousness.

Matthew 5:43-44 – "You have heard that it was said, 'Love your neighbor and hate your enemy.' ⁴⁴ But I tell you, love your enemies and pray for those who persecute you

Luke 6: 27 & 35 – “But to you who are listening I say: Love your enemies, do good to those who hate you, ³⁵ But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.

Luke 19:10 – For the Son of Man came to seek and to save the lost.”

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Mark 7:37 – People were overwhelmed with amazement. “He has done everything well,” they said. “He even makes the deaf hear and the mute speak.”

Matthew 28:18-20 – Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Colossians 3:17 – And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.