LIFE NOTES Cross Training: Exercises for Spiritual Health

January 01, 2023. "Live Obediently"

1 Timothy 4:8 "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." (NLT)

Jeremiah 17:7-8 "7 But blessed is the one who trusts in the Lord, whose confidence is in Him. 8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." (NIV)

PRINCIPLES OF OBEDIENCE

1. Jesus set _____ for obedience.

1 John 2:5-6 "5 … This is how we know we are in Him: 6 Whoever claims to live in Him must live as Jesus did." (NIV)

John 6:38 "For I have come down from heaven not to do my will but to do the will of Him who sent me." (NIV)

John 14:30-31 "30 I will not say much more to you, for the prince of this world is coming. He has no hold over me, 31 but He comes so that the world may learn that I love the Father and do exactly what my Father has commanded me …"

Philippians 2:8 "And being found in appearance as a man, He humbled Himself and become obedient to death – even death on a cross!" (NIV)

Romans 8:12-13 "12 Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. 13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live." (NIV)

2. My obedience to God reflects _____ for God.

John 14:15 "If you love me, keep my commands." (NIV)

John 14:21 "Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them." (NIV)

1 John 2:3-5a "3 We know that we have come to know Him if we keep His commands. 4 Whoever says, "I know Him," but does not do what He commands is a liar, and the truth is not in that person. 5 But if anyone obeys His word, love for God is truly made complete in them …" (NIV)

John 15:14 "You are my friends if you do what I command." (NIV)

3. God will _____ if I am obedient.

Psalm 37:4 "Take delight in the Lord, and He will give you the desires of your heart." (NIV)

Psalm 66:18 "If I had cherished sin in my heart, the Lord would not have listened." (NIV)

James 5:16 "… The prayer of a righteous person is powerful and effective."

Acts 11:21 "The Lord's hand was with them, and a great number of people believed and turned to the Lord." (NIV)

Acts 11:24 "(Barnabas) He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord." (NIV)

John 8:51 "Very truly I tell you, whoever obeys my word will never see death."

4. When I am disobedient, non-Christians are _____ from Christ.

Psalm 51:10-13

Titus 2:3-5 "3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. 4 Then they can urge the younger women to love their husbands and children, 5 to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God." (NIV)

Titus 2:6-8 "6 Similarly, encourage the young men to be self-controlled. 7 In everything set them an example by doing what is good. In your teaching show integrity, seriousness 8 and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us." (NIV)

5. When I obey God, nonbelievers are _____ to Christ.

1 Kings 8:58-61

1 Peter 2:11-12 "11 Dear friends, I urge you, as foreigners and exiles in the world, to abstain from sinful desires, which war against your soul. 12 Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day He visits us." (NIV)

2 Corinthians 2:14-16 "14 But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of Him everywhere. 15 For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. 16 To the one we are an aroma that brings death; to the other, an aroma that brings life. And who is equal to such a task?" (NIV)

BOTTOM LINE

1 John 5:3-5 "3 In fact, this is love for God: to obey His commands. And His commands are not burdensome, 4 for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. 5 Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God." (NIV)