

# Meditation Notes

Volume 1: Love and Character

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Unless otherwise indicated, all meditation notes are derived from the New King James Version of the Bible.

## **Acknowledgements**

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## **Introduction**

God desires that our lives are filled with love for Him and His people. He wants us to journey through life by His wisdom and guidance. He wishes that we prosper financially and be in good health, soul and body. If you are married, intend to, or have children, God wants you to have a great family. And if you are in Christian ministry like myself, you are designed to be extraordinary like Jesus.

The purpose of these Meditation Notes therefore is to help you be all that God wants you to be in every area of life. By speaking them out loud to yourself, these power-filled confessions from the Holy Bible will spiritually impact your heart and your mind will progressively be renewed. Then you will experience radical yet positive changes in your love walk, character, decision making, finances, health and family.

By verbally meditating on God's Word, Joshua was assured of prosperity and success (Joshua 1:8). We too, as we give ourselves wholly to these meditation notes, our progress and development will be evident to all (1 Timothy 4:15), and to ourselves.

This is Volume 1 - Love and Character. Other volumes are Volume 2 - Wisdom and Guidance, Volume 3 - Prosperity and Favour, Volume 4 - Family and Marriage, Volume 5 - Health and Well-Being and Volume 6 - Ministry.

## **Genesis**

I rule over sin (4:7)

I am righteous before the Lord (7:1)

I walk before God and I am blameless (17:1)

I am the excellence of dignity, I use beautiful words (49:3,21)

## **Exodus**

I diligently heed the voice of the Lord my God and do what is right in His sight; I give ear to His commandments and keep all His statutes (15:26)

I fear God, I am a man of truth and I hate covetousness (18:21)

I do not take the Name of my God in vain, I honor my father and mother so my days are long on the earth, I do not murder, I do not commit adultery, I do not steal, I do not bear false witness against my neighbor and I do not covet what belongs to him (20:7,12-17)

## **Leviticus**

I come near the Lord and regard Him as holy, and before all people I glorify Him (10:3)

I am holy, for my God is holy (11:45)

I revere my father and mother (19:3)

I leave the gleanings for the poor, I do not cheat my neighbor nor rob him, I do not curse the deaf, nor put a stumbling block before the blind, I do no injustice in judgment, I am not partial to the poor, or honor the person of the mighty. In righteousness I judge my neighbor, I am not a talebearer nor do I take a stand against the life of my neighbor (19:10-16)

I do not hate my brother in my heart, I rebuke my neighbor and do not bear sin because of him, I do not take vengeance nor bear any grudge against anyone, but I love my neighbor as myself (19:17,18)

I rise before the gray headed and honor the presence of the old (19:32)

I love the stranger just as I love myself (19:34)

I do not do injustice in judgment, in measurement of length, weight, or volume (19:35)

I help the poor in my midst (25:35)

## **Numbers**

I am more humble than all men on the face of the earth (12:3)

God has not observed iniquity in me, nor has He seen wickedness in my midst (23:21)

## **Deuteronomy**

I do not show partiality in judgment (1:17)

I have no other gods besides my God, I do not take the Name of God in vain, I honor my father and mother that my days may be long and that it may be well with me, I do not murder, I do not commit adultery, I do not steal, I do not bear false witness against my neighbor, and I do not covet what belongs to him (5:7,11,16-21)

I do what is right and good in the sight of God therefore life goes well with me (6:18)

I love the stranger (10:19)

I open my hand wide and willingly lend the poor sufficient for their need; for this, God blesses me in all my works and in all to which I put my hands (15:8,10)

I do not pervert justice, I do not show partiality, nor take a bribe (16:19)

I do not oppress a hired servant who is needy and poor (24:14)

I do not pervert justice due the stranger or the fatherless (24:17)

## **Judges**

I act in truth and sincerity (9:16)

## **Second Samuel**

I will be humble in my own sight (6:22)

The Lord rewards me according to my righteousness; according to the cleanness of my hands He has recompensed me (22:21)

I rule justly and in the fear of God (23:3)

## **First Kings**

I walk before the Lord in truth, in righteousness, and in uprightness of heart with Him (3:6)

The wisdom of God is in me to administer justice (3:28)

I serve my servants, I answer them, and speak good words to them (12:7)

I keep God's Word and follow God with all my heart to do what is right in His eyes (14:8)

## **Second Kings**

I walk before the Lord in truth and with a loyal heart, and I do what is good in His sight (20:3)

My heart is tender, and I humble myself when I hear what He speaks (22:19)

## **First Chronicles**

I am more honorable than all my brothers; the Lord blesses me and enlarges my territory; His hand is with me and He keeps me from evil that I may not cause pain (4:9,10)

I choose to know God, and to serve Him with a loyal heart and with a willing mind; for the Lord searches all hearts and understands all the intent of the thoughts (28:9)

God gives me a loyal heart to keep His Word (29:19)

## **Second Chronicles**

My heart is loyal to God (16:9)

## **Nehemiah**

God remembers me for good according to all that I have done for His people (5:19)

I am a faithful man and fear God more than many (7:2)

## **Esther**

I seek the good of people and speak peace to all (10:3)

## **Job**

I am blameless and upright; I fear God and shun evil (1:1)

There is none like me on the earth, a blameless and upright man, fearing God and shunning evil (1:8)

Should evil come near me, I shall not sin nor charge God with wrong (1:22)

There is none like me on the earth, a blameless and upright man, fearing God and shunning evil. I hold fast to my integrity (2:3)

I do not sin with my lips (2:10)

I instruct many and strengthen weak hands. My words uphold him who is stumbling, and I strengthen the feeble knees. My reverence is my confidence and the integrity of my ways is my hope (4:3,4,6)

To him who is afflicted I show kindness as a friend, even though he forsakes the fear of the Almighty (6:14)

As long as my breath is in me, and the breath of God in my nostrils, my lips will not speak wickedness, nor my tongue utter deceit (27:3,4)

God said to me, "Behold, the fear of the Lord, that is wisdom and to depart from evil is understanding" (28:28)

I deliver the poor who cry out, the fatherless and the one who has no helper. I cause the widow's heart to sing for joy. I put on righteousness, and it clothes me; my justice is like a robe and a turban. I am eyes to the blind, and feet to the lame. I am a father to the poor, and I search out the case that I do not know. I break the fangs of the wicked, and pluck the victim from his teeth (29:12-17)

I have made a covenant with my eyes that I should not look at a young woman (31:1)

I do not keep the poor from their desire or cause the eyes of the widow to fail or eat the morsel by myself, so that the fatherless cannot eat of it (but I rear him as a father and I guide the widow); if I see anyone perish for lack of clothing, or any poor man without covering, I warm him with the fleece of my sheep; I do not raise my hand against the fatherless when I see I have help in the gate (31:16-21)

I do not rejoice at the destruction of him who hates me or lift myself up when evil finds him (31:29)

I am not righteous in my own eyes, I do not justify myself rather than God, and I do not condemn anyone (32:1-3)

I do not show partiality to anyone nor do I flatter any man, for I do not know how to flatter (32:21,22)

My words come from an upright heart; my lips utter pure knowledge (33:3)

God speaks to me in one way, or in another, and I perceive it. In a dream, in a vision of the night, when deep sleep falls upon me, while slumbering on my bed, then God opens my ears and seals my instruction. In order to turn me from evil deed, and conceal pride from me, He keeps back my soul from the pit, and my life from perishing by the sword (33:14-18)

Just like God, far be it from me to do wickedness, and for me to commit iniquity. Surely I will never do wickedly, nor will I pervert justice (34:10,12)

Just like God I am not partial to princes, nor regard the rich more than the poor; for they are all the work of His hands (34:19)

## **Psalms**

I do not walk in the counsel of the ungodly, nor stand in the way of sinners, nor sit in the seat of the scornful. My delight is in the Word of the Lord and in His Word I meditate day and night (1:1,2)

When angry I do not sin. I meditate within my heart on my bed, and I am still (4:4)

I offer the sacrifices of righteousness and put my trust in the Lord (4:5)

The Lord leads me in His righteousness and makes my way straight before my face (5:8)

I abide in God's presence – I walk uprightly and work righteousness, I speak the truth in my heart; I do not backbite with my tongue, nor do evil to my neighbor, nor take up a reproach against a friend; in my eyes a vile person is despised, but I honor those who fear God; I do



not put out money at usury nor take a bribe against the innocent. Therefore I shall never be moved (15:1-5)

The saints who are on the earth are the excellent ones in whom is my delight (16:3)

God has tested my heart; He has visited me in the night; He has tried me and has found nothing; I have purposed that my mouth shall not transgress (17:3)

The Lord rewards me according to my righteousness; according to the cleanness of my hands He has recompensed me (18:20)

God's law is perfect and it converts my soul; His testimony is sure and it makes me wise; His statutes are right and they rejoice my heart; His commandment is pure and it enlightens my eyes; His fear is clean, enduring forever; His judgments are true and righteous altogether; I desire them more than much fine gold, they are sweeter than honey and the honeycomb. By them I am warned and keeping them I have great reward (19:7-9)

God keeps me from presumptuous sins, they shall not have dominion over me (19:13)

The words of my mouth and the meditation of my heart are acceptable in the sight of God who is my strength and redeemer (19:14)

God leads me in the path of righteousness for His Name's sake (23:3)

I have clean hands and a pure heart; I have not lifted up my soul to an idol nor sworn deceitfully. Therefore God blesses me and I stand in His Holy place (24:3-5)

God shows me His ways and teaches me His paths; He leads me in His truth and teaches me; for He is the God of my salvation; I am humble so He guides me in justice and teaches me His way (25:4,5,9)

Integrity and uprightness preserve me (25:21)

I walk in integrity (26:11)

I worship the Lord in the beauty of holiness (29:2)

I am blessed – my transgression is forgiven, my sin is washed away; the Lord does not impute iniquity to me and there is no deceit in my spirit (32:1,2)

I see good for I keep my tongue from evil, my lips from speaking deceit, I depart from evil and do good, I seek peace and pursue it (34:13,14)

The Lord is near me because I have a broken heart and a contrite spirit (34:18)

I trust in the Lord and I do good (37:3)

I the meek inherit the earth and delight myself in the abundance of peace (37:11)

I am the righteous who shows mercy and gives (37:21)

I the righteous are never forsaken by God and my children will never beg bread; I am merciful, I give, and my children are blessed (37:25,26)

My mouth speaks wisdom and my tongue talks of justice; the Word of my God is in my heart, none of my steps shall slip (37:30,31)

My future is peace for I am upright and blameless (37:37)

I am blessed because I consider the poor, the Lord delivers me in time of trouble (41:1)

In my majesty I ride prosperously because of truth, humility, and righteousness (45:4)

I love righteousness and hate wickedness, therefore my God has anointed me with the oil of gladness more than my companions (45:7)

I order my conduct aright; therefore God will show me His salvation (50:23)

There is truth in my inward parts and in the hidden part God makes me know wisdom (51:6)

I will bring justice to the poor of the people and save the children of the needy (72:4)

I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness; for the Lord God is a sun and shield; no good thing will He withhold from me who walks uprightly (84:10,11)

I worship the Lord in the beauty of holiness (95:9)

I behave wisely in a perfect way; I walk within my house with a perfect heart; I set nothing wicked before my eyes; I hate the work of those who fall away, it shall not cling to me; I will not know wickedness (101:2-4)

Like God, I am merciful, gracious, slow to anger and abounding in mercy; I will not always strive with people nor keep my anger; I do not deal with people according to their sins nor punish them according to their iniquities (103:8-10)

I am blessed because I fear the Lord and greatly delight in His commandments. My descendants are mighty on the earth, my generation is blessed; wealth and riches are in my house, my righteousness endures forever; to me there arises light in the darkness; I am gracious, full of compassion and righteous; I deal graciously and lend; I guide my affairs with discretion; surely I shall never be shaken, I am in everlasting remembrance; I am not afraid of evil tidings, my heart is steadfast trusting in the Lord; my heart is established, I will not be afraid; I have dispersed abroad, I have given to the poor, my righteousness endures forever; my horn is exalted with honor, the wicked see it and are grieved (112:1-10)

I have hidden God's Word in my heart, so I sin not against Him (119:11)

God turns my eyes away from looking at worthless things (119:37)

Like God, I am gracious and full of compassion, slow to anger and great in mercy; I am good to all (145:8,9)

## **Proverbs**

Length of days and long life and peace are added to me because my heart keeps God's commands (3:1,2)

I find favor and high esteem in the sight of God and man because mercy and truth have not forsaken me, being bound around my neck and written on the tablet of my heart (3:3,4)

I am not wise in my own eyes, I fear the Lord and depart from evil; this is health to my flesh and strength to my bones (3:7,8)

My house is blessed because I am just (3:33)

Grace is given to me because I am humble (3:34)

I keep my heart with all diligence, for out of it spring the issues of life (4:23)

Blessings are on my head because I am righteous (10:6)

I walk with integrity and therefore securely (10:9)

My love covers all the sins of others (10:12)

I restrain my lips because I am wise; my tongue is choice silver (10:19,20)

With me the humble is wisdom (11:2)

I am of a faithful spirit, I conceal a matter (11:13)

I sow righteousness, I have a sure reward (11:18)

I scatter and increase more, I do not withhold more than is right; I am generous, I shall be made rich; I water others, I will also be watered (11:24,25)

I earnestly seek good, therefore I find favor (11:27)

I am the righteous who flourishes like foliage, not one who trusts in riches and falls (11:28)

I shall be recompensed on the earth because I am righteous (11:31)

I obtain favor from the Lord because I am a good man (12:2)

My house will stand for I am righteous (12:7)

My wealth is not gained by dishonesty therefore it shall not diminish; I gather by labor, so I increase (13:11)

I leave an inheritance to my children's children, because I am a good man (13:22)

I eat to the satisfying of my soul because I am righteous (13:25)

I am a good man, I am satisfied from above (14:14)

I have mercy on the poor, happy am I (14:21)

I have great understanding, therefore I am slow to wrath (14:29)

My sound heart is life to my body; there is no rotteness to my bones because I have no envy (14:30)

In my house there is much treasure, because I am righteous (15:6)

I am slow to anger thus better than the mighty; I rule my spirit thus better than he who takes a city (16:32)

I seek love by covering transgressions (17:9)

I am a friend who loves at all times (17:17)

I have friends because I am friendly, and I am a friend who sticks closer than a brother (18:24)

My discretion makes me slow to anger, and my glory is to overlook a transgression (19:11)

I lend to God by having pity on the poor, the Lord shall pay me back (19:17)

Kindness that is desired in a man is in me (19:22)

I am the righteous man who walks in integrity, my children are blessed after me (20:7)

I follow righteousness and mercy, and so find life, righteousness and honor (21:21)

I am the righteous who gives and does not spare (21:26)

I choose a good name rather than great riches; I love favor rather than silver and gold (22:1)

By my humility and the fear of the Lord are my riches and honor and life (22:4)

The rich rule over the poor and a borrower is servant to the lender. Therefore being rich I shall not lord it over the poor (22:7)

I have a generous eye, I shall be blessed for I give of my bread to the poor (22:9)

I have purity of heart and grace on my lips, therefore the king is my friend (22:11)

I give bread to my hungry enemy and water when he is thirsty; thus I heap coals of fire on his head and the Lord rewards me (25:21,22)

Another man praises me and not my own mouth, a stranger and not my own lips (27:2)

I am bold as a lion because I am righteous (28:1)

I give to the poor (28:27)

I am humble in spirit and so retain honor (29:23)

I open my mouth for the speechless, in the cause of all who are appointed to die; I open my mouth and judge righteously and plead the cause of the poor and needy (31:8,9)

## **Ecclesiastes**

I am not rash with my mouth, and my heart does not utter anything hastily before God (5:2)

My name is good, it is better than precious ointment (7:1)

I am patient in spirit and so better than the proud in spirit; I do not hasten in my spirit to be angry, for anger rests in the bosom of fools (7:8,9)

Because I please God, I escape from the woman whose heart is snares and nets and whose hands are fetters (7:26)

My garments shall always be white (9:8)

I fear God and I obey His commandments; God will bring all my work into judgment including every secret thing, whether good or evil (12:13,14)

## **Isaiah**

I am willing and obedient, so I eat the good of the land (1:19)

I defend the fatherless and the cause of the widow comes before me (1:23)

God teaches me His ways and I walk in His paths (2:3)

The Spirit of the fear of the Lord rests upon me. My delight is in the fear of the Lord, I do not judge by the sight of eyes, nor decide by the hearing of my ears; but with righteousness I judge the poor, and decide with equity for the meek of the earth. Righteousness is the belt of my loins and faithfulness the belt of my waist (11:2-5)

I the humble increase my joy in the Lord (29:19)

I am a generous man who devises generous things, and by my generosity I shall stand (32:8)

My work of righteousness will be peace, and the effect of righteousness quietness and assurance (32:17)

I walk righteously and speak uprightly, I despise the gain of oppressions and refuse bribes, and I stop my ear from the hearing of bloodshed and shut my eyes from seeing evil. Therefore I dwell on high, my place of defense is the fortress of rocks; bread is given to me and my water is sure and my eyes see the King in His beauty (33:15-17)

I walk before the Lord in truth and with a loyal heart, and do good in His sight (38:3)

I bring forth justice to the nations. A bruised reed I do not break, and a smoking flax I do not quench; I bring forth justice for truth (42:1,3)

I follow after righteousness and I seek the Lord (51:1)

I am God's servant, I deal prudently (52:13)

In righteousness I am established (54:14)

I dwell in the high and holy place with God because I have a contrite and humble spirit; the Lord revives my spirit because I am humble and also revives my heart because I am contrite (57:15)

My fasting loosens the bonds of wickedness, undoes the heavy burdens, lets the oppressed go free, and breaks every yoke. I share my bread with the hungry and bring to my house the

poor who are cast out; when I see the naked I cover him, and I do not hide myself from my own flesh. Therefore my light breaks forth like the morning, and my healing springs forth speedily; my righteousness goes before me and the glory of the Lord is my rear guard; when I call the Lord answers me, when I cry He says, "Here I am." I take away the yoke from my midst, the pointing of the finger, and speaking wickedness, I extend my soul to the hungry and satisfy the afflicted soul (58:6-10)

I put on righteousness as a breastplate (59:17)

I preach good tidings to the poor; I heal the brokenhearted, I proclaim liberty to the captives, and open the prison to those who are bound; I proclaim the acceptable year of the Lord, and the day of vengeance of our God; I comfort all who mourn, I console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called the trees of righteousness (61:1-3)

My righteousness goes forth as brightness, and my salvation as a lamp that burns. The Gentiles see my righteousness, and all kings my glory (62:1,2)

I am poor and of a contrite spirit, and I tremble at God's Word (66:2)

## **Jeremiah**

I walk in the good way of the Lord; therefore I find rest for my soul (6:16)

I do not glory in my wisdom, might and riches; but I glory that I understand and know God – that He is the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these He delights (9:23,24)

## **Ezekiel**

God has given me one heart, and put a new spirit within me; He has taken the stony heart out of my flesh and given me a heart of flesh that I may walk in His statutes and keep His judgments and do them (11:19,20)

God has given me a new heart and put a new spirit within me; He has taken the heart of stone out of my flesh and given me a heart of flesh. He has put His Spirit within me and causes me to walk in His statutes, and I keep His judgments and do them (36:26,27)

## **Daniel**

None of my contemporaries can find charge or fault against me because I am faithful (6:4)

I the wise shine like the brightness of the firmament; and I who turns many to righteousness shines like the stars forever and ever (12:3)

## **Hosea**

I observe mercy and justice, and wait on my God continually (12:6)

The ways of the Lord are right; I the righteous walk in them, but the transgressors stumble in them (14:9)

## **Amos**

I seek good and not evil, so I live and the Lord God is with me. I hate evil and love good and establish justice (5:14,15)

## **Micah**

I do not return insult for insult (2:6)

God's Words do good to me who walks uprightly (2:7)

God teaches me His ways and I walk in His paths (4:2)

The Lord has shown me what is good; He requires of me to do justly, to love mercy, and to walk humbly before Him (6:8)

Like God I do not retain my anger forever, because I delight in mercy. I have compassion on others, and I cover sin (7:18,19)

## **Habakkuk**

I the just live by faith (2:4)

Like God, in wrath I remember mercy (3:2)

## **Zephaniah**

I shall do no unrighteousness and speak no lies, nor shall a deceitful tongue be found in my mouth; for I shall feed my flocks and lie down, and no one shall make me afraid (3:13)

## **Zechariah**

The Lord has removed my iniquity from me, and clothes me with rich robes (3:4)

I execute true justice, and show mercy and compassion to my brother. I do not oppress the widow or the fatherless, the alien or the poor. I do not plan evil in my heart against my brother (7:9,10)

I am called the City of Truth (8:3)

I speak truth to my neighbor; I give judgment for truth, justice and peace; and I think no evil in my heart against my neighbor (8:16,17)

HOLINESS TO THE LORD is engraved on me (14:20)

## **Malachi**

God's covenant is with me, one of life and peace, and He gave it to me that I might fear Him; so I fear Him and I am reverent before His Name. The law of truth is in my mouth, and injustice is not found on my lips. I walk with God in peace and equity, and turn many from

iniquity. For my lips keep knowledge, and people seek the law from my mouth; for I am a messenger of the Lord of hosts (2:5-7)

God has refined and purified me as silver; He has purged me as gold and silver that I may offer to Him an offering in righteousness. Therefore my offering is pleasant to the Lord (3:3,4)

### **The Gospels (Matthew, Mark, Luke and John)**

I am growing and becoming strong in spirit (Lk1:80)

I am just and devout (Lk2:25)

I am growing and becoming strong in spirit, being filled with wisdom (Lk2:40)

I bear fruits worthy of repentance (Mt3:8; Lk3:8)

Blessed am I who is poor in spirit, for mine is the kingdom of heaven. Blessed am I who mourns for I shall be comforted. Blessed am I the meek for I shall inherit the earth. Blessed am I who hungers and thirsts for righteousness, for I shall be filled. Blessed am I who is merciful, for I shall obtain mercy. Blessed am I who is pure in heart, for I shall see God. Blessed am I a peacemaker, for I shall be called a son of God. Blessed am I who is persecuted for righteousness' sake, for mine is the kingdom of heaven. Blessed am I when they revile and persecute me, and say all kinds of evil against me falsely for Jesus' sake. I rejoice and I am exceedingly glad, for great is my reward in heaven, for so they persecuted the prophets who were before me (Mt5:3-12)

I am the salt of the earth. I am the light of the world. My light so shines before men, they see my good works and glorify my Father in heaven (Mt5:13,14,16)

I shall not be angry with my brother without a cause. I shall not look at a woman to lust for her. I give to him who asks me, and from him who wants to borrow from me I do not turn away (Mt5:22,28,42)

I love my enemies, I bless those who curse me, I do good to those who hate me, and pray for those who spitefully use me and persecute me, that I may be a son of my Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if I love those who love me, what reward have I? Do not even the tax collectors do the same? And if I greet my brethren only, what do I do more than others? Do not even the tax collectors do so? Therefore I shall be perfect, just as my Father in heaven is perfect (Mt5:44-48)

I take heed that I do not do my charitable deeds before men, to be seen by them. Otherwise I have no reward from my Father in heaven. But when I do a charitable deed, I do not let my left hand know what my right hand is doing, that my charitable deed may be in secret; and my Father who sees in secret will Himself reward me openly. When I pray, I pray secretly and my Father who sees in secret will reward me openly. When I fast, I anoint my head and wash my face, so that I do not appear to men to be fasting, but to my Father who is in the secret place; and my Father who sees in secret will reward me openly (Mt6:1,3,4,6,17,18)



I judge not that I may not be judged. I first remove the plank from my own eye, then I will see clearly to remove the speck from my brother's eye (Mt7:1,5)

Whatever I want men to do to me, I do also to them, for this is the Law and the Prophets (Mt7:12)

I am a good tree that bears good fruit (Mt7:17)

Blessed am I the poor, for mine is the kingdom of God. Blessed am I who hungers now, for I shall be filled. Blessed am I who weeps now, for I shall laugh. Blessed am I who when men hate me, and when they exclude me, and revile me, and cast out my name as evil, for the Son of Man's sake. I rejoice and leap for joy! For indeed my reward is great in heaven, for in like manner they did to the prophets (Lk6:20-23)

I love my enemies, and I do good to those who hate me; I bless those who curse me, and I pray for those who spitefully use me (Lk6:27,28)

Just as I want men to do to me, I also do to them (Lk6:31)

I love my enemies, I do good, and lend, hoping for nothing in return; my reward is great, and I am a son of the Most High. For He is kind to the unthankful and evil. Therefore I am merciful, just as my Father also is merciful (Lk6:35,36)

I judge not, and I shall not be judged. I condemn not, and I shall not be condemned. I give and it is given to me: good measure, pressed down, shaken together, and running over is put into my bosom. For with the same measure that I use, it is measured back to me (Lk6:37,38)

I do not look at the speck in my brother's eye, but do not perceive the plank in my own eye. I first remove the plank from my own eye, and then I see clearly to remove the speck that is in my brother's eye (Lk6:41,42)

I a good man out of the good treasure of my heart bring forth good. For out of the abundance of the heart my mouth speaks (Lk6:45)

I declare justice to the nations. I do not quarrel nor cry out, nor does anyone hear my voice in the streets. A bruised reed I do not break and a smoking-flax I do not quench (Mt12:18-20)

I hear the Word and understand it, and indeed bear fruit and produce a hundredfold in the good ground of my heart (Mt13:23; Mk4:20)

I the righteousness of God in Christ Jesus shines forth as the sun in the kingdom of my Father (Mt13:43)

I have come to Jesus and He has given rest for my soul. I have taken His yoke and learnt from Him. I am gentle and lowly in heart just as He is. His yoke is easy and His burden is light (Mt11:28-30)

Jesus has sent me as a sheep in the midst of wolves. Therefore I am wise as a serpent and harmless as a dove (Mt10:16)

I am a just and holy man and I am protected (Mk6:20)

I honor my father and mother (Mt15:4; Mk7:10)

I am last of all and servant of all (Mk9:35)

I humble myself as a little child, therefore I am the greatest in the kingdom of heaven (Mt18:4)

I do not destroy men's lives, but I save them (Lk9:56)

From my heart, I do forgive my brother his trespasses (Mt18:35)

I do not murder, I do not commit adultery, I do not steal, and I do not bear false witness. I honor my father and mother and I love my neighbor as myself (Mt19:18,19; Mk10:19)

The rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it is not so with me, I am a servant. I am a slave of others; just as Jesus did not come to be served but to serve and to give His life a ransom for many (Mt20:24-28; Mk10:42-45)

I tithe of my possessions, without passing by justice, and the love of God (Lk11:42)

I am not covetous, for my life does not consist in the abundance of the things I possess (Lk12:15)

I humble myself, so I will be exalted (Lk14:11)

I humble myself; so I will be exalted (Lk18:14)

The world hates me because I testify of it that its works are evil (Jn7:7)

Like Jesus, I do not judge according to appearance, but I judge with righteous judgment (Jn7:24)

I love the Lord my God with all my heart, with all my soul, with all my mind and with all my strength. And I love my neighbor as myself (Mt22:37,39; Mk12:30,31)

I tithe of everything without neglecting the weightier matters – justice and mercy and faith (Mt23:23)

I give food to the hungry, I give drink to the thirsty, and I take in strangers and clothe the naked. I visit the sick and go to those in prison (Mt25:35,36)

I love the brethren; as Jesus has loved me, I also love others. By this all know that I am Jesus' disciple, because I love the brethren (Jn13:34,35)

I love others as Jesus has loved me. Greater love has no one than this, than to lay down one's life for his friends. I am Jesus' friend because I do whatever He commands me (Jn15:12-14)

The Holy Spirit convicts me of sin, of righteousness, and of judgment (Jn16:8,9)

I watch and pray; therefore I do not enter into temptation (Mt26:41; Mk14:38; Lk22:46)

I am a good and just man (Lk23:50)

## **The Acts of the Apostles**

I am of good reputation (6:3)

I am a just man and fear God; I have a good reputation in the entire world (10:22)

## **Romans**

The love of God has been poured out into my heart by the Holy Spirit who was given to me (5:5)

I died to sin, I cannot live any longer in it (6:2)

I was buried with Jesus through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so I also should walk in the newness of life (6:4)

My old man was crucified with Christ, that the body of sin might be done away with, that I should no longer be a slave of sin. For I who died has been freed from sin (6:6,7)

I am dead to sin but alive to God in Christ Jesus my Lord. Therefore I do not let sin reign in my mortal body, that I should obey it in its lusts. And I do not present my members as instruments of unrighteousness to sin, but I present myself to God as being alive from the dead and my members as instruments of righteousness to God. For sin shall not have dominion over me, for I am not under the law but under grace (6:11-14)

Having been set free from sin, I became a slave of righteousness (6:18)

Having been set free from sin, and having become a slave of God, I have my fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus my Lord (6:22,23)

I delight in the law of God according to the inward man (7:22)

I do not walk according to the flesh but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. God condemned sin in the flesh, that the righteous requirement of the law might be fulfilled in me who does not walk according to the flesh but according to the Spirit (8:1-4)

I set my mind on the things of the Spirit (8:5)

I am not in the flesh but in the Spirit for indeed the Spirit of God dwells in me (8:9)

I am a debtor – not to the flesh, to live according to the flesh. For if I live according to the flesh I will die; but if by the Spirit I put to death the deeds of the body, I will live (8:12,13)

I present my body a living sacrifice, holy and acceptable to God, which is my reasonable service. And I do not conform to this world, but I am transformed by the renewing of my mind, that I may prove what is that good and acceptable and perfect will of God (12:1,2)

I do not think more highly of myself than I ought to; I think soberly as God has dealt to me a measure of faith. I give with liberality; I show mercy with cheerfulness. My love is without hypocrisy. I abhor what is evil. I cling to what is good. I am kindly affectionate with brotherly

love; in honor I give preference to others; I distribute to the needs of the saints, and I am given to hospitality. I bless those who persecute me; I rejoice with those who rejoice, and weep with those who weep. I am of the same mind toward others. I do not set my mind on high things, but I associate with the humble. I am not wise in my own opinion. I repay no evil for evil. I have regard for good things in the sight of all men. If it is possible, as much as depends on me, I live peaceably with all men. I do not avenge myself but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore if my enemy is hungry, I feed him; if he is thirsty, I give him a drink; for in so doing I heap coals of fire on his head. I am not overcome by evil, but I overcome evil with good (12:3,8-9 10,13-21)

I owe no man anything but to love them, for I who loves another has fulfilled the law (13:8)

My salvation is nearer than when I first believed. The night is far spent, the day is at hand. Therefore I cast off the works of darkness, and I put on the armor of light. I walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But I put on the Lord Jesus and make no provision for the flesh to fulfill its lusts (13:11-14)

My good shall not be spoken of as evil; for the Kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For I who serves Christ in these things I am acceptable to God and approved by men. Therefore I pursue those things which make for peace and edify others (14:16-19)

I who is strong bears with the scruples of the weak, and not to please myself. I please my neighbor for his good, leading to edification. For even Christ did not please Himself but the reproaches of those who reproached God fell on Him (15:1-3)

I am full of goodness, filled with all knowledge, and able also to admonish others (15:14)

I am wise in what is good and simple concerning evil, and my God of peace crushes Satan under my feet (16:19,20)

## **First Corinthians**

I judge nothing before the time, until the Lord comes, who will both bring to light the hidden things of darkness and reveal the counsels of the hearts. Then each one's praise will come from God (4:5)

Being reviled, I bless; being persecuted I endure; being defamed I entreat. I have been made as the filth of the world, the offscouring of all things (4:12,13)

I keep the Passover feast not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth (5:8)

I do not keep company with brethren who are sexually immoral, covetous, idolaters, revilers, extortionists and drunkards (5:11)

I was bought at a price; therefore I glorify God in my body and spirit which are God's (6:20)

I do not lust after evil things as my fathers lusted in the wilderness. And I will not become an idolater as some of them were. Nor commit sexual immorality as some of them did; nor

tempt Christ as some of them also tempted; nor complain as some of them also complained (10:6-10)

I do not seek my own but other's well-being (10:24)

I endure long and am patient and kind; I am never envious nor boil over with jealousy; I am not boastful or vainglorious, I do not display myself haughtily; I am not conceited (arrogant and inflated with pride); I am not rude (unmannerly) and I do not act unbecomingly; I do not insist on my own rights or my own way for I am not self-seeking. I am not touchy or fretful or resentful; I take no account of the evil done to me; I pay no attention to a suffered wrong. I do not rejoice at injustice and unrighteousness, but I rejoice when right and truth prevails. I bear up under anything and everything that comes; I am ever ready to believe the best of every person. My hopes are fadeless under all circumstances and I endure everything without weakening (13:4-7 AMPC)

I eagerly pursue and seek to acquire love; I make it my aim, my greatest quest (14:1 AMPC)

I am not a child in understanding; however in malice I am a babe, but in understanding I am mature (14:20)

## **Second Corinthians**

My boasting is this: the testimony of my conscience that I conduct myself in the world in simplicity and godly sincerity, not with fleshly wisdom but by the grace of God (1:12)

Satan cannot take advantage of me for I am not ignorant of his devices (2:11)

I have renounced the hidden things of shame, not walking in craftiness nor handling the Word of God deceitfully, but by manifestation of the truth commending myself to every man's conscience in the sight of God (4:2)

I do not lose heart. Even though my outward man is perishing, yet the inward man is being renewed day by day. For my light affliction, which is but for a moment, is working for me a far more exceeding weight of glory, while I do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal (4:16-18)

I make it my aim, whether present or absent, to be well pleasing to God. For I must appear before the judgment seat of Christ, that I may receive the things done in the body according to what I have done, whether good or bad (5:9,10)

The love of Christ compels me (5:14)

I live not for myself but for Him who died for me and rose again (5:15)

God made Jesus who knew no sin to be sin for me, that I might become the righteousness of God in Him (5:21)

I am not unequally yoked together with unbelievers (6:14)

I am cleansed from all filthiness of the flesh and spirit, perfecting holiness in the fear of God (7:1)

My abundance supplies the lack of the saints (8:14)

I provide honorable things, not only in the sight of the Lord, but also in the sight of men (8:21)

Though I walk in the flesh, I do not war according to the flesh. For the weapons of my warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ (10:3-6)

The authority which the Lord gave me is for edification and not for destruction (10:8)

## **Galatians**

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself for me. I do not set aside the grace of God; for if righteousness comes through the law, then Christ died in vain (2:20,21)

I walk in love, therefore my faith works (5:6)

I have been called to liberty; I do not use this liberty as an opportunity for the flesh, but through love I serve others (5:13)

I walk in the Spirit and so I do not fulfill the lusts of the flesh (5:16)

The fruit of my spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control. And I have crucified the flesh with its passions (5:22-24)

When a man is overtaken in any trespass, I who is spiritual restores such a one in a spirit of gentleness considering myself lest I am also tempted. I bear others' burdens and so fulfill the law of Christ (6:1,2)

I sow to the Spirit, and therefore I reap the life of God in everything. And I do not get weary while doing good, for in due season I shall reap if I do not lose heart. Therefore, as I have opportunity, I do good to all, especially to those who are of the household of faith (6:8-10)

## **Ephesians**

I am alive together with Christ Jesus. I no longer walk according to the course of this world, according to the prince of the power of the air. I no longer fulfill the desires of the flesh and of the mind (2:1-3)

I walk worthy of the calling of God with all lowliness and gentleness, with longsuffering, bearing with others in love, endeavoring to keep the unity of the Spirit in the bond of peace (4:1-3)

I no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that

is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness (4:17-19)

I put off concerning my former conduct, the old man which grows corrupt according to the deceitful lust, and I am being renewed in the spirit of my mind, and I put on the new man which was created according to God in true righteousness and holiness (4:22,23)

I put away lying to speak truth with my neighbors (4:25)

When I am angry I do not sin and the sun does not go down on my wrath nor do I give a place to the devil (4:26,27)

No corrupt word proceeds from my mouth but what is good for necessary edification that it may impart grace to the hearers (4:29)

I do not grieve the Holy Spirit of God by whom I was sealed for the day of redemption (4:30)

I put away all bitterness, wrath, anger, clamor and evil speaking with all malice (4:31)

I am kind, tenderhearted and forgiving even as God in Christ forgave me (4:32)

I imitate God; I walk in love as Christ has also loved me by giving Himself for me, an offering and a sacrifice to God for a sweet-smelling aroma (5:1,2)

Fornication and all uncleanness or covetousness are not named of me, as is fitting for a saint; neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks (5:3,4)

I walk as a child of light in all goodness, righteousness and truth; I have no fellowship with the unfruitful works of darkness (5:8)

I am strong in the Lord and in the power of His might. I put on the whole armor of God that I may be able to stand against the wiles of the devil. I stand therefore, having girded my waist with truth, having put on the breastplate of righteousness and having shod my feet with the preparation of the gospel of peace; above all taking the shield of faith with which I am able to quench all the fiery darts of the wicked one. I take the helmet of salvation, and the sword of the spirit which is the Word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints (6:10-18)

## **Philippians**

My love abounds still more and more in knowledge and all discernment; therefore I approve the things that are excellent, I am sincere and without offence, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God (1:9-11)

My conduct is worthy of the gospel of Christ (1:27)

I do nothing through selfish ambition or conceit, but in lowliness of mind I esteem others better than myself. I look out not only for my interests, but also the interests of others. This mind is in me which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a

bondservant, and coming in the likeness of men. And being found in appearance as a man, he humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God has also highly exalted Him and given Him the Name which is above every name, that at the Name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father (2:3-11)

I do all things without complaining and disputing, that I may become blameless and harmless, a child of God without fault in the midst of a crooked and perverse generation, among whom I shine as light in the world, holding fast the Word of life (2:14-16)

I count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and I count them rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if by any means, I may attain to the resurrection from the dead. Not that I have already attained, or I am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus (3:8-14)

I do not set my mind on earthly things. For my citizenship is in heaven, from which I also eagerly wait for the Savior, the Lord Jesus Christ (3:19,20)

My gentleness is known to all men (4:5)

I only meditate on things which are true, noble, just, pure, and lovely, of good report, of virtue and that are praiseworthy (4:8)

## **Colossians**

Since I was raised with Christ, I seek those things which are above, where Christ is, sitting at the right hand of God. I set my mind on things above, not on things on the earth. For I died, and my life is hidden with Christ in God. When Christ who is my life appears, then I also will appear with Him in glory. Therefore I put to death fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. I put off anger, wrath, malice, blasphemy, filthy language out of my mouth. I do not lie to others, since I have put off the old man with his deeds, and I have put on the new man who is renewed in knowledge according to the image of Him who created him (3:1-5,8-10)

As the elect of God, holy and beloved, I put on tender mercies, kindness, humility, meekness, longsuffering; bearing with others and forgiving others even as Christ forgave me. Above all these, I put on love which is the bond of perfection (3:12-14)

Whatever I do in word or deed, I do all in the Name of the Lord Jesus, giving thanks to God the Father through Him (3:17)

I give people what is just and fair, knowing that I also have a Master in heaven (4:1)



I walk with wisdom toward those who are outside, redeeming the time. My speech is always with grace, seasoned with salt, that I may know how I ought to answer each one (4:5,6)

### **First Thessalonians**

I speak, not as pleasing men, but God who tests my heart. For I neither use flattering words, nor a cloak for covetousness – God is witness. Neither do I seek glory from men (2:4-6)

I devoutly and justly and blamelessly behave myself among those who believe, exhorting, and comforting, and charging them as a father, that they should walk worthy of God who calls them into His own kingdom and glory (2:10-12)

This is the will of God, my sanctification: I abstain from sexual immorality (4:3)

I am taught by God to love others; and indeed I do so toward all the brethren, and I increase more and more (4:9,10)

I aspire to lead a quiet life, to mind my own business and to work with my hands, as I have been commanded, that I may walk properly toward those who are outside, and that I may lack nothing (4:11,12)

I warn the unruly, I comfort the fainthearted; I uphold the weak and I am patient with all. I do not render evil for evil to anyone, but always pursue what is good both for myself and for all (5:14,15)

I rejoice always and pray without ceasing; in everything I give thanks for this is the will of God in Christ Jesus for me. I do not quench the Spirit. I do not despise prophecies. I test all things and hold fast what is good. I abstain from every form of evil (5:16-22)

### **Second Thessalonians**

I do not grow weary in doing good (3:13)

### **First Timothy**

My love is from a pure heart, from a good conscience and from sincere faith (1:5)

I lead a quiet and peaceable life in all godliness and reverence (2:2)

I pray, lifting up holy hands, without wrath and doubting (2:8)

I am blameless, the husband of one wife, temperate, sober minded, of good behavior, hospitable, able to teach; not given to wine, not violent, not greedy for money, but gentle, not quarrelsome, not covetous; I rule my house well, having my children in submission with all reverence, and I have a good testimony among those who are outside. I am reverent, not double-tongued, not given to much wine, not greedy for money (3:2-4,7,8)

I exercise myself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come (4:7,8)

I am an example to the believers in word, in conduct, in love, in spirit, in faith, and in purity (4:12,13)

I take heed to myself and to the doctrine. I continue in them, for in doing this I save both myself and those who hear me (4:16)

I do not rebuke an older man, but exhort him as a father, younger men as brothers, older women as mothers, younger women as sisters, with all purity (5:1,2)

I pursue righteousness, godliness, faith, love, patience, and gentleness (6:11)

I am rich yet not haughty, nor do I trust in uncertain riches but in the living God, who gives me richly all things to enjoy. I do good, so I am rich in good works, ready to give, willing to share, storing up for myself a good foundation for the time to come, that I may lay hold on eternal life (6:17-19)

## **Second Timothy**

God has given me a spirit of love and of a sound mind (1:7)

The solid foundation of God stands, having this seal: "The Lord knows I who is His," and "I who names the Name of Christ departs from iniquity" (2:19)

I am a vessel of honor, sanctified and useful for the Master, prepared for every good work (2:21)

I flee youthful lusts; but I pursue righteousness, faith, love and peace with those who call on the Lord out of a pure heart (2:22)

I do not quarrel but I am gentle to all, able to teach, patient, in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth, and that they may come to their senses and escape the snare of the devil (2:24-26)

I desire to live godly in Christ Jesus (3:12)

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness that I the man of God may be complete, thoroughly equipped for every good work (3:16,17)

## **Titus**

I am blameless, the husband of one wife, having children not accused of dissipation or insubordination, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money, but hospitable, a lover of good, sober-minded, just, holy, self-controlled, holding fast the faithful Word (1:6-9)

I am obedient to my masters and well pleasing in all things, not answering back, not pilfering, but showing all good fidelity and I adorn the doctrine of God my Savior. For the grace of God that brings salvation has appeared to me, teaching me that denying ungodliness and worldly lusts I should live soberly, righteously, and godly in the present age, looking for the blessed hope and appearing of my great God and Savior Jesus Christ, who

gave Himself for me, that He might redeem me from every lawless deed and purify His own special me, zealous for good works (2:9-14)

I speak evil of no one; I am peaceable, gentle, and show humility to all men (3:2)

I who has believed in God am careful to maintain good works (3:8)

I learn to maintain good works, to meet urgent needs that I may not be unfruitful (3:14)

## **Philemon**

I refresh the hearts of the saints (7)

My good deeds are not by compulsion, but voluntary (14)

## **Hebrews**

I have loved righteousness and hated lawlessness; therefore my God has anointed me with the oil of gladness more than my companions (1:9)

The Word of God is life and power to me. It's sharper than any two-edged sword, piercing even to the division of my soul and spirit, and of my joints and marrow, and is a discerner of the thoughts and intents of my heart (4:12)

Seeing that I have a great High Priest who has passed through the heavens, Jesus the Son of God, I hold fast my confession. For I do not have a High Priest who cannot sympathize with my weaknesses, but was in all points tempted as I am, yet without sin. I therefore come boldly to the throne of grace, that I may obtain mercy and find grace to help in time of need (4:14-16)

This is the covenant that God has made with me: He has put His laws in my mind and written them on my heart (8:10)

This is the covenant God has made with me: He has put His laws into my heart, and in my mind He has written them (10:16)

I consider others in order to stir up love and good works (10:24)

I choose rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin. I esteem the reproach of Christ greater riches than the treasures in the world for I am looking to the reward (11:25,26)

The Lord chastens me for my profit, that I may be a partaker of His Holiness (12:10)

I pursue peace with all people, and holiness, without which I will not see the Lord: looking carefully lest any root of bitterness springing up causes trouble (12:14,15)

Brotherly love continues with me. I entertain strangers, for by so doing I have unwittingly entertained angels. I remember prisoners and those who are mistreated (13:1-3)

My marriage is honorable among all and my bed is undefiled (13:4)

My conduct is without covetousness; I am content with such things as I have. For God will never leave me nor forsake me and He is my helper (13:5,6)

I do not forget to do good and share, for with these sacrifices God is well pleased (13:16)

I am confident that I have a good conscience, in all things desiring to live honorably (13:18)

## **James**

Even though I am rich I glory in my humility (1:10)

I am blessed because I endure temptation; for when I have been approved, I will receive the crown of life which the Lord has promised those who love Him (1:12)

I am swift to hear, slow to speak and slow to wrath; for the wrath of man does not produce the righteousness of God (1:19,20)

I lay aside all filthiness and overflow of wickedness, and I receive with meekness the implanted Word, which is able to save my soul (1:21)

My pure and undefiled religion before God and the Father is this: I visit orphans and widows in their trouble, and keep myself unspotted from the world (1:27)

I do not hold the faith of my Lord Jesus Christ, the Lord of glory, with partiality (2:1)

I love my neighbor as myself (2:8)

My mercy triumphs over judgment (2:13)

I do not stumble in word, I am a perfect man, able also to bridle my whole body (3:2)

I am wise and understanding; I show by good conduct that my works are done in the meekness of wisdom (3:13)

My wisdom that is from above is pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy (3:17)

God gives me more grace. He resists the proud but gives me grace because I am humble (4:6)

I submit to God, I resist the devil and he flees from me (4:7)

I humble myself in the sight of God, and He lifts me up (4:10)

I do not speak evil of others (4:11)

My workers receive their full wages (5:4)

I do not grumble against others (5:9)

## First Peter

My loins are girded; I am sober and rest my hope fully upon the grace that is to be brought at the revelation of Jesus Christ; as an obedient child I do not conform myself to the former lusts, as in my ignorance; but as He who called me is holy, I am also holy in all my conduct (1:13-15)

Since I have purified my soul in obeying the truth through the Spirit in sincere love of the brethren, I love others fervently with a pure heart, having been born again, not of corruptible seed but incorruptible, through the Word of God which lives and abides forever (1:22,23)

As a sojourner and pilgrim, I abstain from fleshly lusts which war against the soul, having my conduct honorable among the Gentiles, that when they speak against me as an evildoer, they may by my good works which they observe, glorify God in the day of visitation. Therefore I submit myself to every ordinance of man for the Lord's sake (2:11-13)

I honor all people. I love the brotherhood. I fear God. I honor the king (2:17)

I am submissive to my masters with all fear, not only to the good and gentle, but also to the harsh. For this is commendable, if because of conscience toward God I endure grief, suffering wrongfully (2:19)

Like Jesus, when I am reviled, I do not revile in return; when I suffer, I do not threaten, but commit myself to Him who judges righteously (2:23)

I am compassionate, loving, tenderhearted, courteous and I do not return evil for evil or reviling for reviling but on the contrary blessing, knowing that I was called to this, that I may inherit a blessing. For I love life and love to see good days; therefore I refrain my tongue from evil and my lips from speaking deceit; I turn away from evil and do good; I seek peace and pursue it. For the eyes of the Lord are on the righteous, and His ears are open to their prayers (3:8-12)

God is sanctified in my heart and I am always ready to give a defense to everyone who asks me for a reason for the hope that is in me with meekness and fear; having a good conscience, that when they defame me as an evildoer, those who revile my good conduct in Christ may be ashamed (3:15,16)

It is better if it is the will of God, to suffer for doing good than for doing evil (3:17)

Since Christ suffered for me in the flesh, I arm myself also with the same mind, for he who has suffered in the flesh has ceased from sin, that he no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God (4:1,2)

I have fervent love for the brethren for love will cover a multitude of sins. I am hospitable to others without grumbling (4:8,9)

I rejoice to the extent that I partake of Christ's sufferings, that when His glory is revealed, I may also be glad with exceeding joy. If I am reproached for the Name of Christ, blessed am I, for the Spirit of glory and of God rests upon me. If I suffer as a Christian, I am not ashamed,

but I glorify God in this matter. If I suffer according to the will of God, I commit my soul to Him in doing good, as to a faithful Creator (4:13,14,16,19)

I am submissive to my elders and I am clothed with humility, for God resists the proud but gives grace to the humble. Therefore I humble myself under the mighty hand of God, that He may exalt me in due time, casting all my care upon Him, for He cares for me (5:5-7)

## **Second Peter**

Giving all diligence, I add to my faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are mine and abound, I will be neither barren nor unfruitful in the knowledge of my Lord Jesus Christ (1:5-8)

My conduct is holy and godly, looking for and hastening the coming of the day of God. According to His promise, I look for new heavens and a new earth in which righteousness dwells. Therefore, looking forward to these things, I am diligent to be found by Him in peace, without spot and blameless (3:11-14)

## **First John**

I walk in the light as God is in the light, I have fellowship with others, and the blood of Jesus Christ cleanses me from all sin (1:7)

I do not love the world or the things in the world. For all that is in the world – the lust of the flesh, the lust of the eyes, and the pride of life – is not of the Father but is of the world (2:15,16)

I practice righteousness because I am born of God (2:29)

When Jesus is revealed, I shall be like Him, for I shall see Him as He is. And since I have this hope in Him I purify myself, just as He is pure (3:2,3)

I do not love in word or tongue, but in truth and deed. And by this I know that I am of the truth, and shall assure my heart before Him. For if my heart condemns me, God is greater than my heart, and knows all things. If my heart does not condemn me, I have confidence toward God. And whatever I ask I receive from Him because I keep His commandments and do those things that are pleasing in His sight (3:18-22)

I love others for love is of God; and everyone who loves is born of God and knows God (4:7)

In this the love of God was manifested toward me, that God sent His only begotten Son into the world, that I might live through Him. In this is love, not that I loved God, but that He loved me and sent His Son to be the propitiation for my sins. If God loved me, I also love others (4:9-11)

God is love, and I who abides in love abides in God, and God in me (4:16)

God's commandments are not burdensome to me (5:3)

If I see my brother sinning a sin which does not lead to death, I will ask, and God will give him life for those who commit sin not leading to death (5:16)

I am born of God, I do not sin but keep myself and the wicked one does not touch me (5:18)

### **Third John**

I imitate not what is evil, but what is good. I who does good I am of God, but he who does evil has not seen God (11)

### **The Revelation of Jesus Christ**

Jesus knows my works, my labor, my patience, and that I cannot bear those who are evil. And I have persevered and I have patience, and I have labored for His Name's sake and I have not become weary. I have not left my first love. I who overcomes Jesus will give to eat from the tree of life, which is in the midst of the Paradise of God (2:2-4,7)

Jesus knows my works, tribulation, and poverty (but I am rich). I who overcomes shall not be hurt by the second death (2:9,11)

Jesus knows my works, and where I dwell. I hold fast to His Name, and I do not deny His faith. I who overcomes Jesus will give some of the hidden manna to eat and a white stone, and on the stone a new name written which no one knows except I who receives it (2:13,17)

Jesus knows my works, love, service, faith, and my patience; and as for my works, the last are more than the first. I hold fast what I have till He comes. I who overcomes and keeps His works until the end, Jesus will give power over nations – I shall rule them with a rod of iron, they shall be dashed to pieces like the potter's vessels – as He also received from His Father, and He will give me the morning star (2:19,25-28)

Jesus knows my works, that I have a name that I am alive. I have not defiled my garments; and I shall walk with Jesus in white, for I am worthy. I who overcomes shall be clothed in white garments and my name He will not blot out from the book of life; but He will confess my name before His Father and before His angels (3:1,4,5)

Jesus knows my works. He has set before me an open door and no one can shut it; for I have a little strength, have kept His Word, and have not denied His Name. Indeed He will make those of the synagogue of satan, who say they are Jews and are not, but lie – indeed He will make them come and worship before my feet, and to know that He has loved me. I have kept His command to persevere (3:8-10)

Jesus knows my works that I am hot and not lukewarm. I buy of Him gold refined in fire, that I may be rich; and white garments, that I may be clothed, that the shame of my nakedness may not be revealed (3:15,18)

I have washed my robe and made it white in the blood of the Lamb (7:14)

I overcome the accuser by the blood of the Lamb and by the word of my testimony, and I do not love my life even if it means death (12:11)

Meditation Notes: Love and Character

I am not defiled by women. I follow the Lamb wherever He goes. I am redeemed from among men, being firstfruits to God and to the Lamb. And in my mouth is found no deceit, for I am without fault before the throne of God (14:4,5)

I come out of Babylon, lest I share in her sins, and receive of her plagues. For her sins shall reach to heaven and God will remember her iniquities (18:4,5)

To me the bride of Christ is granted to be arrayed in fine linen, clean and bright, for fine linen is my righteous acts (19:8)

Blessed am I who does His commandments, I have the right to the tree of life, and I enter through the gates into the city (22:14)