

My Reason for Hope

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I've been through some dark places in my life. There have been countless times when I honestly didn't think I was going to make it. Religious trauma, PTSD, OCD, anxiety, perfectionism, depression... it all kept piling up and I couldn't function or live anymore anymore.

Amidst all of this hell, I encountered a kind of hope and freedom I wasn't expecting. It didn't come from trying harder, fixing myself, becoming more disciplined, or finally getting everything together. It showed up when I had nothing left to give.

As someone who was deeply hurt by institutional distortions of Christianity, I never expected that the person who would begin putting me back together would be Jesus himself. Ironically, he showed me he's not exactly a fan of religion either. That's actually one of the reasons he was crucified.

The more I've gotten to know him, the more I've discovered a freedom I haven't found anywhere else. I learned that I don't have to clean up my act or somehow become "good enough" before I'm loved. I found out that the invitation is simply to believe—to trust in what he already accomplished through his death for all our wrongs and his resurrection. That's what reunites us with our creator, who is love itself. His love isn't something we earn; it's something he demonstrated and freely offers us.

More and more, I've watched him untangle me from this world's performance-based systems that constantly push us toward self-improvement, comparison, perfectionism, and man-made rules. I still have a lot of healing ahead of me. Mind renewal can take a long time, but now I don't have to be alone in that process. Stuff comes at me, but it no longer defines me. The struggles aren't who I am.

If you're hurting, feeling empty, or just exhausted by religion—or honestly, by life itself—I hope you'll consider giving him a chance.

I'm not saying any of this lightly. I was convinced I was beyond hope. I was ready to end my life. In that place, I encountered a love that gave me safety, freedom, and hope in a way that's still difficult for me to explain. If you know, you know. If you don't, I truly hope one

day you will. But I'll never try to force that on you. Neither will he.

And if you're tired of people preaching at you, I get it. I know how cringe that can feel. I know the hypocrisy, the judgment, and the harm so many people—including me—have experienced in the name of Christianity. It's understandable to be skeptical.

But if you've ever wondered whether there's a difference between the institutional church and Jesus himself... if you've ever longed for a love that's bigger than your worst mistakes, one that never changes, never gives up on you, and stays with you through every battle... maybe give this thing a shot. I'm really glad I did. It saved my life.

Anyway... thanks for hearing me out. I genuinely appreciate your openness and tolerance, regardless of where you're at in your journey. Thanks for supporting the channel. It would make me really stoked if you stuck around. I've got nothing but love for you. Hold fast.

Below are many of the verses that carried me through the hardest seasons of my life. If you're comfortable with it, [click the tabs to explore different categories](#). I hope they soothe and heal your wounds as they do mine. Btw, your life truly matters. You matter.



Verses That Helped Me with My Spiritual Destress, Religious Trauma, Religious OCD (Scrupulosity), & More

GoD aCtUaLlY lOvEs YoU.

Psalms 107:1

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!

Galatians 1:13 - 16

For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it. And I was advancing in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and who called me by his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not immediately consult with anyone;

1 Thessalonians 1:10

and to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come.

2 Corinthians 5:19

that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.

Romans 5:8

but God shows his love for us in that while we were still sinners, Christ died for us.

Hebrews 2:9

But we see him who for a little while was made lower than the angels, namely Jesus, crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

Hebrews 2:17 - 18

Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted.

Hebrews 12:2

looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

1 Timothy 2:4

who desires all people to be saved and to come to the knowledge of the truth.

1 Timothy 2:6

who gave himself as a ransom for all, which is the testimony given at the proper time.

1 Peter 5:7

casting all your anxieties on him, because he cares for you.

John 8:10 - 11

Jesus stood up and said to her, "Woman, where are they? Has no one condemned you?" She said, "No one, Lord." And Jesus said, "Neither do I condemn you; go, and from now on sin no more."

John 10:7 - 11

So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.

John 10:14 - 15

I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

John 12:32

And I, when I am lifted up from the earth, will draw all people to myself."

1 John 4:10

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

All You Gotta Do Is Believe

ALL yOu GoTtA dO iS bElIeVe.

James 2:10 - 11

For whoever keeps the whole law but fails in one point has become guilty of all of it. For he who said, "Do not commit adultery," also said, "Do not murder." If you do not commit adultery but do murder, you have become a transgressor of the law.

James 3:2

For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.

James 3:8

but no human being can tame the tongue. It is a restless evil, full of deadly poison.

James 4:11 - 12

Do not speak evil against one another, brothers. The one who speaks against a brother or judges his brother, speaks evil against the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is only one lawgiver and judge, he who is able to save and to destroy. But who are you to judge your neighbor?

James 4:17

So whoever knows the right thing to do and fails to do it, for him it is sin.

Galatians 1:3 - 4

Grace to you and peace from God our Father and the Lord Jesus Christ, who gave himself for our sins to deliver us from the present evil age, according to the will of our God and Father,

Galatians 1:6 - 10

I am astonished that you are so quickly deserting him who called you in the grace of Christ and are turning to a different gospel—not that there is another one, but there are some who trouble you and want to distort the gospel of Christ. But even if we or an angel from heaven should preach to you a gospel contrary to the one we preached to you, let him be accursed. As we have said before, so now I say again: If anyone is preaching to you a gospel contrary to the one you received, let him be accursed. For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

Galatians 2:16 - 21

yet we know that a person is not justified by works of the law but through faith in Jesus Christ, so we also have believed in Christ Jesus, in order to be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified. But if, in our endeavor to be justified in Christ, we too were found to be sinners, is Christ then a servant of sin? Certainly not! For if I rebuild what I tore down, I prove myself to be a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. I do not nullify

the grace of God, for if righteousness were through the law, then Christ died for no purpose.

Galatians 3:1 - 2

O foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly portrayed as crucified. Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith?

Galatians 3:5 - 19

Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith— just as Abraham “believed God, and it was counted to him as righteousness”? Know then that it is those of faith who are the sons of Abraham. And the Scripture, foreseeing that God would justify the Gentiles by faith, preached the gospel beforehand to Abraham, saying, “In you shall all the nations be blessed.” So then, those who are of faith are blessed along with Abraham, the man of faith. For all who rely on works of the law are under a curse; for it is written, “Cursed be everyone who does not abide by all things written in the Book of the Law, and do them.” Now it is evident that no one is justified before God by the law, for “The righteous shall live by faith.” But the law is not of faith, rather “The one who does them shall live by them.” Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, “Cursed is everyone who is hanged on a tree”—so that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promised Spirit through faith. To give a human example, brothers: even with a man-made covenant, no one annuls it or adds to it once it has been ratified. Now the promises were made to Abraham and to his offspring. It does not say, “And to offsprings,” referring to many, but referring to one, “And to your offspring,” who is Christ. This is what I mean: the law, which came 430 years afterward, does not annul a covenant previously ratified by God, so as to make the promise void. For if the inheritance comes by the law, it no longer comes by promise; but God gave it to Abraham by a promise. Why then the law? It was added because of transgressions, until the

offspring should come to whom the promise had been made, and it was put in place through angels by an intermediary.

Galatians 3:21 - 26

Is the law then contrary to the promises of God? Certainly not! For if a law had been given that could give life, then righteousness would indeed be by the law. But the Scripture imprisoned everything under sin, so that the promise by faith in Jesus Christ might be given to those who believe. Now before faith came, we were held captive under the law, imprisoned until the coming faith would be revealed. So then, the law was our guardian until Christ came, in order that we might be justified by faith. But now that faith has come, we are no longer under a guardian, for in Christ Jesus you are all sons of God, through faith.

Galatians 4:4 - 5

But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

Galatians 4:21 - 31

Tell me, you who desire to be under the law, do you not listen to the law? For it is written that Abraham had two sons, one by a slave woman and one by a free woman. But the son of the slave was born according to the flesh, while the son of the free woman was born through promise. Now this may be interpreted allegorically: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, "Rejoice, O barren one who does not bear; break forth and cry aloud, you who are not in labor! For the children of the desolate one will be

more than those of the one who has a husband." Now you, brothers, like Isaac, are children of promise. But just as at that time he who was born according to the flesh persecuted him who was born according to the Spirit, so also it is now. But what does the Scripture say? "Cast out the slave woman and her son, for the son of the slave woman shall not inherit with the son of the free woman." So, brothers, we are not children of the slave but of the free woman.

Galatians 5:1 - 9

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. Look: I, Paul, say to you that if you accept circumcision, Christ will be of no advantage to you. I testify again to every man who accepts circumcision that he is obligated to keep the whole law. You are severed from Christ, you who would be justified by the law; you have fallen away from grace. For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness. For in Christ Jesus neither circumcision nor uncircumcision counts for anything, but only faith working through love. You were running well. Who hindered you from obeying the truth? This persuasion is not from him who calls you. A little leaven leavens the whole lump.

Galatians 5:18

But if you are led by the Spirit, you are not under the law.

Matthew 16:6

Jesus said to them, "Watch and beware of the leaven of the Pharisees and Sadducees."

Matthew 16:11 - 12

How is it that you fail to understand that I did not speak about bread? Beware of the leaven of the Pharisees and Sadducees." Then they understood that he did not tell them to beware of the leaven of bread, but of the teaching of the Pharisees and Sadducees.

Matthew 23:23

"Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier matters of the law: justice and mercy and faithfulness. These you ought to have done, without neglecting the others.

1 Corinthians 1:25 - 29

For the foolishness of God is wiser than men, and the weakness of God is stronger than men. For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God.

1 Corinthians 15:56

The sting of death is sin, and the power of sin is the law.

Romans 1:16 - 17

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. For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith."

Romans 2:13

For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified.

Romans 3:19 - 31

Now we know that whatever the law says it speaks to those who are under the law, so that every mouth may be stopped, and the whole world may be held accountable to God. For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin. But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it—the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus. Then what becomes of our boasting? It is excluded. By what kind of law? By a law of works? No, but by the law of faith. For we hold that one is justified by faith apart from works of the law. Or is God the God of Jews only? Is he not the God of Gentiles also? Yes, of Gentiles also, since God is one—who will justify the circumcised by faith and the uncircumcised through faith. Do we then overthrow the law by this faith? By no means! On the contrary, we uphold the law.

Romans 4:2 - 6

For if Abraham was justified by works, he has something to boast about, but not before God. For what does the Scripture say? "Abraham believed God, and it was counted to him as righteousness." Now to the one who works, his wages are not counted as a gift but as his due. And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness, just as David also speaks of the blessing of the one to whom God counts righteousness apart from works:

Romans 4:7 - 8

"Blessed are those whose lawless deeds are forgiven, and whose sins are covered; blessed is the man against whom the Lord will not count his sin."

Romans 4:16 - 25

That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his offspring—not only to the adherent of the law but also to the one who shares the faith of Abraham, who is the father of us all, as it is written, "I have made you the father of many nations"—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. In hope he believed against hope, that he should become the father of many nations, as he had been told, "So shall your offspring be." He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised. That is why his faith was "counted to him as righteousness." But the words "it was counted to him" were not written for his sake alone, but for ours also. It will be counted to us who believe in him who raised from the dead Jesus our Lord, who was delivered up for our trespasses and raised for our justification.

Romans 5:1 - 2

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

Romans 5:9 - 11

Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Romans 5:15 - 21

But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man Jesus Christ abounded for many. And the free gift is not like the result of that one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brought justification. For if, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. Now the law came in to increase the trespass, but where sin increased, grace abounded all the more, so that, as sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord.

Romans 6:1 - 11

What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:14 - 15

For sin will have no dominion over you, since you are not under law but under grace. What then? Are we to sin because we are not under law but under grace? By no means!

Romans 6:23

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

Romans 7:4 - 15

Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God. For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code. What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, "You shall not covet." But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. For apart from the law, sin lies dead. I was once alive apart from the law, but when the commandment came, sin came alive and I died. The very commandment that promised life proved to be death to me. For sin, seizing an opportunity through the commandment, deceived me and through it killed me. So the law is holy, and the commandment is holy and righteous and good. Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. For we know that the law is spiritual, but I am of the flesh, sold under sin. For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

Romans 8:1 - 4

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

Romans 8:30

And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

Romans 9:11

though they were not yet born and had done nothing either good or bad—in order that God's purpose of election might continue, not because of works but because of him who calls—

Romans 9:16

So then it depends not on human will or exertion, but on God, who has mercy.

Romans 9:30 - 33

What shall we say, then? That Gentiles who did not pursue righteousness have attained it, that is, a righteousness that is by faith; but that Israel who pursued a law that would lead to righteousness did not succeed in reaching that law. Why? Because they did not pursue it by faith, but as if it were based on works. They have stumbled over the stumbling stone, as it is written, "Behold, I am laying in Zion a stone of stumbling, and a rock of offense; and whoever believes in him will not be put to shame."

Romans 10:2 - 13

For I bear them witness that they have a zeal for God, but not according to knowledge. For, being ignorant of the righteousness of God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law for righteousness to

everyone who believes. For Moses writes about the righteousness that is based on the law, that the person who does the commandments shall live by them. But the righteousness based on faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, "Everyone who believes in him will not be put to shame." For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For "everyone who calls on the name of the Lord will be saved."

Romans 11:6

But if it is by grace, it is no longer on the basis of works; otherwise grace would no longer be grace.

Acts 16:30 - 31

Then he brought them out and said, "Sirs, what must I do to be saved?" And they said, "Believe in the Lord Jesus, and you will be saved, you and your household."

Ephesians 1:13

In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,

Ephesians 1:19

and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might

Ephesians 1:20

that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places,

Ephesians 2:4 - 9

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Ephesians 2:13 - 18

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby killing the hostility. And he came and preached peace to you who were far off and peace to those who were near. For through him we both have access in one Spirit to the Father.

Ephesians 3:17

so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love,

Colossians 1:11 - 13

May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,

Colossians 1:14

in whom we have redemption, the forgiveness of sins.

Colossians 2:13 - 14

And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.

Philippians 3:2 - 9

Look out for the dogs, look out for the evildoers, look out for those who mutilate the flesh. For we are the circumcision, who worship by

the Spirit of God and glory in Christ Jesus and put no confidence in the flesh— though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—

Hebrews 1:3

He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high,

Hebrews 8:6 - 7

But as it is, Christ has obtained a ministry that is as much more excellent than the old as the covenant he mediates is better, since it is enacted on better promises. For if that first covenant had been faultless, there would have been no occasion to look for a second.

Hebrews 8:13

In speaking of a new covenant, he makes the first one obsolete. And what is becoming obsolete and growing old is ready to vanish away.

Hebrews 9:22

Indeed, under the law almost everything is purified with blood, and without the shedding of blood there is no forgiveness of sins.

Hebrews 10:18

Where there is forgiveness of these, there is no longer any offering for sin.

Hebrews 11:1 - 11

Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible. By faith Abel offered to God a more acceptable sacrifice than Cain, through which he was commended as righteous, God commending him by accepting his gifts. And through his faith, though he died, he still speaks. By faith Enoch was taken up so that he should not see death, and he was not found, because God had taken him. Now before he was taken he was commended as having pleased God. And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. By faith Noah, being warned by God concerning events as yet unseen, in reverent fear constructed an ark for the saving of his household. By this he condemned the world and became an heir of the righteousness that comes by faith. By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going. By faith he went to live in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he was looking forward to the city that has foundations, whose designer and builder is God. By faith Sarah herself received power to conceive, even when she was past the age, since she considered him faithful who had promised.

Hebrews 11:17 - 31

By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was in the act of offering up his only son, of whom it was said, "Through Isaac shall your offspring be named." He considered that God was able even to raise him from the dead, from which, figuratively speaking, he did receive him back. By faith Isaac invoked future blessings on Jacob and Esau. By faith Jacob, when dying, blessed each of the sons of Joseph, bowing in worship over the head of his staff. By faith Joseph, at the end of his life, made mention of the exodus of the Israelites and gave directions concerning his bones. By faith Moses, when he was born, was hidden for three months by his parents, because they saw that the child was beautiful, and they were not afraid of the king's edict. By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin. He considered the reproach of Christ greater wealth than the treasures of Egypt, for he was looking to the reward. By faith he left Egypt, not being afraid of the anger of the king, for he endured as seeing him who is invisible. By faith he kept the Passover and sprinkled the blood, so that the Destroyer of the firstborn might not touch them. By faith the people crossed the Red Sea as on dry land, but the Egyptians, when they attempted to do the same, were drowned. By faith the walls of Jericho fell down after they had been encircled for seven days. By faith Rahab the prostitute did not perish with those who were disobedient, because she had given a friendly welcome to the spies.

Titus 3:4 - 7

But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life.

1 Peter 1:5

who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

1 Peter 1:18 - 19

knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.

2 Timothy 1:9

who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began,

John 1:12 - 13

But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

John 1:14 - 17

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. (John bore witness about him, and cried out, "This was he of whom I said, 'He who comes after me ranks before me, because he was before me.'") For from his fullness we have all received, grace upon

grace. For the law was given through Moses; grace and truth came through Jesus Christ.

John 3:14 - 18

And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.

John 3:27

John answered, "A person cannot receive even one thing unless it is given him from heaven.

John 3:36

Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.

John 4:36 - 38

Already the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to

reap that for which you did not labor. Others have labored, and you have entered into their labor."

John 5:24

Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life.

John 6:28 - 29

Then they said to him, "What must we do, to be doing the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent."

John 6:40

For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

John 6:47

Truly, truly, I say to you, whoever believes has eternal life.

John 6:51

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

John 6:63 - 64

It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. But there are some of you who do not believe." (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.)

John 7:7

The world cannot hate you, but it hates me because I testify about it that its works are evil.

John 7:37 - 38

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

John 8:32

and you will know the truth, and the truth will set you free.

John 8:36

So if the Son sets you free, you will be free indeed.

John 11:25 - 26

Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?"

John 12:36

While you have the light, believe in the light, that you may become sons of light.

John 16:27

for the Father himself loves you, because you have loved me and have believed that I came from God.

John 20:31

but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

1 John 4:10

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

1 John 4:15

Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.

1 John 5:1

Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of him.

Revelation 21:6

And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment.

Salvation Can't Be Lost

SalvAtIoN cAn'T bE lOsT.

Psalms 107:1

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!

1 Thessalonians 5:9

For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ,

1 Corinthians 1:3 - 8

Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge— even as the testimony about Christ was confirmed among you— so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ, who will sustain you to the end, guiltless in the day of our Lord Jesus Christ.

1 Corinthians 13:7 - 8

Love bears all things, believes all things, hopes all things, endures all things. Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away.

2 Corinthians 5:19

that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.

Romans 8:33 - 35

Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

Romans 8:38 - 39

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 11:27

"and this will be my covenant with them when I take away their sins."

Romans 11:29

For the gifts and the calling of God are irrevocable.

Ephesians 1:7 - 8

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight

Ephesians 1:13-14

In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

Ephesians 4:30

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Ephesians 4:32

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 6:24

Grace be with all who love our Lord Jesus Christ with love incorruptible.

Colossians 2:13 - 14

And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.

Colossians 3:13

bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Hebrews 2:2

For since the message declared by angels proved to be reliable, and every transgression or disobedience received a just retribution,

Hebrews 8:12

For I will be merciful toward their iniquities,
and I will remember their sins no more."

Hebrews 7:23 - 25

The former priests were many in number, because they were prevented by death from continuing in office, but he holds his priesthood permanently, because he continues forever. Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

Hebrews 9:11 - 14

But when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the holy places, not by means of the blood of goats and calves but by means of his own blood, thus securing an eternal redemption. For if the blood of goats and bulls, and the sprinkling of defiled persons with the ashes of a heifer, sanctify for the purification of the flesh, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to serve the living God.

Hebrews 9:24 - 28

For Christ has entered, not into holy places made with hands, which are copies of the true things, but into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself repeatedly, as the high priest enters the holy places every year with blood not his own, for then he would have had to suffer repeatedly since the foundation of the world. But as it is, he has appeared once for all at the end of the ages to put away sin by the sacrifice of himself. And just as it is appointed for man to die once, and after that comes judgment, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him.

Hebrews 10:1 - 10

For since the law has but a shadow of the good things to come instead of the true form of these realities, it can never, by the same sacrifices that are continually offered every year, make perfect those who draw near. Otherwise, would they not have ceased to be offered, since the worshipers, having once been cleansed, would no longer have any consciousness of sins? But in these sacrifices there is a reminder of sins every year. For it is impossible for the blood of bulls and goats to take away sins. Consequently, when Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body have you prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'Behold, I have come to do

your will, O God, as it is written of me in the scroll of the book.'"
When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "Behold, I have come to do your will." He does away with the first in order to establish the second. And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

Hebrews 10:11 - 14

And every priest stands daily at his service, offering repeatedly the same sacrifices, which can never take away sins. But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, waiting from that time until his enemies should be made a footstool for his feet. For by a single offering he has perfected for all time those who are being sanctified.

Hebrews 10:17

then he adds, "I will remember their sins and their lawless deeds no more."

Hebrews 12:28

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe,

Hebrews 13:20

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant,

2 Timothy 1:10

and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel,

2 Timothy 1:12

which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that Day what has been entrusted to me.

1 Peter 1:4

to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you,

1 Peter 1:23

since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;

John 4:14

but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

John 6:12

And when they had eaten their fill, he told his disciples, "Gather up the leftover fragments, that nothing may be lost."

John 6:35

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

John 6:37

All that the Father gives me will come to me, and whoever comes to me I will never cast out.

John 6:39

And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.

John 6:40

For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

John 6:44

No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day.

John 6:47

Truly, truly, I say to you, whoever believes has eternal life.

John 6:50 - 51

This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

John 6:54

Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day.

John 6:57 - 58

As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever."

John 10:28 - 29

I give them eternal life, and they will never perish, and no one will snatch them out of my hand. 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.

Freedom From Legalism

FrEeDoM fRoM lEgAlIsM.

Colossians 2:16

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.

Colossians 2:20 - 23

If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—"Do not handle, Do not taste, Do not touch" (referring to things that all perish as they are used)—according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Philippians 2:13

for it is God who works in you, both to will and to work for his good pleasure.

Hebrews 13:20 - 21

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will,

working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

1 Timothy 1:3 - 11

As I urged you when I was going to Macedonia, remain at Ephesus so that you may charge certain persons not to teach any different doctrine, nor to devote themselves to myths and endless genealogies, which promote speculations rather than the stewardship from God that is by faith. The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith. Certain persons, by swerving from these, have wandered away into vain discussion, desiring to be teachers of the law, without understanding either what they are saying or the things about which they make confident assertions. Now we know that the law is good, if one uses it lawfully, understanding this, that the law is not laid down for the just but for the lawless and disobedient, for the ungodly and sinners, for the unholy and profane, for those who strike their fathers and mothers, for murderers, the sexually immoral, men who practice homosexuality, enslavers, liars, perjurers, and whatever else is contrary to sound doctrine, in accordance with the gospel of the glory of the blessed God with which I have been entrusted.

Titus 1:15

To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled.

1 John 3:23 - 24

And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.

1 John 4:19

We love because he first loved us.

1 John 5:3

For this is the love of God, that we keep his commandments. And his commandments are not burdensome.

Progressive Sanctification Debunked

PrOgReSsIvE sAnCtIfIcAtIoN dEbUnKeD.

Galatians 3:3

Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

1 Corinthians 1:30

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption,

1 Corinthians 6:11

And such were some of you. 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.

Ephesians 1:19

and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 3:7

Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power.

Ephesians 6:10

Finally, be strong in the Lord and in the strength of his might.

Colossians 2:6 - 10

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have been filled in him, who is the head of all rule and authority.

Colossians 2:11

In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ,

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Philippians 2:13

for it is God who works in you, both to will and to work for his good pleasure.

Hebrews 10:18

Where there is forgiveness of these, there is no longer any offering for sin.

Hebrews 13:12

So Jesus also suffered outside the gate in order to sanctify the people through his own blood.

John 6:56

Whoever feeds on my flesh and drinks my blood abides in me, and I in him.

John 6:63

It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.

John 13:10

Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you."

Your Identity

YoUr IdEnTiTy.

Galatians 3:27

For as many of you as were baptized into Christ have put on Christ.

Galatians 3:29

And if you are Christ's, then you are Abraham's offspring, heirs according to promise.

Galatians 6:6 - 7

Let the one who is taught the word share all good things with the one who teaches. Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.

1 Corinthians 3:9

For we are God's fellow workers. You are God's field, God's building.

1 Corinthians 3:16

Do you not know that you are God's temple and that God's Spirit dwells in you?

1 Corinthians 4:1

This is how one should regard us, as servants of Christ and stewards of the mysteries of God.

1 Corinthians 6:15

Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never!

1 Corinthians 6:17

But he who is joined to the Lord becomes one spirit with him.

1 Corinthians 6:19

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:20

Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

Romans 5:5

and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 6:3 - 11

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:13

Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

Romans 6:17 - 18

But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, and, having been set free from sin, have become slaves of righteousness.

Romans 6:22

But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life.

Romans 8:14 - 17

For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

Romans 8:37

No, in all these things we are more than conquerors through him who loved us.

Ephesians 1:4

even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love

Ephesians 1:5

he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will,

Ephesians 1:6

to the praise of his glorious grace, with which he has blessed us in the Beloved.

Ephesians 2:6

and raised us up with him and seated us with him in the heavenly places in Christ Jesus,

Ephesians 2:19

So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God,

Ephesians 2:22

In him you also are being built together into a dwelling place for God by the Spirit.

Ephesians 3:6

This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

Ephesians 4:22 - 24

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

Ephesians 5:8 - 9

for at one time you were darkness, but now you are light in the Lord.
Walk as children of light (for the fruit of light is found in all that
is good and right and true),

Colossians 1:12 - 13

giving thanks to the Father, who has qualified you to share in the
inheritance of the saints in light. He has delivered us from the
domain of darkness and transferred us to the kingdom of his beloved
Son,

Colossians 1:21 - 22

And you, who once were alienated and hostile in mind, doing evil
deeds, he has now reconciled in his body of flesh by his death, in
order to present you holy and blameless and above reproach before him,

Colossians 1:28

Him we proclaim, warning everyone and teaching everyone with all
wisdom, that we may present everyone mature in Christ.

Colossians 2:10 - 13

and you have been filled in him, who is the head of all rule and
authority. In him also you were circumcised with a circumcision made
without hands, by putting off the body of the flesh, by the
circumcision of Christ, having been buried with him in baptism, in
which you were also raised with him through faith in the powerful
working of God, who raised him from the dead. And you, who were dead

in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses,

Colossians 3:1 - 3

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.

Colossians 3:9 - 10

Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

Colossians 3:12 - 14

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

Philemon 1:6

and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.

Hebrews 10:39

But we are not of those who shrink back and are destroyed, but of those who have faith and preserve their souls.

1 Peter 2:9 - 11

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy. Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

1 Peter 2:24

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

2 Peter 1:3 - 9

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins.

John 15:15 - 16

No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.

1 John 5:5

Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

Revelation 1:5

and from Jesus Christ the faithful witness, the firstborn of the dead, and the ruler of kings on earth. To him who loves us and has freed us from our sins by his blood

Revelation 1:6

and made us a kingdom, priests to his God and Father, to him be glory and dominion forever and ever. Amen.

The Benefits of Being A Child of God

THE bEnEfItS oF bEiNg A cHiLd Of GoD.

Psalms 107:9

For he satisfies the longing soul, and the hungry soul he fills with good things.

1 Corinthians 1:4 - 7

I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge— even as the testimony about Christ was confirmed among you— so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ,

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 12:7 - 11

To each is given the manifestation of the Spirit for the common good.
8 For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

1 Corinthians 12:28

And God has appointed in the church first apostles, second prophets, third teachers, then miracles, then gifts of healing, helping, administrating, and various kinds of tongues.

1 Corinthians 14:1

Pursue love, and earnestly desire the spiritual gifts, especially that you may prophesy.

2 Corinthians 1:20

For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory.

2 Corinthians 9:8

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

Romans 8:26 - 28

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8:32

He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

Ephesians 1:3

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

Ephesians 1:9

making known to us the mystery of his will, according to his purpose, which he set forth in Christ

Ephesians 1:11

In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will,

Ephesians 1:17

that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him,

Ephesians 1:18

having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

Ephesians 1:19

and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might

Ephesians 2:18

For through him we both have access in one Spirit to the Father.

Ephesians 3:12

in whom we have boldness and access with confidence through our faith in him.

Ephesians 3:16 - 19

that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Ephesians 4:7

But grace was given to each one of us according to the measure of Christ's gift.

Ephesians 4:11 - 12

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ,

Ephesians 6:8

knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free.

Colossians 1:27

To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

Colossians 2:2 - 3

that their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God's mystery, which is Christ, in whom are hidden all the treasures of wisdom and knowledge.

Colossians 3:15 - 16

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Philemon 1:6

and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.

Philippians 4:6 - 9

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:13

I can do all things through him who strengthens me.

Hebrews 4:15 - 16

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Hebrews 7:23 - 25

The former priests were many in number, because they were prevented by death from continuing in office, but he holds his priesthood permanently, because he continues forever. Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

Hebrews 10:19 - 23

Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

John 11:25 - 26

Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?"

John 14:1 - 3

"Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.

John 14:12 - 14

"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am

going to the Father. Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.

John 15:7

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

John 15:16

You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.

John 16:13 - 15

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

John 16:22 - 26

So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you. In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. In that day you will ask

in my name, and I do not say to you that I will ask the Father on your behalf;

John 20:29

Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

1 John 2:1 - 2

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.

1 John 3:20 - 22

for whenever our heart condemns us, God is greater than our heart, and he knows everything. Beloved, if our heart does not condemn us, we have confidence before God; and whatever we ask we receive from him, because we keep his commandments and do what pleases him.

1 John 4:4

Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.

Revelation 1:3

Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear, and who keep what is written in it, for the time is near.

Belief For The Impossible

BeLiEf FoR tHe ImPoSsIbLe.

Mark 9:23 - 24

And Jesus said to him, ``If you can'! All things are possible for one who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!"

Romans 4:18 - 21

In hope he believed against hope, that he should become the father of many nations, as he had been told, "So shall your offspring be." He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised.

Romans 8:11

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Romans 8:24 - 25

For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

Romans 10:17

So faith comes from hearing, and hearing through the word of Christ.

Ephesians 3:20

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us,

John 4:47 - 53

When this man heard that Jesus had come from Judea to Galilee, he went to him and asked him to come down and heal his son, for he was at the point of death. So Jesus said to him, "Unless you see signs and wonders you will not believe." The official said to him, "Sir, come down before my child dies." Jesus said to him, "Go; your son will live." The man believed the word that Jesus spoke to him and went on his way. As he was going down, his servants met him and told him that his son was recovering. So he asked them the hour when he began to get better, and they said to him, "Yesterday at the seventh hour the fever left him." The father knew that was the hour when Jesus had said to him, "Your son will live." And he himself believed, and all his household.

3 John 1:2

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Spiritual Warfare

SpIrItUaL wArFaRe .

Matthew 4:1 - 11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down, for it is written, "'He will command his angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and were ministering to him.

1 Corinthians 14:33

For God is not a God of confusion but of peace. As in all the churches of the saints,

Ephesians 6:10 - 18

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done

all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

Colossians 2:10

and you have been filled in him, who is the head of all rule and authority.

Colossians 2:15

He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

Philippians 1:28

and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God.

Hebrews 2:14 - 15

Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery.

Hebrews 2:18

For because he himself has suffered when tempted, he is able to help those who are being tempted.

Hebrews 4:15 - 16

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

1 Peter 5:8 - 9

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

1 John 4:4

Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.

1 John 4:18

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Revelation 12:9 - 11

And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him. And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God. And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.

Healing

HeAlInG .

Meditation

<https://youtu.be/BmTMb5BV4T4?is=0YZ-JxgYMrBefET9>

Help For The Self-Righteous

HeLp FoR tHe SeLf-RiGhTeOuS.

Matthew 23:13 - 16

"But woe to you, scribes and Pharisees, hypocrites! For you shut the kingdom of heaven in people's faces. For you neither enter yourselves nor allow those who would enter to go in. Woe to you, scribes and Pharisees, hypocrites! For you travel across sea and land to make a single proselyte, and when he becomes a proselyte, you make him twice as much a child of hell as yourselves. "Woe to you, blind guides, who say, 'If anyone swears by the temple, it is nothing, but if anyone swears by the gold of the temple, he is bound by his oath.'

Matthew 23:24 - 28

You blind guides, straining out a gnat and swallowing a camel! "Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence. You blind Pharisee! First clean the inside of the cup and the plate, that the outside also may be clean. "Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which outwardly appear beautiful, but within are full of dead people's bones and all uncleanness. So you also outwardly appear righteous to others, but within you are full of hypocrisy and lawlessness.

Romans 2:1

Therefore you have no excuse, O man, every one of you who judges. For in passing judgment on another you condemn yourself, because you, the judge, practice the very same things.

Romans 2:3 - 5

Do you suppose, O man—you who judge those who practice such things and yet do them yourself—that you will escape the judgment of God? Or do

you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance? But because of your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed.

Romans 2:24

For, as it is written, "The name of God is blasphemed among the Gentiles because of you."

Romans 3:10 - 19

as it is written: "None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one." "Their throat is an open grave; they use their tongues to deceive." "The venom of asps is under their lips." "Their mouth is full of curses and bitterness." "Their feet are swift to shed blood; in their paths are ruin and misery, and the way of peace they have not known." "There is no fear of God before their eyes." Now we know that whatever the law says it speaks to those who are under the law, so that every mouth may be stopped, and the whole world may be held accountable to God.

John 5:37 - 47

And the Father who sent me has himself borne witness about me. His voice you have never heard, his form you have never seen, and you do not have his word abiding in you, for you do not believe the one whom he has sent. You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me, yet you refuse to come to me that you may have life. I do not receive glory from people. But I know that you do not have the love of God within you. I have come in my Father's name, and you do not receive me. If another comes in his own name, you will receive him. How can you believe, when you receive glory from one another and do not seek

the glory that comes from the only God? Do not think that I will accuse you to the Father. There is one who accuses you: Moses, on whom you have set your hope. For if you believed Moses, you would believe me; for he wrote of me. But if you do not believe his writings, how will you believe my words?"

John 7:7

The world cannot hate you, but it hates me because I testify about it that its works are evil.

John 8:7

And as they continued to ask him, he stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her."

John 7:19

Has not Moses given you the law? Yet none of you keeps the law. Why do you seek to kill me?"

John 9:41

Jesus said to them, "If you were blind, you would have no guilt; but now that you say, 'We see,' your guilt remains.

1 John 1:8 - 10

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us

our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.