Spiritual Disciplines Index

Excerpted from *The Life with God Bible* (New Revised Standard Version), with special thanks to HarperOne and to the late Dallas Willard, who compiled the index.
SPIRITUAL DISCIPLINES INDEX

This selective, topical index is designed to help readers get a picture of the with-God life presented in the Bible and the role of the Spiritual Disciplines in fostering that kind of life toward its fullness. The passages listed either contain a specific reference to a topic serving as a discipline (e.g., the word “meditation”) or are about that topic without using the specific term. Because this index is selective, it does not list every passage in the Bible on each topic, and the entries are restricted to the topic’s role as a Spiritual Discipline. Some of the entries are negative examples of the practice of a particular discipline.

The list of disciplines chosen for this index also does not include every practice or situation that could actually serve as a discipline in the process of spiritual formation. The disciplines under consideration here include celebration, chastity, confession, fasting, fellowship, guidance, meditation, prayer, sacrifice, secrecy, service, silence, simplicity/frugality, solitude, study, submission, and worship. Since the central focus of Christian spiritual formation is the with-God life, that topic begins the index. It is followed by sections containing scriptural references for the various disciplines, in alphabetical order. Those references for which there are spiritual formation exercises are designated by an asterisk.

No doubt some passages may have been omitted that might be very useful for understanding spiritual formation. What is given here is intended to provide only a substantial introduction to the presence and importance of Spiritual Disciplines in the Bible. For further study on disciplines and how they are to be practiced, please see Richard Foster, Celebration of Discipline, and Dallas Willard, The Spirit of the Disciplines.

We are releasing this Bible in two editions—with and without the Deuterocanonical Books. (See the Foreword for a general statement.) In the Spiritual Disciplines Index, you will see some references to passages in the Deuterocanonical Books. These references will be in italics to differentiate their status from the New and the Old Testaments.
THE WITH-GOD LIFE: The Bible is all about human life “with God” and how God has made this “with-God” life possible and will bring it to pass. The name Immanuel, meaning “God is with us,” is the title given to the one and only Redeemer, because it refers to God’s everlasting intent for human life—namely, that we should be in every aspect a dwelling place of God.

Gen 1:26–30 Let us make humankind in our image, according to our likeness; and let them have dominion.

Gen 2:7–8 Then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life.

*Gen 3:8 They heard the sound of the LORD God walking in the garden.

Gen 4:14–16 The LORD put a mark on Cain, so that no one who came upon him would kill him.

Gen 17:1–2 I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you.

Gen 24:7, 27 The LORD, God of heaven, . . . took me from my father’s house and from the land of my birth, and . . . spoke to me.

Gen 26:24–28 Do not be afraid, for I am with you and will bless you.

*Gen 28:11–22 Know that I am with you and will keep you wherever you go, and will bring you back.

*Gen 39:2–5, 21–23 The LORD was with Joseph.

Exod 4:12–16 Now go, and I will be with your mouth and teach you what you are to speak.

*Exod 8:19 Pharaoh’s heart was hardened, and he would not listen to them, just as the LORD had said.

Exod 14:13–16 Lift up your staff, and stretch out your hand over the sea and divide it, that the Israelites may go into the sea on dry ground.

Exod 19:3–6 If you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples.

*Exod 29:44–46 I will dwell among the Israelites, and I will be their God.

Exod 33:12–16 My presence will go with you, and I will give you rest.

Exod 34:9–10 O Lord, I pray, let the Lord go with us.

Exod 34:29–35 Whenever Moses went in before the LORD to speak with him, he would take the veil off.

*Exod 40:34–38 The cloud covered the tent of meeting, and the glory of the LORD filled the tabernacle.

*Lev 16:1–2 I appear in the cloud upon the mercy seat.

*Lev 25:18–22 I will order my blessing for you in the sixth year, so that it will yield a crop for three years.

Num 6:24–26 The LORD bless you and keep you; the LORD make his face to shine upon you.

*Num 7:89 When Moses went into the tent of meeting to speak with the LORD, he would hear the voice speaking to him.

Num 17:8 The staff of Aaron for the house of Levi had sprouted.

Deut 8:2–5 Remember the long way that the LORD your God has led you these forty years in the wilderness.

Deut 8:14–18 The LORD your God . . . brought you out of the land of Egypt, out of the house of slavery.

*Deut 28:1–14 All these blessings shall come upon you and overtake you, if you obey the LORD your God.

Deut 31:6 Have no fear or dread of them, because it is the LORD your God who goes with you.

Deut 33:26–29 There is none like God, O Jeshurun, who rides through the heavens to your help.
*Josh 1:5 As I was with Moses, so I will be with you; I will not fail you or forsake you.

*Judg 6:16 The LORD said to him, “But I will be with you.”

*Judg 16:20 He did not know that the LORD had left him.

1 Sam 17:46–47 The battle is the LORD’s and he will give you into our hand.

*1 Sam 18:12–15 Saul was afraid of David, because the LORD was with him but had departed from Saul.

2 Sam 5:24 Then the LORD has gone before you.

*2 Sam 22:17–51 He reached from on high, he took me, he drew me out of mighty waters.

*1 Kings 8:10–11 The glory of the LORD filled the house of the LORD.

*2 Kings 6:16–17 The LORD opened the eyes of the servant, and he saw.

*1 Chron 29:10–19 It is in your hand to make great and to give strength to all.

2 Chron 15:9 Great numbers had deserted to him from Israel when they saw that the LORD his God was with him.

*2 Chron 16:9 For the eyes of the LORD range throughout the entire earth, to strengthen those whose heart is true to him.

2 Chron 17:1–10 The LORD was with Jehoshaphat, because he walked in the earlier ways of his father.

*2 Chron 20:15–22, 29–30 This battle is not for you to fight; take your position, stand still, and see the victory of the LORD on your behalf.

2 Chron 32:7–8 With him is an arm of flesh; but with us is the LORD our God, to help us and to fight our battles.

*Neh 2:8, 18 The king granted me what I asked, for the gracious hand of my God was upon me.

*Ps 16:8–11 Because he is at my right hand, I shall not be moved.

*Ps 23:1–6 The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters.

Ps 33:13–22 The LORD looks down from heaven; he sees all humankind.

Ps 34:15–19 The eyes of the LORD are on the righteous, and his ears are open to their cry.

Ps 91:16 With long life I will satisfy them, and show them my salvation.

*Isa 7:14 The LORD himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel.

Isa 41:10 Do not fear, for I am with you, do not be afraid, for I am your God.

*Isa 43:1–5 When you pass through the waters, I will be with you.

Isa 45:14–15 God is with you alone, and there is no other; there is no god besides him.

Isa 63:11–13 Where is the one . . . who divided the waters before them to make for himself an everlasting name?

*Ezek 37:27–28 My dwelling place shall be with them; and I will be their God, and they shall be my people.

Dan 3:25 I see four men unbound, walking in the middle of the fire, and they are not hurt; and the fourth has the appearance of a god.

Dan 6:22–23 My God sent his angel and shut the lions’ mouths so that they would not hurt me.

*Matt 1:23 “The virgin shall conceive and bear a son, and they shall name him Emmanuel,” which means, “God is with us.”

Matt 16:19 Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

*Matt 18:20 Where two or three are gathered in my name, I am there among them.
*Matt 28:18–20 And remember, I am with you always, to the end of the age.

*Mark 16:20 The Lord worked with them and confirmed the message by the signs that accompanied it.

Luke 10:11 Yet know this: the kingdom of God has come near.

Luke 11:29 This generation is an evil generation; it asks for a sign, but no sign will be given.

Luke 17:21 The kingdom of God is among you.

Luke 18:16–17 Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs.

Luke 24:49 I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.

*John 1:4 In him was life, and the life was the light of all people.

John 1:9–10 He was in the world, and the world came into being through him; yet the world did not know him.

John 6:56–58 Those who eat my flesh and drink my blood abide in me, and I in them.

John 15:1–5 I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

John 17:21–23 As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.

Acts 1:8 You will receive power when the Holy Spirit has come upon you; and you will be my witnesses.

Acts 11:17 God gave them the same gift that he gave us when we believed.

Acts 11:21 The hand of the Lord was with them, and a great number became believers and turned to the Lord.

Acts 13:11 “The hand of the Lord is against you, and you will be blind for a while, unable to see the sun.” Immediately mist and darkness came over him.

Acts 14:27 They called the church together and related all that God had done with them, and how he had opened a door of faith for the Gentiles.

*Acts 15:12 They told of all the signs and wonders that God had done through them among the Gentiles.

Acts 19:20 So the word of the Lord grew mightily and prevailed.

*Acts 23:11 That night the Lord stood near him and said, “Keep up your courage!”

Acts 28:3–10 Paul visited him and cured him by praying and putting his hands on him.

*Rom 6:13 Present your members to God as instruments of righteousness.

Rom 6:23 The free gift of God is eternal life in Christ Jesus.

Rom 8:11–13 He who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Rom 12:6 We have gifts that differ according to the grace given to us.

Rom 14:17 For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.

1 Cor 4:20 For the kingdom of God depends not on talk but on power.

*1 Cor 12:11 All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

1 Cor 15:10 I worked harder than any of them—though it was not I, but the grace of God that is with me.

2 Cor 9:8 God is able to provide you with every blessing in abundance.

2 Cor 10:3–5 The weapons of our warfare are not merely human, but they have divine power to destroy strongholds.
CELEBRATION: Utter delight and joy in ourselves, our life, and our world as a result of our faith and confidence in God's greatness, beauty, and goodness.

*Exod 5:1 Thus says the L ORD, the God of Israel, “Let my people go, so that they may celebrate a festival to me in the wilderness.”

*Exod 12:14 This day shall be a day of remembrance for you. You shall celebrate it as a festival to the L ORD.

*Lev 23:4, 37 These are the appointed festivals of the L ORD, the holy convocations, which you shall celebrate at the time appointed for them.

*Num 10:10 On your days of rejoicing, at your appointed festivals, and at the beginnings of your months, you shall blow the trumpets.

*Heb 1:14 Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

*Heb 4:12 Indeed, the word of God is living and active, sharper than any two-edged sword.

Heb 7:25 Consequently he is able for all time to save those who approach God through him, since he always lives to make intercession for them.

Heb 12:22–24 You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem.

Heb 13:5–6 Be content with what you have; for he has said, “I will never leave you or forsake you.”

1 Pet 3:12–13 For the eyes of the Lord are on the righteous, and his ears are open to their prayer.

*1 Pet 5:6–7 Cast all your anxiety on him, because he cares for you.

*Rev 22:3–5 Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it.
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*Ezra 6:22 With joy they celebrated the festival of unleavened bread seven days; for the Lord had made them joyful.

Neh 12:27 They sought out the Levites in all their places, to bring them to Jerusalem to celebrate the dedication with rejoicing, with thanksgivings and with singing, with cymbals, harps, and lyres.

*Ps 45:1–17 My heart overflows with a goodly theme.

*Ps 126:2 Then our mouth was filled with laughter, and our tongue with shouts of joy.

*Ps 145:7 They shall celebrate the fame of your abundant goodness, and shall sing aloud of your righteousness.

*Song of Sol 1:4 We will exult and rejoice in you.

*Isa 51:11 So the ransomed of the Lord shall return, and come to Zion with singing; everlasting joy shall be upon their heads.

*Nah 1:15 Celebrate your festivals, O Judah, fulfill your vows.

*Ith 16:1–17 Begin a song to my God with tambourines, sing to my Lord with cymbals.

*1 Macc 4:54–58 All the people fell on their faces and worshiped and blessed Heaven, who had prospered them.

*Pr of Azar 65 Bless the Lord, you who are holy and humble in heart; sing praise to him and highly exalt him forever.

Luke 15:23–32 And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again.

John 2:1–10 On the third day there was a wedding in Cana of Galilee.

1 Cor 5:8 Therefore, let us celebrate the festival, not with the old yeast, the yeast of malice and evil, but with the unleavened bread of sincerity and truth.

Phil 4:4–13 Rejoice in the Lord always; again I will say, Rejoice.

*Rev 19:9 Blessed are those who are invited to the marriage supper of the Lamb.

CHASTITY: Purposefully turning away for a time from dwelling upon or engaging in the sexual dimension of our relationship to others—even our husband or wife—and thus learning how not to be governed by this powerful aspect of our life.

*Job 31:7–10 If my step has turned aside from the way, and my heart has followed my eyes, and if any spot has clung to my hands; then let me sow, and another eat.

*Prov 5:15–22 Rejoice in the wife of your youth.

*Song of Sol 7:10 I am my beloved’s, and his desire is for me.

*Hos 1:2 Go, take for yourself a wife of whoredom and have children of whoredom.

*4 Macc 2:1–3 The temperate Joseph is praised, because by mental effort he overcame sexual desire.

Sir 7:24 Do you have daughters? Be concerned for their chastity, and do not show yourself too indulgent with them.

*Sir 26:15 A modest wife adds charm to charm, and no scales can weigh the value of her chastity.

Matt 5:27–32 Everyone who looks at a woman with lust has already committed adultery with her in his heart.

*1 Cor 7:5 Do not deprive one another except perhaps by agreement for a set time, to devote yourselves to prayer.

1 Cor 13:4–6 Love is patient; love is kind; love is not envious or boastful or arrogant or rude.
CONFESSION: Sharing our deepest weaknesses and failures with God and trusted others, so that we may enter into God’s grace and mercy and experience his ready forgiveness and healing.

*Gen 45:25–28 And they told him, “Joseph is still alive!”

*Lev 5:5 When you realize your guilt in any of these, you shall confess the sin that you have committed.

Num 5:7 Confess the sin that has been committed. . . . Make full restitution for the wrong, adding one fifth to it, and giving it to the one who was wronged.

1 Kings 8:33 Your people Israel, having sinned against you, are defeated before an enemy but turn again to you, confess your name, pray and plead with you in this house.

*2 Chron 6:26–27 They have sinned against you, and then they pray toward this place, confess your name, and turn from their sin, because you punish them.

*Ezra 10:1 Ezra prayed and made confession, weeping and throwing himself down before the house of God.

*Neh 1:6–7 Let your ear be attentive and your eyes open to hear the prayer of your servant that I now pray before you day and night for your servants, the people of Israel, confessing the sins of the people of Israel, which we have sinned against you.

Ps 32:5 Then I acknowledged my sin to you, and I did not hide my iniquity; I said, “I will confess my transgressions to the LORD,” and you forgave the guilt of my sin.

Ps 38:18 I confess my iniquity; I am sorry for my sin.

*Prov 28:13 No one who conceals transgressions will prosper, but one who confesses and forsakes them will obtain mercy.

*Ezek 33:10 Our transgressions and our sins weigh upon us, and we waste away because of them; how then can we live?

*Dan 9:20 I was speaking, and was praying and confessing my sin and the sin of my people Israel, and presenting my supplication before the Lord my God on behalf of the holy mountain of my God.

*Hos 14:2 Take words with you and return to the LORD; say to him, “Take away all guilt; accept that which is good, and we will offer the fruit of our lips.”

*1 Esd 8:91 Ezra was praying and making his confession, weeping and lying on the ground before the temple.

*Sir 4:26 Do not be ashamed to confess your sins.

*Bar 2:10 Yet we have not obeyed his voice, to walk in the statutes of the Lord that he set before us.
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*Pr of Man 8–15 For the sins I have committed are more in number than the sand of the sea.

*Sus 14 When each pressed the other for the reason, they confessed their lust.

Matt 3:6 They were baptized by him in the river Jordan, confessing their sins.

*Mark 1:5 And people ... were going out to him, and were baptized by him in the river Jordan, confessing their sins.

Luke 12:1–5 Nothing is covered up that will not be uncovered, and nothing secret that will not become known.

*Luke 12:8–9 Everyone who acknowledges me before others, the Son of Man also will acknowledge before the angels of God.

Fasting: The voluntary abstention from an otherwise normal function—most often eating—for the sake of intense spiritual activity.

*Deut 8:3 One does not live by bread alone, but by every word that comes from the mouth of the L ORD.

*1 Sam 7:6 They fasted that day, and said, “We have sinned against the L ORD.”

*1 Sam 31:13 Then they took their bones and buried them under the tamarisk tree in Jabesh, and fasted seven days.

*2 Sam 12:16, 21–23 David therefore pleaded with God for the child; David fasted, and went in and lay all night on the ground.

*1 Kings 21:27–29 When Ahab heard those words, he tore his clothes and put sackcloth over his bare flesh; he fasted, lay in the sackcloth, and went about dejectedly.

*2 Chron 20:3 Jehoshaphat was afraid; he set himself to seek the L ORD, and proclaimed a fast throughout all Judah.

*Ezra 8:21–23 I proclaimed a fast there, at the river Ahava, that we might deny ourselves before our God.

Neh 1:4 When I heard these words I sat down and wept, and mourned for days, fasting and praying before the God of heaven.

*Neh 9:1 Now on the twenty-fourth day of this month the people of Israel were assembled with fasting and in sackcloth, and with earth on their heads.

*Esther 4:3 In every province, wherever the king’s command and his decree came, there was great mourning among the Jews, with fasting and weeping and lamenting.

*Esther 4:16 Hold a fast on my behalf, and neither eat nor drink for three days, night or day. I and my maids will also fast as you do.

Esther 9:31 They had laid down for themselves and for their descendants regulations concerning their fasts and their lamentations.

*Ps 35:13 But as for me, when they were sick, I wore sackcloth; I afflicted myself with fasting.

Ps 69:10 When I humbled my soul with fasting, they insulted me for doing so.

Ps 107:1 I fasted and wept....
Ps 109:24 My knees are weak through fasting; my body has become gaunt.

*Isa 58:3–6 You fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high.

Jer 14:12 Although they fast, I do not hear their cry.

Dan 6:18 Then the king went to his palace and spent the night fasting; no food was brought to him, and sleep fled from him.

Dan 9:3 Then I turned to the Lord God, to seek an answer by prayer and sup plication with fasting and sackcloth and ashes.

*Joel 2:12–13 Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning.

Joel 2:15 Blow the trumpet in Zion; sanctify a fast; call a solemn assembly.

*Jon 3:5 And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

*Zech 7:5 When you fasted and lamented in the fifth month and in the seventh, for these seventy years, was it for me that you fasted?

*Zech 8:19 The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be seasons of joy and gladness, and cheerful festivals for the house of Judah.

*1 Esd 8:50 There I proclaimed a fast for the young men before our Lord, to seek from him a prosperous journey for ourselves.

*2 Esd 5:13, 20 If you pray again, and weep as you do now, and fast for seven days, you shall hear yet greater things than these.

2 Esd 6:31–35 If therefore you will pray again and fast again for seven days, I will again declare to you greater things than these.

*Jth 4:9–13 The Lord heard their prayers and had regard for their distress; for the people fasted many days . . . before the sanctuary of the Lord Almighty.

*Jth 8:6 She fasted all the days of her widowhood, except the day before the sabbath and the sabbath itself, the day before the new moon and the day of the new moon, and the festivals and days of rejoicing of the house of Israel.

*1 Macc 3:47 They fasted that day, put on sackcloth and sprinkled ashes on their heads, and tore their clothes.

2 Macc 13:12 They had all joined in the same petition and had implored the merciful Lord with weeping and fasting and lying prostrate for three days without ceasing.

Sir 34:31 So if one fasts for his sins, and goes again and does the same things, who will listen to his prayer?

Bar 1:5 Then they wept, and fasted, and prayed before the Lord.

*Tob 12:8 Prayer with fasting is good, but better than both is almsgiving with righteousness.

Matt 4:2 He fasted forty days and forty nights, and afterwards he was famished.

Matt 6:16–18 And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting.

Matt 9:14–15 The days will come when the bridegroom is taken away from them, and then they will fast.

Mark 2:18–19 The days will come when the bridegroom is taken away from them, and then they will fast on that day.

Luke 5:33–35 The days will come when the bridegroom will be taken away from them, and then they will fast in those days.

*Rev 13:10 Here is a call for the endurance and faith of the saints.
FELLOWSHIP: Engaging with other disciples in the common activities of worship, study, prayer, celebration, and service, which sustain our life together and enlarge our capacity to experience more of God.

*1 Kings 19:10 I alone am left, and they are seeking my life, to take it away.
*Ps 133:1–3 How very good and pleasant it is when kindred live together in unity!
*Mic 4:7 The lame I will make the remnant, and those who were cast off, a strong nation.
*3 Macc 2:25–26 He increased in his deeds of malice, abetted by the previously mentioned drinking companions and comrades, who were strangers to everything just.
*4 Macc 13:8–17 They constituted a holy chorus of religion and encouraged one another.
*Matt 18:20 Where two or three are gathered in my name, I am there among them.
*Acts 2:42 They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.
Rom 12:4–17 So we, who are many, are one body in Christ, and individually we are members one of another.

*Rom 14:10 Why do you pass judgment on your brother or sister?
*Eph 4:15–16 The whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body’s growth in building itself up in love.
Col 3:8–17 As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

Heb 10:23–25 Let us consider how to provoke one another to love and good deeds, not neglecting to meet together.

1 John 1:3 We declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ.

*1 John 1:5–7 If we say that we have fellowship with the Father and with his Son Jesus Christ.

GUIDANCE: Experiencing an interactive friendship with God that gives direction and purpose to daily life.

*Exod 15:13 In your steadfast love you led the people whom you redeemed; you guided them by your strength to your holy abode.
*Num 12:8 With him I speak face to face—clearly, not in riddles; and he beholds the form of the LORD.
*Num 22:18–35 If the men have come to summon you, get up and go with them; but do only what I tell you to do.
*2 Sam 5:19 David inquired of the LORD, “Shall I go up against the Philistines?”

*2 Kings 22:14 So the priest Hilkiah, Ahikam, Achbor, Shaphan, and Asaiah went to the prophetess Huldah.
*1 Chron 10:13–14 He had consulted a medium, seeking guidance, and did not seek guidance from the LORD.
*Job 32:8–9 Truly it is the spirit in a mortal, the breath of the Almighty, that makes for understanding.
*Ps 31:3 You are indeed my rock and my fortress; for your name’s sake lead me and guide me.
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*Mt 6:5-8 Let your alms be in your heart, as he who sees it shall not see you. When you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Truly, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, in order that your alms may be in secret. And your Father who sees in secret will reward you. *Ps 103:12 As a father has compassion on his children, so the LORD has compassion on those who fear him. *Ps 14:9 The fear of the L ORD is clean, enduring forever; the terrors of the L ORD are firm, enduring forever. *Ps 103:13 As a father has compassion on his children, so the L ORD has compassion on those who fear him. *Ps 103:14 For he satisfies the needs of the righteous, he satisfies their yearning soul. *Ps 34:8 The Lord is close to the brokenhearted and saves those who are crushed in spirit. *Ps 103:10 He will crown you with glory and honor. *Ps 103:11 He will crown you with mercy and love. *Ps 103:11 He will crown you with mercy and love. *Ps 103:12 He will crown you with glory and honor. 

*Mt 6:6 Let your light so shine before men, that they may see your good works and give glory to your Father in heaven. *Ps 119:97 You are good, and do good; teach me your statutes. *Ps 119:98 By what do you teach the king? They are called by your name. *Ps 119:99 They meditate in your statutes and converse with each other in your testimonies. *Ps 119:100 They meditate in your testimonies and converse with each other in your testimonies. *Ps 119:101 They meditate in your testimonies and converse with each other in your testimonies. *Ps 119:102 They meditate in your testimonies and converse with each other in your testimonies. *Ps 119:103 Let the words of my mouth and the meditation of my heart be acceptable to you. *Ps 63:6 I think of you on my bed, and meditate on you in the watches of the night. *Ps 77:6 I commune with my heart in the night; I meditate and search my spirit. *Ps 77:12 I will meditate on all your work, and muse on your mighty deeds.
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*Ps 119:15 I will meditate on your precepts, and fix my eyes on your ways.
*Ps 119:23 Even though princes sit plotting against me, your servant will meditate on your statutes.
*Ps 119:27 Make me understand the way of your precepts, and I will meditate on your wondrous works.
*Ps 119:97 Oh, how I love your law! It is my meditation all day long.
*Ps 119:99 I have more understanding than all my teachers, for your decrees are my meditation.
*Ps 119:148 My eyes are awake before each watch of the night, that I may meditate on your promise.
Ps 143:5 I think about all your deeds, I meditate on the works of your hands.
Ps 145:5 On the glorious splendor of your majesty, and on your wondrous works, I will meditate.
*Isa 1:26 And I will restore your judges as at the first, and your counselors as at the beginning.
*Wisd of Sol 12:22 When we judge, we may meditate upon your goodness, and when we are judged, we may expect mercy.

*Sir 6:37 Reflect on the statutes of the Lord, and meditate at all times on his commandments.
Sir 14:20 Happy is the person who meditates on wisdom and reasons intelligently.
*Sir 39:7 The Lord will direct his counsel and knowledge, as he meditates on his mysteries.
Phil 4:8 Whatever is true, whatever is honorable, . . . if there is any excellence and if there is anything worthy of praise, think about these things.
*Col 3:2 Set your minds on things that are above, not on things that are on earth.
1 Tim 4:15 Put these things into practice, devote yourself to them, so that all may see your progress.
Heb 3:1–2 Consider that Jesus, the apostle and high priest of our confession, was faithful to the one who appointed him.
Heb 12:2–3 Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

PRAYER: Interactive conversation with God about what we and God are thinking and doing together.

Gen 18:23–33 Let me take it upon myself to speak to the Lord.
*Gen 20:7 He will pray for you and you shall live.
Gen 25:21 Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer.
Exod 33:18 Show me your glory, I pray.
*1 Sam 1:9–20 Hannah . . . was deeply distressed and prayed to the Lord, and wept bitterly.
1 Sam 7:8 Do not cease to cry out to the Lord our God for us, and pray that he may save us.

*1 Sam 12:23 Far be it from me that I should sin against the Lord by ceasing to pray for you; and I will instruct you in the good and the right way.
*1 Kings 8:28–53 Regard your servant’s prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today.
1 Kings 9:3 I have heard your prayer and your plea, which you made before me.
2 Kings 6:17 Then Elisha prayed: “O Lord, please open his eyes that he may see.”
*2 Kings 19:15–19 And Hezekiah prayed before the Lord.
*1 Chron 17:16–27 Then King David went in and sat before the LORD.

*1 Chron 21:17 Let your hand, I pray, O LORD my God, be against me and against my father's house; but do not let your people be plagued!

2 Chron 6:19 Regard your servant's prayer and his plea, O LORD my God, heeding the cry and the prayer that your servant prays to you.

2 Chron 7:14 If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven.

*2 Chron 30:18–19 Hezekiah prayed for them, saying, "The good LORD pardon all."

2 Chron 33:13 He prayed to him, and God received his entreaty, heard his plea, and restored him again to Jerusalem and to his kingdom.

Ezra 10:1 Ezra prayed and made confession, weeping and throwing himself down before the house of God.

*Neh 1:4–11 When I heard these words I sat down and wept, and mourned for days, fasting and praying before the God of heaven.

*Neh 2:4–5 So I prayed to the God of heaven.

Neh 4:9 So we prayed to our God, and set a guard as a protection against them day and night.

Neh 11:17 Mattaniah . . . who was the leader to begin the thanksgiving in prayer.

*Job 42:10 And the LORD restored the fortunes of Job when he had prayed for his friends.

Ps 17:1 Hear a just cause, O LORD; attend to my cry; give ear to my prayer from lips free of deceit.

Ps 32:6 Therefore let all who are faithful offer prayer to you.

Ps 39:12 Hear my prayer, O LORD, and give ear to my cry.

Ps 42:8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

Ps 65:2 O you who answer prayer! To you all flesh shall come.

Ps 69:13 But as for me, my prayer is to you, O LORD.

Ps 72:15 May prayer be made for him continually, and blessings invoked for him all day long.

Ps 102:17 He will regard the prayer of the destitute, and will not despise their prayer.

Ps 109:4 In return for my love they accuse me, even while I make prayer for them.

*Ps 123:3 Have mercy upon us, O LORD.

*Ps 141:2 Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice.

Ps 143:1 Hear my prayer, O LORD; give ear to my supplications in your faithfulness; answer me in your righteousness.

Prov 15:29 The LORD is far from the wicked, but he hears the prayer of the righteous.

*Prov 28:9 When one will not listen to the law, even one's prayers are an abomination.

*Isa 26:16 O LORD, in distress they sought you, they poured out a prayer when your chastening was on them.

*Isa 36:15 Do not let Hezekiah make you rely on the LORD by saying, The LORD will surely deliver us.

Isa 37:21–22 Because you have prayed to me . . . this is the word that the LORD has spoken.

*Isa 38:3–7 Remember now, O LORD, I implore you, how I have walked before you in faithfulness with a whole heart.

*Isa 56:7 My house shall be called a house of prayer for all peoples.

*Jer 12:1 You will be in the right, O LORD, when I lay charges against you; but let me put my case to you.
*Jer 29:7  But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf.

*Jer 29:11–13  Then when you call upon me and come and pray to me, I will hear you.

*Lam 3:44  You have wrapped yourself with a cloud so that no prayer can pass through.

*Dan 6:10  Daniel . . . continued to . . . get down on his knees three times a day to pray to his God and praise him, just as he had done previously.

*Dan 9:3–21  I prayed to the LORD my God and made confession.

*Jon 2:1–9  Then Jonah prayed to the LORD his God from the belly of the fish.

*Jon 4:2–3  He prayed to the LORD and said, “O LORD! Is not this what I said while I was still in my own country?”

*Add to Esther 14:1–3  She prayed to the Lord God of Israel, and said: “O my Lord, you only are our king; help me, who am alone and have no helper but you.”

1 Esd 8:91  Ezra was praying and making his confession, weeping and lying on the ground before the temple.

2 Esd 7:110–12  So if now, when corruption has increased and unrighteousness has multiplied, the righteous have prayed for the ungodly, why will it not be so then as well?

*2 Esd 9:43–45  Every hour and every day during those thirty years I prayed to the Most High, night and day.

*1 Macc 12:11  We therefore remember you constantly . . . in our prayers, as it is right and proper to remember brothers.

*2 Macc 1:2–6  May God do good to you.

*2 Macc 13:10–12  He ordered the people to call upon the Lord day and night.

*3 Macc 5:7–9  With tears and a voice hard to silence they all called upon the Almighty God and Ruler of all power.

*Wisd of Sol 7:7  Therefore I prayed, and understanding was given me.

*Wisd of Sol 16:28  One must rise before the sun to give you thanks, and must pray to you at the dawning of the light.

*Sir 7:10  Do not grow weary when you pray.

*Sir 21:5  The prayer of the poor goes from their lips to the ears of God, and his judgment comes speedily.

Sir 34:31  So if one fasts for his sins, and goes again and does the same things, who will listen to his prayer?

Sir 35:20–22  The one whose service is pleasing to the Lord will be accepted, and his prayer will reach to the clouds.

*Sir 38:9–14  My child, when you are ill, do not delay, but pray to the Lord, and he will heal you.

*Sir 39:5–6  He sets his heart to rise early to seek the Lord who made him, and to petition the Most High.

Sir 51:13  While I was still young, before I went on my travels, I sought wisdom openly in my prayer.

Bar 2:14  Hear, O Lord, our prayer and our supplication, and for your own sake deliver us.

Tob 3:1  Then with much grief and anguish of heart I wept, and with groaning began to pray.

*Tob 3:11–16  At that same time, with hands outstretched toward the window, she prayed.

*Tob 7:16  Take courage, my daughter; the Lord of heaven grant you joy in place of your sorrow.

Matt 5:44  Love your enemies and pray for those who persecute you.

Matt 6:5–9  Whenever you pray, do not be like the hypocrites; for they love to stand and pray . . . so that they may be seen by others.

Matt 14:23  After he had dismissed the crowds, he went up the mountain by himself to pray.

Matt 21:13  It is written, “My house shall be called a house of prayer”; but you are making it a den of robbers.
Matt 21:22 Whatever you ask for in prayer with faith, you will receive.

Matt 26:36–44 Then Jesus went with them to a place called Gethsemane; and he said to his disciples, “Sit here while I go over there and pray.”

Mark 1:35 In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.

Mark 6:46 After saying farewell to them, he went up on the mountain to pray.

Mark 9:29 This kind can come out only through prayer.

Mark 11:17 Is it not written, “My house shall be called a house of prayer for all the nations”? But you have made it a den of robbers.

Mark 11:24 Whatever you ask for in prayer, believe that you have received it, and it will be yours.

Mark 11:25 Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses.

Mark 14:32–39 They went to a place called Gethsemane; and he said to his disciples, “Sit here while I pray.”

Luke 2:37 She never left the temple but worshiped there with fasting and prayer night and day.

Luke 3:21 When Jesus also had been baptized and was praying, the heaven was opened.

Luke 5:16 He would withdraw to deserted places and pray.

Luke 6:12 Now during those days he went out to the mountain to pray; and he spent the night in prayer to God.


Luke 9:28–29 Jesus took with him Peter and John and James, and went up on the mountain to pray.

Luke 11:1 He was praying in a certain place, and after he had finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.”

Luke 11:2–13 When you pray, say: “Father, hallowed be your name.”

Luke 18:1–8 Then Jesus told them a parable about their need to pray always and not to lose heart.

Luke 18:10–14 Two men went up to the temple to pray, one a Pharisee and the other a tax collector.

*Luke 22:32 I have prayed for you that your own faith may not fail.

Luke 22:40–46 In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.

*John 11:41–42 And Jesus looked upward and said, “Father, I thank you for having heard me.”

Acts 1:14 All these were constantly devoting themselves to prayer.

Acts 2:42 They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.

Acts 6:4 We, for our part, will devote ourselves to prayer and to serving the word.

Acts 6:6 They had these men stand before the apostles, who prayed and laid their hands on them.

Acts 8:15 The two went down and prayed for them that they might receive the Holy Spirit.

Acts 9:11 Get up and go . . . look for a man of Tarsus named Saul. At this moment he is praying.

*Acts 10:2 He was a devout man who feared God with all his household; he gave alms generously to the people and prayed constantly to God.

Acts 10:4 Your prayers and your alms have ascended as a memorial before God.

Acts 11:5 I was in the city of Joppa praying, and in a trance I saw a vision.
Acts 12:5 While Peter was kept in prison, the church prayed fervently to God for him.

Acts 13:3 Then after fasting and praying they laid their hands on them and sent them off.

Acts 14:23 With prayer and fasting they entrusted them to the Lord in whom they had come to believe.

Acts 16:13 There was a place of prayer; and we sat down and spoke to the women who had gathered there.

Acts 16:25 About midnight Paul and Silas were praying and singing hymns to God.

Acts 22:17 While I was praying in the temple, I fell into a trance.

*Acts 28:8 Paul visited him and cured him by praying and putting his hands on him.

*Rom 8:26 We do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

Rom 12:12 Rejoice in hope, be patient in suffering, persevere in prayer.

*1 Cor 1:4 I give thanks to my God always for you.

*1 Cor 7:5 Do not deprive one another except perhaps by agreement for a set time, to devote yourselves to prayer.

1 Cor 14:13–15 Therefore, one who speaks in a tongue should pray for the power to interpret.

2 Cor 1:11 Many will give thanks on our behalf for the blessing granted us through the prayers of many.

*Eph 1:16 I do not cease to give thanks for you as I remember you in my prayers.

*Eph 6:18 Pray in the Spirit at all times in every prayer and supplication.

Phil 1:3–4 I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you.

Phil 4:6 In everything by prayer and supplication with thanksgiving let your requests be made known to God.

Col 4:2 Devote yourselves to prayer, keeping alert in it with thanksgiving.

*Col 4:12 He is always wrestling in his prayers on your behalf, so that you may stand mature and fully assured in everything that God wills.

1 Thess 5:17 Pray without ceasing.

1 Tim 2:8 I desire, then, that in every place the men should pray, lifting up holy hands without anger or argument.

1 Tim 4:5 It is sanctified by God’s word and by prayer.

1 Tim 5:5 The real widow, left alone, has set her hope on God and continues in supplications and prayers night and day.

Heb 5:7 In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears.

James 5:13–16 Are any among you suffering? They should pray.

James 5:17–18 Elijah ... prayed fervently that it might not rain, and for three years and six months it did not rain on the earth.

*1 Pet 3:7 Husbands, in the same way, show consideration for your wives ... so that nothing may hinder your prayers.

1 Pet 3:12 For the eyes of the Lord are on the righteous, and his ears are open to their prayer.

1 Pet 4:7 Be serious and discipline yourselves for the sake of your prayers.

Jude 20 But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit.

Rev 5:8 Each [held] a harp and golden bowls full of incense, which are the prayers of the saints.

Rev 8:3–4 He was given a great quantity of incense to offer with the prayers of all the saints on the golden altar that is before the throne.
**SACRIFICE**: Deliberately forsaking the security of satisfying our own needs with our resources in the faith and hope that God will sustain us.

*Gen 13:8–18* Separate yourself from me. If you take the left hand, then I will go to the right.

*Gen 15:9–14* Your offspring shall be aliens in a land that is not theirs, and shall be slaves there . . . but I will bring judgment.

*Lev 9:7* Draw near to the altar and sacrifice your sin offering and your burnt offering, and make atonement for yourself and for the people.

*Lev 23:37* You shall celebrate . . . times of holy convocation, for presenting to the LORD offerings by fire—burnt offerings and grain offerings, sacrifices and drink offerings, each on its proper day.

*Num 10:10* You shall blow the trumpets over your burnt offerings and over your sacrifices of well-being; they shall serve as a reminder on your behalf before the LORD your God.

*Deut 15:21* If it has any defect—any serious defect, such as lameness or blindness—you shall not sacrifice it to the LORD your God.

*Deut 18:1–2* They may eat the sacrifices that are the LORD's portion.

*Josh 8:31* They offered on it burnt offerings to the LORD, and sacrificed offerings of well-being.

*Ruth 4:5* The day you acquire the field from the hand of Naomi, you are also acquiring Ruth the Moabite.

1 Sam 15:22 Surely, to obey is better than sacrifice, and to heed than the fat of rams.

*2 Sam 24:24* I will not offer burnt offerings to the LORD my God that cost me nothing.

*2 Chron 7:1* When Solomon had ended his prayer, fire came down from heaven and consumed the burnt offering and the sacrifices; and the glory of the LORD filled the temple.

Ps 4:5 Offer right sacrifices, and put your trust in the LORD.

*Ps 40:6–8* Sacrifice and offering you do not desire, but you have given me an open ear.

Ps 50:23 Those who bring thanksgiving as their sacrifice honor me.

Ps 51:16–19 The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Prov 21:3 To do righteousness and justice is more acceptable to the LORD than sacrifice.

Hos 6:6 I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.

*Mic 6:6–8* What does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

*Mal 1:8, 14* When you offer blind animals in sacrifice, is that not wrong?

Sir 34:21–24 The Most High is not pleased with the offerings of the ungodly, nor for a multitude of sacrifices does he forgive sins.

Sir 35:4 One who gives alms sacrifices a thank offering.

Sir 35:9 The sacrifice of the righteous is acceptable, and it will never be forgotten.

*Pr of Azar 16–17* Yet with a contrite heart and a humble spirit may we be accepted, as though it were with burnt offerings.

*Matt 9:13* Go and learn what this means, “I desire mercy, not sacrifice.”

Mark 12:33 “To love him with all the heart, and with all the understanding, and with all the strength,” and “to love one's neighbor as oneself,”—this is much more important than all whole burnt offerings and sacrifices.
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*Mark 14:3–9 A woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head.

*John 21:18 When you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go.

Rom 3:25 God put forward [Christ Jesus] as a sacrifice of atonement by his blood, effective through faith.

*Rom 12:1 Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

*1 Cor 5:7 For our paschal lamb, Christ, has been sacrificed.

1 Cor 9:27 I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

2 Cor 8:1–9 They voluntarily gave according to their means, and even beyond their means.

*2 Cor 9:6–7 Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.

Eph 5:2 Live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

*Phil 2:17 Even if I am being poured out as a libation over the sacrifice and the offering of your faith, I am glad and rejoice with all of you.

Heb 9:23 Thus it was necessary for the sketches of the heavenly things to be purified with these rites, but the heavenly things themselves need better sacrifices than these.

Heb 10:5 Sacrifices and offerings you have not desired, but a body you have prepared for me.

Heb 10:12 When Christ had offered for all time a single sacrifice for sins, “he sat down at the right hand of God.”

Heb 13:11 Those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp.

Heb 13:15 Through him, then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess his name.

*Heb 13:16 Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

1 John 2:2 He is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.

**SECRECY:** Consciously refraining from having our good deeds and qualities generally known, which, in turn, rightly disciplines our longing for recognition.

*Ps 51:6 You desire truth in the inward being; therefore teach me wisdom in my secret heart.

*Ps 91:1 You . . . live in the shelter of the Most High, . . . abide in the shadow of the Almighty.

Isa 45:3 I will give you the treasures of darkness and riches hidden in secret places, so that you may know that it is I, the LORD, the God of Israel, who call you by your name.

*Ezek 16:15 You . . . lavished your whorings on any passer-by.

Sir 42:18 He searches out the abyss and the human heart; he understands their innermost secrets. For the Most High knows all that may be known; he sees from of old the things that are to come.

Matt 6:4 [May] your alms . . . be done in secret; and your Father who sees in secret will reward you.

Matt 6:6 Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.
**SERVICE:** Loving, thoughtful, active promotion of the good of others and the causes of God in our world, through which we experience the many little deaths of going beyond ourselves.

*Gen 18:3–7* My lord, if I find favor with you, do not pass by your servant.

*Gen 24:14* Let her be the one whom you have appointed for your servant Isaac.

*Gen 29:20* So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.

*Gen 32:10* I am not worthy of the least of all the steadfast love and all the faithfulness that you have shown to your servant.

*Exod 35:21, 29* And they came, everyone whose heart was stirred, and everyone whose spirit was willing, and brought the Lord’s offering to be used for the tent of meeting.

*Num 4:24, 27* This is the service of the clans of the Gershonites, in serving and bearing burdens.

*Num 8:11* Aaron shall present the Levites before the Lord as an elevation offering from the Israelites, that they may do the service of the Lord.

*Num 12:7–8* Not so with my servant Moses; he is entrusted with all my house.

*Num 14:24* My servant Caleb, because he has a different spirit and has followed me wholeheartedly, I will bring into the land.

*Deut 3:24* O Lord God, you have only begun to show your servant your greatness and your might.

*Mark 4:22* There is nothing hidden, except to be disclosed; nor is anything secret, except to come to light.

Luke 8:10 To you it has been given to know the secrets of the kingdom of God.

Rom 2:16 According to my gospel, God, through Jesus Christ, will judge the secret thoughts of all.

Josh 22:26–27 Let us now build an altar . . . to be a witness between us and you . . . that we do perform the service of the Lord in his presence.

*Josh 24:15* Choose this day whom you will serve, . . . but as for me and my household, we will serve the Lord.

*Ruth 2:11–16* May the Lord reward you for your deeds, and may you have a full reward from the Lord, the God of Israel.

1 Sam 1:11 O Lord of hosts, if only you will look on the misery of your servant, and remember me, and not forget your servant, but will give to your servant a male child.

1 Sam 2:11–26 Samuel was ministering before the Lord.

*1 Sam 3:9* Go, lie down; and if he calls you, you shall say, “Speak, Lord, for your servant is listening.”

1 Sam 12:24 Only fear the Lord, and serve him faithfully with all your heart.

*1 Sam 16:16–22* And David came to Saul, and entered his service.

1 Sam 18:5 David went out and was successful wherever Saul sent him; as a result, Saul set him over the army.

1 Sam 22:14 Who among all your servants is so faithful as David? He is the king’s son-in-law, and is quick to do your bidding, and is honored in your house.
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*1 Sam 25:41* She rose and bowed down, with her face to the ground, and said, “Your servant is a slave to wash the feet of the servants of my lord.”

*2 Sam 7:8* Thus you shall say to my servant David: Thus says the L ORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel.

*2 Sam 7:21* Because of your promise, and according to your own heart, you have wrought all this greatness, so that your servant may know it.

*2 Sam 11:11* The ark and Israel and Judah remain in booths; . . . shall I then go to my house, to eat and to drink, and to lie with my wife? . . . I will not do such a thing.

*2 Sam 16:1* When David had passed a little beyond the summit, Ziba the servant of Mephibosheth met him.

1 Kings 3:9 Give your servant therefore an understanding mind to govern your people, able to discern between good and evil.

*Neh 5:15–16* The former governors who were before me laid heavy burdens on the people. . . . Even their servants lorded it over the people. But I did not do so, because of the fear of God.

*Ps 8:6–8* You have given them dominion over the works of your hands.

Ps 35:27 Great is the L ORD, who delights in the welfare of his servant.

*Ps 113:1* Praise, O servants of the L ORD.

Ps 134:1 Come, bless the L ORD, all you servants of the L ORD, who stand by night in the house of the L ORD!

*Prov 3:27–28* Do not withhold good from those to whom it is due.

*Prov 31:15* She rises while it is still night and provides food for her household and tasks for her servant-girls.

*Isa 49:6* It is too light a thing that you should be my servant to raise up the tribes of Jacob and to restore the survivors of Israel; I will give you as a light to the nations.

*Isa 58:3* You serve your own interest on your fast day, and oppress all your workers.

*Jer 29:7* Seek the welfare of the city where I have sent you into exile, and pray to the L ORD on its behalf.

Jer 45:5 I am going to bring disaster upon all flesh, says the L ORD; but I will give you your life as a prize of war in every place to which you may go.

*Dan 3:17–18* If our God whom we serve is able to deliver us from the furnace of blazing fire and out of your hand, O king, let him deliver us.

Dan 6:20 O Daniel, servant of the living God, has your God whom you faithfully served been able to deliver you from the lions?

*Amos 2:6–8* They sell the righteous for silver, and the needy for a pair of sandals—they who trample the head of the poor into the dust.

Zech 3:8 I am going to bring my servant the Branch.

*Mal 3:17–18* Then once more you shall see the difference between the righteous and the wicked, between one who serves God and one who does not serve him.

*2 Macc 4:33* When Onias became fully aware of these acts, he publicly exposed them.

Wisd of Sol 10:9 Wisdom rescued from troubles those who served her.

Sir 35:20 The one whose service is pleasing to the Lord will be accepted, and his prayer will reach to the clouds.

*Tob 4:14* Do not keep over until the next day the wages of those who work for you, but pay them at once. If you serve God you will receive payment.

Matt 6:24 No one can serve two masters. . . . You cannot serve God and wealth.
Matt 12:18 Here is my servant, whom I have chosen, my beloved, with whom my soul is well pleased.

Matt 20:26 Whoever wishes to be great among you must be your servant.

*Matt 20:28 The Son of Man came not to be served but to serve, and to give his life a ransom for many."

Matt 23:11 The greatest among you will be your servant.

*Mark 9:35 Whoever wants to be first must be last of all and servant of all.

Mark 10:45 The Son of Man came not to be served but to serve, and to give his life a ransom for many.

Luke 1:48 He has looked with favor on the lowliness of his servant.

Luke 12:37 Blessed are those slaves whom the master finds alert when he comes; ... he will come and serve them.

Luke 16:13 No slave can serve two masters. ... You cannot serve God and wealth.

*Luke 17:7–10 Do you thank the slave for doing what was commanded?


*John 1:48 I saw you under the fig tree before Philip called you.

*John 9:3 Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him.

John 12:26 Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

*John 13:1–17 If I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

John 15:15, 20 I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends.

*Acts 6:1–6 Select from among yourselves seven men of good standing, full of the Spirit and of wisdom, whom we may appoint to this task.

*Acts 20:19 [Serve] the Lord with all humility and with tears.

Rom 12:11 Do not lag in zeal, be ardent in spirit, serve the Lord.

Rom 13:6 For the same reason you also pay taxes, for the authorities are God's servants.

Rom 15:16 [God gave me the grace] to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God.

*1 Cor 16:16 I urge you to put yourselves at the service of such people, and of everyone who works and toils with them.

*2 Cor 6:4–7 As servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities.

*Eph 3:7 Of this gospel I have become a servant according to the gift of God's grace that was given me by the working of his power.

Eph 6:7 Render service with enthusiasm, as to the Lord and not to men and women.

Phil 2:30 He came close to death for the work of Christ, risking his life to make up for those services that you could not give me.

Col 1:23 I, Paul, became a servant of this gospel.

Col 3:24 You know that from the Lord you will receive the inheritance as your reward; you serve the Lord Christ.

*2 Thess 2:17 Comfort your hearts and strengthen them in every good work and word.

1 Tim 3:13 Those who serve well as deacons gain a good standing for themselves and great boldness in the faith that is in Christ Jesus.

1 Tim 6:2 Those who have believing masters must not be disrespectful to them on the ground that they are members of the church; rather they must serve them all the more.
*2 Tim 2:4  No one serving in the army gets entangled in everyday affairs; the soldier’s aim is to please the enlisting officer.

Heb 1:14  Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

*Heb 6:10  God . . . will not overlook your work and the love that you showed for his sake in serving the saints.

1 Pet 2:16  As servants of God, live as free people, yet do not use your freedom as a pretext for evil.

SILENCE: Closing off our souls from “sounds,” whether noise, music, or words, so that we may better still the inner chatter and clatter of our noisy hearts and be increasingly attentive to God.

Gen 24:21  The man gazed at her in silence to learn whether or not the Lord had made his journey successful.

1 Sam 1:13  Hannah was praying silently; only her lips moved, but her voice was not heard.

*1 Kings 19:12  After the earthquake [there was] a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

*Job 6:24  Teach me, and I will be silent; make me understand how I have gone wrong.

*Job 13:5  If you would only keep silent, that would be your wisdom!

Ps 4:4  When you are disturbed, do not sin; ponder it on your beds, and be silent.

Ps 39:9  I am silent; I do not open my mouth, for it is you who have done it.

*Ps 62:1, 5  For God alone my soul waits in silence; from him comes my salvation.

*Ps 131:2  But I have calmed and quieted my soul, like a weaned child with its mother.

*Prov 11:12  Whoever belittles another lacks sense, but an intelligent person remains silent.

Isa 30:15  In returning and rest you shall be saved; in quietness and in trust shall be your strength.

1 Pet 4:10–11  Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.

Rev 1:6  [Jesus Christ] made us to be a kingdom, priests serving his God and Father.

*Rev 5:10  You have made them to be a kingdom and priests serving our God, and they will reign on earth.

Rev 19:10  I am a fellow servant with you and your comrades who hold the testimony of Jesus.
**SIMPPLICITY/FRUGALITY:** The inward reality of single-hearted focus upon God and his kingdom, which results in an outward lifestyle of modesty, openness, and unpretentiousness and which disciplines our hunger for status, glamour, and luxury.

*Deut 17:16–17* He must not acquire many horses for himself. . . . He must not acquire many wives; . . . also silver and gold he must not acquire in great quantity for himself.

*Eccl 5:10* The lover of money will not be satisfied with money; nor the lover of wealth, with gain.

*Dan 5:17* Let your gifts be for yourself, or give your rewards to someone else!

*Hag 1:2–11* You have sown much, and harvested little; you eat, but you never have enough; you drink, but you never have your fill.

*3 Macc 6:36* They instituted the observance of the aforesaid days as a festival, not for drinking and gluttony, but because of the deliverance that had come to them through God.

Matt 5:8 Blessed are the pure in heart, for they will see God.


2 Cor 11:3 I am afraid that . . . your thoughts will be led astray from a sincere and pure devotion to Christ.

Phil 3:13 I do not consider that I have made it my own.

*Phil 4:11–13* I know what it is to have little, and I know what it is to have plenty. . . . I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need.

Col 2:20–23 If with Christ you died to the elemental spirits of the universe, why do you live as if you still belonged to the world?

Col 3:1–2 Set your minds on things that are above, not on things that are on earth.

*2 Tim 2:4* No one serving in the army gets entangled in everyday affairs; the soldier’s aim is to please the enlisting officer.

Heb 12:1–3 Let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us.

James 1:8 The doubter, being double-minded and unstable in every way, must not expect to receive anything from the Lord.

James 4:8 Cleanse your hands, you sinners, and purify your hearts, you double-minded.

*Rev 3:17* You say, “I am rich, I have prospered, and I need nothing.” You do not realize that you are wretched, pitiable, poor, blind, and naked.

**SOLITUDE:** The creation of an open, empty space in our lives by purposefully abstaining from interaction with other human beings, so that, freed from competing loyalties, we can be found by God.

*Gen 32:24* Jacob was left alone; and a man wrestled with him until daybreak.

Num 23:9 Here is a people living alone, and not reckoning itself among the nations!

*1 Kings 17:4* I have commanded the ravens to feed you there.

Ps 62:5 For God alone my soul waits in silence, for my hope is from him.

*Isa 35:1* The wilderness and the dry land shall be glad, the desert shall rejoice and blossom.

*Jer 15:16–18* Under the weight of your hand I sat alone.
*Jth 12:6–9  She went out each night to the valley of Bethulia, and bathed at the spring in the camp.

*Matt 14:23  After he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone.

Mark 1:35  In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.

Mark 6:31  Come away to a deserted place all by yourselves and rest a while.

Mark 6:47  When evening came, the boat was out on the sea, and he was alone on the land.

Mark 9:2  Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves.

*Luke 4:42  At daybreak he departed and went into a deserted place.

Luke 5:16  He would withdraw to deserted places and pray.

Luke 6:12  He went out to the mountain to pray; and he spent the night in prayer to God.

Luke 9:18  Jesus was praying alone, with only the disciples near him.

*John 8:29  The one who sent me is with me; he has not left me alone.

*John 16:32  The hour is coming, indeed it has come, when . . . you will leave me alone. Yet I am not alone because the Father is with me.

*Gal 1:17–22  I went away at once into Arabia.

1 Tim 5:5  The real widow, left alone, has set her hope on God.

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STUDY: The intentional process of engaging the mind with the written and spoken Word of God and the world God has created in such a way that the mind takes on an order conforming to the order upon which it concentrates.

Deut 17:19–20  It shall remain with him and he shall read in it all the days of his life, so that he may learn to fear the L ORD his God.

*Deut 31:10–13  You shall read this law before all Israel in their hearing . . . so that they may hear and learn to fear the L ORD your God.

*Josh 1:8  This book of the law shall not depart out of your mouth; you shall meditate on it day and night.

*Ezra 7:10  Ezra had set his heart to study the law of the L ORD, and to do it, and to teach the statutes and ordinances in Israel.

*Ps 1:1–6  Their delight is in the law of the L ORD, and on his law they meditate day and night.

Ps 19:1–14  The law of the L ORD is perfect, reviving the soul; the decrees of the L ORD are sure, making wise the simple.

*Ps 101:2  I will study the way that is blameless. When shall I attain it?

Ps 111:2  Great are the works of the L ORD, studied by all who delight in them.

*Ps 119:1–176  I will meditate on your precepts, and fix my eyes on your ways.

*Eccl 12:9  Besides being wise, the Teacher also taught the people knowledge, weighing and studying and arranging many proverbs.

*Jer 51:50  Remember the L ORD in a distant land, and let Jerusalem come into your mind.

*Ezek 3:1–3  Eat this scroll and go, speak to the house of Israel.

*1 Esd 9:40–41, 48  Ezra the chief priest brought the law, for all the multitude, men and women, and all the priests to hear the law.

*1 Macc 3:48  They opened the book of the law to inquire into those matters.
*2 Macc 15:9 Encouraging them from the law and the prophets, . . . he made them the more eager.

*3 Macc 2:2–20 Lord, Lord, king of the heavens, and sovereign of all creation, . . . give attention to us.

*4 Macc 1:10 On this anniversary it is fitting for me to praise for their virtues those who . . . died for the sake of nobility and goodness.

Sir 38:34 How different the one who devotes himself to the study of the law of the Most High!

*Bar 4:1 She is the book of the commandments of God. . . . All who hold her fast will live, and those who forsake her will die.

*Matt 23:1–39 Do whatever they teach you and follow it; but do not do as they do, for they do not practice what they teach.

*John 6:35–59 I am the bread of life.

*Rom 2:21 You then, that teach others, will you not teach yourself?

*2 Cor 3:18 All of us, . . . seeing the glory of the Lord, . . . are being transformed into the same image.

2 Cor 4:18 We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

Phil 4:8–9 Whatever is true, whatever is honorable . . . if there is any excellence and if there is anything worthy of praise, think about these things.

*1 Thess 4:11 Aspire to live quietly, to mind your own affairs, and to work with your hands, as we directed you.

2 Tim 2:15 Present yourself to God as one approved by him, a worker who has no need to be ashamed, rightly explaining the word of truth.

*Heb 3:1–2 Consider that Jesus, the apostle and high priest of our confession, was faithful to the one who appointed him.

Heb 12:3 Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

*2 Pet 2:1 False prophets also arose among the people, just as there will be false teachers among you.

SUBMISSION: Subordination to the guidance of God; within the Christian fellowship, a constant mutual subordination out of reverence for Christ, which opens the way for particular subordination to those who are qualified to direct our efforts toward Christlikeness and who then add the weight of their wise authority on the side of our willing spirit to help us do the things we would like to do and refrain from doing the things we don’t want to do.

*Gen 13:8–18 “Rise up, walk through the length and the breadth of the land, for I will give it to you.” So Abram moved his tent, and came and settled.

Gen 15:9–14 “Bring me a heifer three years old, a female goat three years old, a ram. . . .” He brought him all these.

Gen 16:9 Return to your mistress, and submit to her.

*2 Kings 18:31–32 Do not listen to Hezekiah. . . . “Make your peace with me and come out to me.”

*Esther 1:12 Queen Vashti refused to come at the king’s command.

*Ps 81:11 My people did not listen to my voice; Israel would not submit to me.

*Prov 1:8–9 Hear, my child, your father’s instruction.

*Prov 6:20–21 My child, keep your father’s commandment, and do not forsake your mother’s teaching.

*Eccl 8:8 No one has power over the wind to restrain the wind, or power over the day of death.
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*Isa 28:15–18 * I am laying in Zion a . . . sure foundation: “One who trusts will not panic.”

*4 Macc 5:26 * He has permitted us to eat what will be most suitable for our lives.

Matt 6:10 * Your kingdom come. Your will be done, on earth as it is in heaven.

Matt 26:39 * My Father, if it is possible, let this cup pass from me: yet not what I want but what you want.

*Luke 1:38 * Here am I, the servant of the Lord; let it be with me according to your word.

Luke 1:46–56 * My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant.

Rom 8:7 * The mind that is set on the flesh is hostile to God; it does not submit to God’s law.

*Gal 2:5 * We did not submit to them even for a moment, so that the truth of the gospel might always remain with you.

Eph 5:21–6:9 * Be subject to one another out of reverence for Christ.

Col 3:18–24 * Wives, be subject to your husbands. . . . Husbands, love your wives. . . . Children obey your parents.

*1 Tim 3:4 * He must manage his own household well, keeping his children submissive and respectful in every way.

Titus 2:9 * Tell slaves to be submissive to their masters and to give satisfaction in every respect.

Heb 5:7 * Jesus offered up prayers and supplications . . . and he was heard because of his reverent submission.

Heb 13:17 * Obey your leaders and submit to them, for they are keeping watch over your souls and will give an account.

*James 4:7 * Submit yourselves therefore to God. Resist the devil, and he will flee from you.

WORSHIP: Expressing in words, music, rituals, and silent adoration the greatness, beauty, and goodness of God, by means of which we enter the supranatural reality of the shekinah, or glory, of God.

*Gen 22:5 * We will worship, and then we will come back to you.

Gen 24:48 * Then I bowed my head and worshiped the LORD, and blessed the LORD.

Exod 8:1; 9:13 * Let my people go, so that they may worship me.

Exod 20:5 * You shall not bow down to them or worship them; for I the LORD your God am a jealous God.

*Exod 23:25 * You shall worship the LORD your God, and I will bless your bread and your water; and I will take sickness away from among you.

*Deut 12:4 * You shall not worship the LORD your God in such ways.

*Josh 5:14 * Joshua fell on his face to the earth and worshiped.

*Judg 7:15 * When Gideon heard the telling of the dream and its interpretation, he worshiped.

*1 Kings 1:47 * The king bowed in worship on the bed.

*1 Kings 6:1 * He began to build the house of the LORD.

*1 Kings 12:32 * He offered sacrifices on the altar . . . sacrificing to the calves that he had made.

*2 Kings 5:18–19 * When I do bow down in the house of Rimmon, may the LORD pardon your servant on this one count.

*2 Kings 17:24–41 * So these nations worshiped the LORD, but also served their carved images.

*1 Chron 6:31–32 * They ministered with song.
2 Chron 7:3  All the people of Israel . . . bowed down on the pavement with their faces to the ground, and worshiped and gave thanks to the Lord.

*Ezra 3:10–13  The priests in their vestments were stationed to praise the Lord with trumpets.

*Neh 8:6  All the people . . . bowed their heads and worshiped the Lord with their faces to the ground.

Neh 9:6  You are the Lord, you alone, . . . and the host of heaven worships you.

*Job 1:20  Then Job arose, tore his robe, shaved his head, and fell on the ground and worshiped.

*Job 19:25  For I know that my Redeemer lives, and that at the last he will stand upon the earth.

*Ps 96:9  Worship the Lord in holy splendor; tremble before him, all the earth.

Ps 99:5  Extol the Lord our God; worship at his footstool. Holy is he!

*Isa 19:23  On that day . . . the Egyptians will worship with the Assyrians.

*Isa 29:13  These people draw near with their mouths and honor me with their lips, while their hearts are far from me, and their worship of me is a human commandment learned by rote.

*Ps 66:23  All flesh shall come to worship before me, says the Lord.

*Ezek 1:28  This was the appearance of the likeness of the glory of the Lord. When I saw it, I fell on my face.

*Dan 3:12  Certain Jews . . . pay no heed to you, O King. They do not serve your gods and they do not worship the golden statue that you have set up.

*2 Esd 1:37  I call to witness the gratitude of the people that is to come, whose children rejoice with gladness.

Sir 35:10  Be generous when you worship the Lord, and do not stint the first fruits of your hands.

Sir 50:17  Then all the people together quickly fell to the ground on their faces to worship their Lord, the Almighty, God Most High.

Sir 50:21  They bowed down in worship a second time, to receive the blessing from the Most High.

*Ltr of Jer 6  It is you, O Lord, whom we must worship.

*Bel and Dragon 4  The king revered it and went every day to worship it. But Daniel worshiped his own God.

*Matt 4:10  Worship the Lord your God, and serve only him.

Matt 14:33  Those in the boat worshiped him, saying, “Truly you are the Son of God.”

Matt 28:17  When they saw him, they worshiped him; but some doubted.

*Mark 7:6–7  In vain do they worship me, teaching human precepts as doctrines.


Luke 2:37  She never left the temple but worshiped there with fasting and prayer night and day.

Luke 24:52  And they worshiped him, and returned to Jerusalem with great joy.

John 4:20–24  The hour is coming . . . when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him.

John 9:31  God does not listen to sinners, but he does listen to one who worships him and obeys his will.

*Acts 13:1–3  While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul.”

Acts 16:14  A certain woman named Lydia, a worshiper of God, was listening to us.

Acts 17:23  I found . . . an altar with the inscription, “To an unknown god.” What therefore you worship as unknown, this I proclaim to you.
Acts 27:23 Last night there stood by me an angel of the God to whom I belong and whom I worship.

Rom 12:1 Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Phil 3:3 It is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh.

*Heb 1:6 Let all God’s angels worship him.

Heb 9:14 How much more will the blood of Christ . . . purify our conscience from dead works to worship the living God!

Heb 12:28 Since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe.

Rev 4:10 The twenty-four elders fall before the one who is seated on the throne and worship the one who lives forever and ever.

Rev 7:11 All the angels . . . fell on their faces before the throne and worshiped God.

Rev 7:15 For this reason they are before the throne of God, and worship him day and night within his temple.

Rev 22:9 I am a fellow servant with you and your comrades the prophets, and with those who keep the words of this book. Worship God!