

Monday

-No Scriptures

Tuesday

Understanding Your Emotions Part 1

Romans 8:8 (AMPC)

So then those who are living the life of the flesh [catering to the appetites and impulses of their carnal nature] cannot please or satisfy God, or be acceptable to Him.

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1 Corinthians 3:3 (AMPC)

For you are still [unspiritual, having the nature] of the flesh [under the control of ordinary impulses]. For as long as [there are] envying and jealousy and wrangling and factions among you, are you not unspiritual and of the flesh, behaving yourselves after a human standard and like mere (unchanged) men?

John 13:17 (AMPC)

If you know these things, blessed and happy and to be envied are you if you practice them [if you act accordingly and really do them]. Footnotes John 13:17 Alexander Souter, Pocket Lexicon.

Romans 12:21 (AMPC)

Do not let yourself be overcome by evil, but overcome (master) evil with good.

Wednesday

Understanding Your Emotions Part 2

Psalm 119 (AMPC)

The scripture could not be found

Psalm 7:9 (AMPC)

Oh, let the wickedness of the wicked come to an end, but establish the [uncompromisingly] righteous [those upright and in harmony with You]; for You, Who try the hearts and emotions and thinking powers, are a righteous God.

Job 19:25 (AMPC)

For I know that my Redeemer and Vindicator lives, and at last He [the Last One] will stand upon the earth.

Job 19:25-26 (AMPC)

For I know that my Redeemer and Vindicator lives, and at last He [the Last One] will stand upon the earth. And after my skin, even this body, has been destroyed, then from my flesh or without it I shall see God,

Philippians 3:10 (AMPC)

[For my determined purpose is] that I may know Him [that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly], and that I may in that same way come to know the power outflowing from His resurrection [which it exerts over believers], and that I may so share His sufferings as to be continually transformed [in spirit into His likeness even] to His death, [in the hope]FootnotesPhilippians 3:10Marvin Vincent, Word Studies.

Romans 8:35-39 (AMPC)

Who shall ever separate us from Christ's love? Shall suffering and affliction and tribulation? Or calamity and distress? Or persecution or hunger or destitution or peril or sword? Even as it is written, For Thy sake we are put to death all the day long; we are regarded and counted as sheep for the slaughter. Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us. For I am persuaded beyond doubt (am sure) that neither death nor life, nor angels nor principalities, nor things impending and threatening nor things to come, nor powers, Nor height nor depth, nor anything else in all creation will be able to separate us from the love of God which is in Christ Jesus our Lord. FootnotesRomans 8:37Joseph Thayer, A Greek-English Lexicon. Romans 8:38Marvin Vincent, Word Studies. The literal translation is "standing in sight."

Colossians 3:2 (AMPC)

And set your minds and keep them set on what is above (the higher things), not on the things that are on the earth.

Thursday

I Will Not Fear Part 1

Acts 10:34 (AMPC)

And Peter opened his mouth and said: Most certainly and thoroughly I now perceive and understand that God shows no partiality and is no respecter of persons,

Romans 8:31 (AMPC)

What then shall we say to [all] this? If God is for us, who [can be] against us? [Who can be our foe, if God is on our side?]

Psalms 118:6 (AMPC)

The Lord is on my side; I will not fear. What can man do to me?

1 John 4:16 (AMPC)

And we know (understand, recognize, are conscious of, by observation and by experience) and believe (adhere to and put faith in and rely on) the love God cherishes for us. God is love, and he who dwells and continues in love dwells and continues in God, and God dwells and continues in him.

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1 John 4:18 (AMPC)

There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]. Footnotes¹ John 4:18Marvin Vincent, Word Studies.¹ John 4:18Joseph Thayer, A Greek-English Lexicon.

Mark 4:35 (AMPC)

On that same day [when] evening had come, He said to them, Let us go over to the other side [of the lake].

Genesis 50:20 (AMPC)

As for you, you thought evil against me, but God meant it for good, to bring about that many people should be kept alive, as they are this day.

Mark 4:35-38 (AMPC)

On that same day [when] evening had come, He said to them, Let us go over to the other side [of the lake]. And leaving the throng, they took Him with them, [just] as He was, in the boat [in which He was sitting]. And other boats were with Him. And a furious storm of wind [of hurricane proportions] arose, and the waves kept beating into the boat, so that it was already becoming filled. But He [Himself] was in the stern [of the boat], asleep on the [leather] cushion; and they awoke Him and said to Him, Master, do You not care that we are perishing? FootnotesMark 4:37Kenneth Wuest, Word Studies.

Mark 4:39-5:1 (AMPC)

And He arose and rebuked the wind and said to the sea, Hush now! Be still (muzzled)! And the wind ceased (sank to rest as if exhausted by its beating) and there was [immediately] a great calm (a perfect

peacefulness). He said to them, Why are you so timid and fearful? How is it that you have no faith (no firmly relying trust)? And they were filled with great awe and feared exceedingly and said one to another, Who then is this, that even wind and sea obey Him?⁵ They came to the other side of the sea to the region of the Gerasenes. Footnotes Mark 4:39 Marvin Vincent, Word Studies. Mark 4:39 John Wycliffe, The Wycliffe Bible. Mark 4:40 Hermann Cremer, Biblico-Theological Lexicon. Mark 4:41 Marvin Vincent, Word Studies.

Job 3:25 (AMPC)

For the thing which I greatly fear comes upon me, and that of which I am afraid befalls me.

2 Timothy 1:7 (AMPC)

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

Psalms 28:7 (AMPC)

The Lord is my Strength and my [impenetrable] Shield; my heart trusts in, relies on, and confidently leans on Him, and I am helped; therefore my heart greatly rejoices, and with my song will I praise Him.

Psalms 37:40 (AMPC)

And the Lord helps them and delivers them; He delivers them from the wicked and saves them, because they trust and take refuge in Him.

Psalms 86:2 (AMPC)

Preserve my life, for I am godly and dedicated; O my God, save Your servant, for I trust in You [leaning and believing on You, committing all and confidently looking to You, without fear or doubt].

Psalm 26:1 (AMPC)

[A Psalm] of David. Vindicate me, O Lord, for I have walked in my integrity; I have [expectantly] trusted in, leaned on, and relied on the Lord without wavering and I shall not slide.

James 4:1-2 (AMPC)

4 What leads to strife (discord and feuds) and how do conflicts (quarrels and fightings) originate among you? Do they not arise from your sensual desires that are ever warring in your bodily members? You are jealous and covet [what others have] and your desires go unfulfilled; [so] you become murderers. [To hate is to murder as far as your hearts are concerned.] You burn with envy and anger and are not able to obtain [the gratification, the contentment, and the happiness that you seek], so you fight and war. You do not have, because you do not ask.

Friday

I Will Not Fear Part 2

James 4:1-2 (AMPC)

4 What leads to strife (discord and feuds) and how do conflicts (quarrels and fightings) originate among you? Do they not arise from your sensual desires that are ever warring in your bodily members? You are jealous and covet [what others have] and your desires go unfulfilled; [so] you become murderers. [To hate is to murder as far as your hearts are concerned.] You burn with envy and anger and are not able to obtain [the gratification, the contentment, and the happiness that you seek], so you fight and war. You do not have, because you do not ask.

[Romans 7:24- \(AMPC\)](#)

O unhappy and pitiable and wretched man that I am! Who will release and deliver me from [the shackles of] this body of death? O thank God! [He will!] through Jesus Christ (the Anointed One) our Lord! So then indeed I, of myself with the mind and heart, serve the Law of God, but with the flesh the law of sin.

[Romans 11:32 \(AMPC\)](#)

For God has consigned (penned up) all men to disobedience, only that He may have mercy on them all [alike].

[Jeremiah 1:5 \(AMPC\)](#)

Before I formed you in the womb I knew [and] approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you; [and] I appointed you as a prophet to the nations.

[Matthew 14:22-30 \(AMPC\)](#)

Then He directed the disciples to get into the boat and go before Him to the other side, while He sent away the crowds. And after He had dismissed the multitudes, He went up into the hills by Himself to pray. When it was evening, He was still there alone. But the boat was by this time out on the sea, many furlongs [a furlong is one-eighth of a mile] distant from the land, beaten and tossed by the waves, for the wind was against them. And in the fourth watch [between 3:00—6:00 a.m.] of the night, Jesus came to them, walking on the sea. And when the disciples saw Him walking on the sea, they were terrified and said, It is a ghost! And they screamed out with fright. But instantly He spoke to them, saying, Take courage! I Am ! Stop being afraid! And Peter answered Him, Lord, if it is You, command me to come to You on the water. He said, Come! So Peter got out of the boat and walked on the water, and he came toward Jesus. But when he perceived and felt the strong wind, he was frightened, and as he began to sink, he cried out, Lord, save me [from death]!

[Romans 8:15 \(AMPC\)](#)

For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father!

John 6:28 (AMPC)

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John 6:29 (AMPC)

Jesus replied, This is the work (service) that God asks of you: that you believe in the One Whom He has sent [that you cleave to, trust, rely on, and have faith in His Messenger].