

## Meditation Passages

### Parenting

- Prov. 13:24 – He who spares his rod hates his son, But he who loves him disciplines him diligently.
- Prov. 22:6 – Train up a child in the way he should go, Even when he is old he will not depart from it.
- Prov. 22:15 – Foolishness is bound up in the heart of a child; The rod of discipline will remove it far from him.
- Eph. 6:4 – And, fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord.

### Love

- 1 Cor. 13:4-13 – <sup>4</sup>Love is patient, love is kind, *and* is not jealous; love does not brag *and* is not arrogant, <sup>5</sup>does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, <sup>6</sup>does not rejoice in unrighteousness, but rejoices with the truth; <sup>7</sup>bears all things, believes all things, hopes all things, endures all things.
- <sup>8</sup>Love never fails; but if *there are gifts of prophecy*, they will be done away; if *there are tongues*, they will cease; if *there is knowledge*, it will be done away. <sup>9</sup>For we know in part, and we prophesy in part; <sup>10</sup>but when the perfect comes, the partial will be done away. <sup>11</sup>When I was a child, I used to speak as a child, think as a child, reason as a child; when I became a man, I did away with childish things. <sup>12</sup>For now we see in a mirror dimly, but then face to face; now I know in part, but then I shall know fully just as I also have been fully known. <sup>13</sup>But now abide faith, hope, love, these three; but the greatest of these is love.

### Husbands

- Eph. 5:21 – and be subject to one another in the fear of Christ.
- Col. 3:19 – Husbands, love your wives, and do not be embittered against them.
- Prov. 18:22 – He who finds a wife finds a good thing, And obtains favor from the LORD.
- 1 Pet. 3:7 – You husbands likewise, live with *your wives* in an understanding way, as with a weaker vessel, since she is a woman; and grant her honor as a fellow heir of the grace of life, so that your prayers may not be hindered.
- Eph. 5:25-33 – <sup>25</sup>Husbands, love your wives, just as Christ also loved the church and gave Himself up for her; <sup>26</sup>that He might sanctify her, having cleansed her by the washing of water with the word, <sup>27</sup>that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she should be holy and blameless. <sup>28</sup>So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; <sup>29</sup>for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church, <sup>30</sup>because we are

members of His body. <sup>31</sup>FOR THIS CAUSE A MAN SHALL LEAVE HIS FATHER AND MOTHER, AND SHALL CLEAVE TO HIS WIFE; AND THE TWO SHALL BECOME ONE FLESH. <sup>32</sup>This mystery is great; but I am speaking with reference to Christ and the church. <sup>33</sup>Nevertheless let each individual among you also love his own wife even as himself; and *let the wife see to it* that she respect her husband.

### Wives

- Col. 3:18 – Wives, be subject to your husbands, as is fitting in the Lord.
- Prov. 14:1 – The wise woman builds her house, But the foolish tears it down with her own hands.
- Eph. 5:21-24 – <sup>21</sup>and be subject to one another in the fear of Christ. <sup>22</sup>Wives, *be subject* to your own husbands, as to the Lord. <sup>23</sup>For the husband is the head of the wife, as Christ also is the head of the church, He Himself *being* the Savior of the body. <sup>24</sup>But as the church is subject to Christ, so also the wives *ought to be* to their husbands in everything.
- 1 Pet. 3:1-6 – <sup>1</sup>In the same way, you wives, be submissive to your own husbands so that even if any *of them* are disobedient to the word, they may be won without a word by the behavior of their wives, <sup>2</sup>as they observe your chaste and respectful behavior. <sup>3</sup>And let not your adornment be *merely* external--braiding the hair, and wearing gold jewelry, or putting on dresses; <sup>4</sup>but *let it be* the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. <sup>5</sup>For in this way in former times the holy women also, who hoped in God, used to adorn themselves, being submissive to their own husbands. <sup>6</sup>Thus Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.

### Work

- 1 Cor. 10:31 – Whether, then, you eat or drink or whatever you do, do all to the glory of God.
- Col. 4:1 – Masters, grant to your slaves justice and fairness, knowing that you too have a Master in heaven.
- Eph. 6:5-6 – <sup>5</sup>Slaves, be obedient to those who are your masters according to the flesh, with fear and trembling, in the sincerity of your heart, as to Christ; <sup>6</sup>not by way of eyeservice, as men-pleasers, but as slaves of Christ, doing the will of God from the heart.
- Col. 3:22-24 – <sup>22</sup>Slaves, in all things obey those who are your masters on earth, not with external service, as those who *merely* please men, but with sincerity of heart, fearing the Lord. <sup>23</sup>Whatever you do, do your work heartily, as for the Lord rather than for men; <sup>24</sup>knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.

## Prayer

Ps. 26:2 – Examine me, O LORD, and try me; Test my mind and my heart.

Col. 4:2 – Devote yourselves to prayer, keeping alert in it with *an attitude of thanksgiving*;

Matt. 19:26 – And looking upon *them* Jesus said to them, “With men this is impossible, but with God all things are possible.”

1 John 5:14-15 – <sup>14</sup>And this is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. <sup>15</sup>And if we know that He hears us *in whatever we ask*, we know that we have the requests which we have asked from Him.

## Faith

Heb. 11:1 – Now faith is the assurance of *things* hoped for, the conviction of things not seen.

Matt. 13:58 – And He did not do many miracles there because of their unbelief.

Heb. 11:6 – And without faith it is impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who seek Him.

Matt. 17:20 – And He said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith as a mustard seed, you shall say to this mountain, ‘Move from here to there,’ and it shall move; and nothing shall be impossible to you.

Rom 1:16-17 – <sup>16</sup>For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. <sup>17</sup>For in it *the* righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS *man* SHALL LIVE BY FAITH.”

Matt. 21:21-22 – <sup>21</sup>And Jesus answered and said to them, “Truly I say to you, if you have faith, and do not doubt, you shall not only do what was done to the fig tree, but even if you say to this mountain, ‘Be taken up and cast into the sea,’ it shall happen. <sup>22</sup>And all things you ask in prayer, believing, you shall receive.”

## Bible Study

Is. 55:11 – So shall My word be which goes forth from My mouth; It shall not return to Me empty, Without accomplishing what I desire, And without succeeding *in the matter* for which I sent it.

Col. 3:16 – Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God.

2 Tim. 3:16-17 – <sup>16</sup>All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; <sup>17</sup>that the man of God may be adequate, equipped for every good work.

Heb. 4:12 – For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

James 1:21-27 – <sup>21</sup>Therefore putting aside all filthiness and *all* that remains of wickedness, in humility receive the word implanted, which is able to save your souls. <sup>22</sup>But prove yourselves doers of the word, and not merely hearers who delude themselves. <sup>23</sup>For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; <sup>24</sup>for *once* he has looked at himself and gone away, he has immediately forgotten what kind of person he was. <sup>25</sup>But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man shall be blessed in what he does. <sup>26</sup>If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his *own* heart, this man’s religion is worthless. <sup>27</sup>This is pure and undefiled religion in the sight of *our* God and Father, to visit orphans and widows in their distress, *and* to keep oneself unstained by the world.

## Trials

Rom. 8:18 – For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

James 1:12 – Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life, which the Lord has promised to those who love Him.

1Pet. 4:15-16 – <sup>15</sup>By no means let any of you suffer as a murderer, or thief, or evildoer, or a troublesome meddler; <sup>16</sup>but if *anyone suffers* as a Christian, let him not feel ashamed, but in that name let him glorify God.

Matt. 5:10-12 – <sup>10</sup>“Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. <sup>11</sup>Blessed are you when *men* cast insults at you, and persecute you, and say all kinds of evil against you falsely, on account of Me. <sup>12</sup>Rejoice, and be glad, for your reward in heaven is great, for so they persecuted the prophets who were before you.”

James 1:2-5 – <sup>2</sup>Consider it all joy, my brethren, when you encounter various trials, <sup>3</sup>knowing that the testing of your faith produces endurance. <sup>4</sup>And let endurance have *its* perfect result, that you may be perfect and complete, lacking in nothing. <sup>5</sup>But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him.

2 Cor. 4:16-18 – <sup>16</sup>Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. <sup>17</sup>For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, <sup>18</sup>while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

2 Cor. 12:8-10 – <sup>8</sup>Concerning this I entreated the Lord three times that it might depart from me. <sup>9</sup>And He has said to me, “My grace is sufficient for you, for power is

perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me. <sup>10</sup>Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.

Rom. 8:35-39 – <sup>35</sup>Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? <sup>36</sup>Just as it is written, “FOR THY SAKE WE ARE BEING PUT TO DEATH ALL DAY LONG; WE WERE CONSIDERED AS SHEEP TO BE SLAUGHTERED.” <sup>37</sup>But in all these things we overwhelmingly conquer through Him who loved us. <sup>38</sup>For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, <sup>39</sup>nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

## Worry

Phil. 4:13 – I can do all things through Him who strengthens me.

Phil. 4:19 – And my God shall supply all your needs according to His riches in glory in Christ Jesus.

Col. 3:15 – And let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

John 10:27-30 - <sup>27</sup>“My sheep hear My voice, and I know them, and they follow Me; <sup>28</sup>and I give eternal life to them, and they shall never perish; and no one shall snatch them out of My hand. <sup>29</sup>My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand. <sup>30</sup>I and the Father are one.”

Phil. 4:4-9 – <sup>4</sup>Rejoice in the Lord always; again I will say, rejoice! <sup>5</sup>Let your forbearing *spirit* be known to all men. The Lord is near. <sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. <sup>9</sup>The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall be with you.

## Depression

Phil. 1:6 – *For I am* confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

Rom. 8:31-34 – <sup>31</sup>What then shall we say to these things? If God *is* for us, who *is* against us? <sup>32</sup>He who did not spare His own Son, but delivered Him up for us all, how will He not also with Him freely give us all things? <sup>33</sup>Who will bring a charge against God’s elect? God is the one who justifies; <sup>34</sup>who is the one who condemns?

Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.

Rom. 8:1-5 – <sup>1</sup>There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup>For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. <sup>3</sup>For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh, <sup>4</sup>in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit. <sup>5</sup>For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit.

Col. 2:8-12 - <sup>8</sup>See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. <sup>9</sup>For in Him all the fulness of Deity dwells in bodily form, <sup>10</sup>and in Him you have been made complete, and He is the head over all rule and authority; <sup>11</sup>and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; <sup>12</sup>having been buried with Him in baptism, in which you were also raised up with Him through faith in the working of God, who raised Him from the dead.

## Sickness

Mark 5:34 – And He said to her, “Daughter, your faith has made you well; go in peace, and be healed of your affliction.”

John 11:4 – But when Jesus heard it, He said, “This sickness is not unto death, but for the glory of God, that the Son of God may be glorified by it.”

James 5:14-16 – <sup>14</sup>Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; <sup>15</sup>and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. <sup>16</sup>Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.

## Struggling with Sin

Ps. 119:11 – Thy word I have treasured in my heart, That I may not sin against Thee.

Eph. 5:18 – And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

1 Cor. 10:13 – No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it.

Col. 3:5-7 – <sup>5</sup>Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.

<sup>6</sup>For it is on account of these things that the wrath of God will come, <sup>7</sup>and in them you also once walked, when you were living in them.

Heb. 12:1-6 – <sup>1</sup>Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us, <sup>2</sup>fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. <sup>3</sup>For consider Him who has endured such hostility by sinners against Himself, so that you may not grow weary and lose heart.

<sup>4</sup>You have not yet resisted to the point of shedding blood in your striving against sin;

<sup>5</sup>and you have forgotten the exhortation which is addressed to you as sons, “MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM; <sup>6</sup>FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES.”

Ps. 51

Rom. 6

## Thoughts

Phil. 4:8\* Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.

2 Cor. 10:3-5 – <sup>3</sup>For though we walk in the flesh, we do not war according to the flesh, <sup>4</sup>for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. <sup>5</sup>*We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ,

Rom. 12:1-2 – <sup>1</sup>I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. <sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.

Col. 3:1-4 – <sup>1</sup>If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your mind on the things above, not on the things that are on earth. <sup>3</sup>For you have died and your life is hidden with Christ in God. <sup>4</sup>When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

## Pride

1 Cor. 10:12 – Therefore let him who thinks he stands take heed lest he fall.

Prov. 16:18 – Pride goes before destruction, And a haughty spirit before stumbling.

1 Cor. 4:7 – For who regards you as superior? And what do you have that you did not receive? But if you did receive it, why do you boast as if you had not received it?

Rom. 12:3 – For through the grace given to me I say to every man among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

Phil. 3:12-14 – <sup>12</sup>Not that I have already obtained *it*, or have already become perfect, but I press on in order that I may lay hold of that for which also I was laid hold of by Christ Jesus. <sup>13</sup>Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do*: forgetting what *lies* behind and reaching forward to what *lies* ahead, <sup>14</sup>I press on toward the goal for the prize of the upward call of God in Christ Jesus.

## Roman Road to Salvation

3:23 – for all have sinned and fall short of the glory of God,

6:23 – For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

5:8 – But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

10:9-10, 13 – <sup>9</sup>that if you confess with your mouth Jesus *as* Lord, and believe in your heart that God raised Him from the dead, you shall be saved; <sup>10</sup>for with the heart man believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. ... <sup>13</sup>for “WHOEVER WILL CALL UPON THE NAME OF THE LORD WILL BE SAVED.”

## Generally Good Stuff

1 Cor. 15:58 – Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

Prov. 3:5-6 – <sup>5</sup>Trust in the LORD with all your heart, And do not lean on your own understanding. <sup>6</sup>In all your ways acknowledge Him, And He will make your paths straight.

Phil. 2:1-11 – <sup>1</sup>If therefore there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, <sup>2</sup>make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. <sup>3</sup>Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; <sup>4</sup>do not merely look out for your own personal interests, but also for the interests of others. <sup>5</sup>Have this attitude in yourselves which was also in Christ Jesus, <sup>6</sup>who, although He existed in the form of God, did not regard equality with God a thing to be grasped, <sup>7</sup>but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. <sup>8</sup>And being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. <sup>9</sup>Therefore also God highly exalted Him, and bestowed on Him the name which is above every name, <sup>10</sup>that at the name of Jesus EVERY KNEE SHOULD BOW, of those who are in heaven, and on earth, and under the earth, <sup>11</sup>and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.