

Balance

Truth - Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure. (Philippians 2:12-13)

Promise - “(Jesus) is the head of the body, the church. He is the beginning, the firstborn from the dead, that in all things He might be preeminent. For in Him all the fullness of God was pleased to dwell, and through Him to reconcile to Himself all things, whether on earth or in heaven, making peace by the blood of His cross.” (Colossians 1:18-20)

Command - (Jesus answered him) “Love the Lord your God with all of your heart, mind, soul, and strength. The second is like it. Love your neighbor as yourself, for all the Law and Prophets hang on these two commands.” (Matthew 22:37-40)

Breath

Truth - “If He should set His heart to it and gather to Himself His spirit and His breath, all flesh would perish together, and man would return to dust.”
(Job 34:14-15)

Promise - “But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.” (2 Timothy 3:14-17)

Command - “Let everything that has breath praise the Lord! Praise the Lord!” (Psalm 150:6)

Flexibility

Truth - “They (Gentiles/unbelievers) are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.” (Ephesians 4:18)

Promise - “And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in My statutes and be careful to obey My rules.” (Ezekiel 36:26-27)

Command - “Do not now be stiff-necked as your fathers were, but yield yourselves to the Lord and come to His sanctuary, which He has consecrated forever, and serve the Lord your God, that His fierce anger may turn away from you.” (2 Chronicles 30:8)

Form

Truth - "...anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules." (2 Timothy 2:5)

Promise - "When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him... And He said to him, "What is your name?" And he said, "Jacob." Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed." (Genesis 32:25, 27-28)

Command - "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." (Matthew 23:23)

Fuel

Truth - "And He humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that He might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord." (Deuteronomy 8:3)

Promise - "He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness." (2 Corinthians 9:10)

Command - "and when (Jesus) had given thanks, He broke it, and said, "This is My body which is for you. Do this in remembrance of Me." In the same way, also He took the cup, after supper, saying, "This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me." (1 Corinthians 11:24-25)

Genes

Truth - "But Moses said to the Lord, "Oh, my Lord, I am not eloquent, either in the past or since You have spoken to Your servant, but I am slow of speech and of tongue." Then the Lord said to him, "Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord?" (Exodus 4:10-11)

Promise - "From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." (2 Corinthians 5:16-17)

Command - "That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born again.' (John 3:6-7)

Hunger

Truth - ““All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything. Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.” (1 Corinthians 6:12-13)

Promise - "For the bread of God is He who comes down from heaven and gives life to the world." They said to Him, "Sir, give us this bread always." 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 6:33-35)

Command - “Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation, if indeed you have tasted that the Lord is good.” (1 Peter 2:2-3)

Hygiene

Truth - “You will recognize them by their fruits. Are grapes gathered from thorn bushes, or figs from thistles? So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire.” (Matthew 7:16-19)

Promise - “Now may the God of peace Himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; He will surely do it.” (1 Thessalonians 5:23-24)

Command - “If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you.” (John 13:14-15)

Image

Truth - "But the Lord said to Samuel, "Do not look on his (David's older brother's) appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees. Man looks on the outward appearance, but the Lord looks on the heart." (1 Samuel 16:7)

Promise - "And we know that for those who love God all things work together for good, for those called according to his purpose. For those He foreknew He also predestined to be conformed to the image of His Son, in order that He might be the firstborn of many brothers." (Romans 8:28-29)

Command - "So God created man in His own image, in the image of God He created him; male and female He created them. And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it..." (Genesis 1:27-28)

Initiative

Truth - “For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like.” (James 1:23-24)

Promise - “But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.” (James 1:25)

Command - “If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead. But someone will say, “You have faith and I have works.” Show me your faith apart from your works, and I will show you my faith by my works.” (James 2:15-18)

Instinct

Truth - “The Lord looks down from heaven on the children of man, to see if there are any who understand, who seek after God. They have all turned aside; together they have become corrupt; there is none who does good, not even one.”

(Psalm 14:2-3)

Promise - “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. And I have other sheep that are not of this fold. I must bring them also, and they will listen to My voice. So there will be one flock, one shepherd.” (John 10:14-16)

Command - “But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.” Galatians 5:16-17)

Maturity

Truth - “for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.” (Hebrews 5:13-14)

Promise - “He put another parable before them, saying, “The kingdom of heaven is like a grain of mustard seed that a man took and sowed in his field. It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.” (Matthew 13:31-32)

Command - “Therefore let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God,” (Hebrews 6:1)

Pain

Truth - “Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, 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 5:3-5)

Promise - “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”
(Revelation 21:4)

Command - “Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.” (1 Peter 4:1-2)

Partners

Truth - “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” (Ecclesiastes 4:9-10)

Promise - “I planted, Apollos watered, but God gave the growth. Neither he who plants nor he who waters is anything, but only God who gives the growth. He who plants and waters are one, and each will receive his wages according to his labor. For we are God's fellow workers. You are God's field, God's building.” (1 Corinthians 3:6-9)

Command - “Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.” (Galatians 6:2-5)

Rest

Truth - “Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.” (Psalm 127:1-2)

Promise - “Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.” (Matthew 11:28-30)

Command - “Therefore, while the promise of entering His rest still stands, let us fear lest any of you should seem to have failed to reach it. For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.” (Hebrews 4:1-2)

Reward

Truth - “Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw— each one's work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done. If the work that anyone has built on the foundation survives, he will receive a reward.” (1 Corinthians 3:12-14)

Promise - “And whoever gives one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he will by no means lose his reward.” (Matthew 10:42)

Command – “Do you not know that in a race all the runners run, but only one receives the prize? Run to obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air.” (1 Corinthians 9:24-26)

Sacrifice

Truth - “It is not good to eat much honey, nor is it glorious to seek one's own glory. A man without self-control is like a city broken into and left without walls.” (Proverbs 25:27-28)

Promise - “And everyone who has left houses or brothers or sisters or father or mother or children or lands, for My name's sake, will receive a hundredfold and will inherit eternal life.” (Matthew 19:29)

Command - “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 12:1-2)

Safety

Truth - "If this be so, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up." (Daniel 3:17-18)

Promise - "Behold, blessed is the one whom God reproves. Therefore, despise not the discipline of the Almighty. For He wounds, but He binds up; He shatters, but His hands heal. He will deliver you from six troubles; in seven no evil shall touch you." (Job 5:17-19)

Command - "Keep your heart with all vigilance, for from it flow the springs of life. Put away from you crooked speech, and put devious talk far from you. Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure." (Proverbs 4:23-26)

Stamina

Truth - “Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; His understanding is unsearchable. He gives power to the faint, and to him who has no might He increases strength. He gives power to the faint, and to him who has no might He increases strength. Even youths shall faint and be weary, and young men shall fall exhausted.”
(Isaiah 40:28-30)

Promise - “But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” (Isaiah 40:31)

Command - “Listen to Me in silence, O coastlands; let the peoples renew their strength; let them approach, then let them speak; let us together await for judgment.” (Isaiah 41:1)

Stress

Truth - "I have said these things to you, that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." (John 16:33)

Promise - "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 10:13)

Command - "Humble yourselves, therefore, under God's mighty hand so at the proper time He may exalt you. Cast all your anxieties on Him, because He cares for you. 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 Peter 5:6-9)

Tools

Truth - “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.” (Ephesians 6:12)

Promise - “In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;” (Ephesians 6:16)

Command - “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....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.” (Ephesians 6:10-11, 13-15)

Training

Truth - “For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, (Titus 2:11-12)

Promise - “If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and the good doctrine you have followed.” (1 Timothy 4:6)

Command - “Have nothing to do with irreverent, silly myths. Rather train yourself for godliness. or while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and for the life to come. This saying is trustworthy and deserving of full acceptance.” (1 Timothy 4:7-9)

Vision

Truth - “For where your treasure is, there your heart will be also. “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!” (Matthew 6:21-23)

Promise - “Seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Each day is its own trouble.” (Matthew 6:33-34)

Command - “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.” (Colossians 3:1-2)

Weight

Truth - “Vanity of vanities, says the Preacher, vanity of vanities! All is vanity. What does man gain by all the toil at which he toils under the sun?” (Ecclesiastes 1:2-3)

Promise - “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” (2 Corinthians 4:16-18)

Command - “Why then do you scorn My sacrifices and My offerings that I commanded for My dwelling, and honor your sons above Me by fattening (literally “giving weight/glory to) yourselves on the choicest parts of every offering of My people Israel?” (1 Samuel 2:29)