

Monday

Calm Down and Cheer Up Part 1 Studio Teaching

John 14:27 (AMPC)

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

Isaiah 30:15 (AMPC)

For thus said the Lord God, the Holy One of Israel: In returning [to Me] and resting [in Me] you shall be saved; in quietness and in [trusting] confidence shall be your strength. But you would not,

Philippians 1:28 (AMPC)

And do not [for a moment] be frightened or intimidated in anything by your opponents and adversaries, for such [constancy and fearlessness] will be a clear sign (proof and seal) to them of [their impending] destruction, but [a sure token and evidence] of your deliverance and salvation, and that from God.

Philippians 1:29 (AMPC)

For you have been granted [the privilege] for Christ's sake not only to believe in (adhere to, rely on, and trust in) Him, but also to suffer in His behalf.

Ephesians 6:13 (AMPC)

Therefore put on God's complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place].

Psalm 46:10 (NKJV)

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

Exodus 14:9 (NIV)

The Egyptians—all Pharaoh's horses and chariots, horsemen and troops—pursued the Israelites and overtook them as they camped by the sea near Pi Hahiroth, opposite Baal Zephon. Footnotes Exodus 14:9 Or charioteers; also in verses 17, 18, 23, 26 and 28

Exodus 14:10-13 (NIV)

As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. They said to Moses, "Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!" Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again.

Exodus 14:13-14 (NIV)

Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still."

Tuesday

Calm Down & Cheer Up Part 2 Studio Teaching

Matthew 6:34 (AMPC)

So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.

Proverbs 14:30 (AMPC)

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.

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Isaiah 40:31 (AMPC)

But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

Psalms 46:10 (NIV)

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

2 Timothy 4:2 (AMPC)

Herald and preach the Word! Keep your sense of urgency [stand by, be at hand and ready], whether the opportunity seems to be favorable or unfavorable. [Whether it is convenient or inconvenient, whether it is welcome or unwelcome, you as preacher of the Word are to show people in what way their lives are wrong.] And convince them, rebuking and correcting, warning and urging and encouraging them, being unflagging and inexhaustible in patience and teaching.

Mark 4:35-39 (NIV)

That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

Mark 4:39-41 (NIV)

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

1 Peter 5:8 (NIV)

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Mark 4:35 (NIV)

That day when evening came, he said to his disciples, "Let us go over to the other side."

Mark 5:1 (ESV)

5 They came to the other side of the sea, to the country of the Gerasenes. FootnotesMark 5:1 Some manuscripts Gergesenes; some Gadarenes

Proverbs 16:32 (NIV)

Better a patient person than a warrior, one with self-control than one who takes a city.

1 Peter 3:3-4 (AMPC)

Let not yours be the [merely] external adorning with [elaborate] interweaving and knotting of the hair, the wearing of jewelry, or changes of clothes; But let it be the inward adorning and beauty of the hidden person of the heart, with the incorruptible and unfading charm of a gentle and peaceful spirit, which [is not anxious or wrought up, but] is very precious in the sight of God.
Footnotes¹ Peter 3:3 Joseph Thayer, A Greek-English Lexicon.

Proverbs 16:9 (AMPC)

A man's mind plans his way, but the Lord directs his steps and makes them sure.

Wednesday

Calm Down & Cheer Up Part 3 Studio Teaching

Proverbs 15:13 (AMPC)

A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken.

Psalms 5:11 (AMPC)

But let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them; let those also who love Your name be joyful in You and be in high spirits.

Psalm 32:11 (AMPC)

Be glad in the Lord and rejoice, you [uncompromisingly] righteous [you who are upright and in right standing with Him]; shout for joy, all you upright in heart!

John 10:10 (AMPC)

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows). Footnotes John 10:10 Alexander Souter, Pocket Lexicon of the Greek New Testament.

2 Samuel 11:1-26 (AMPC)

11 In the spring, when kings go forth to battle, David sent Joab with his servants and all Israel, and they ravaged the Ammonites [country] and besieged Rabbah. But David remained in Jerusalem. One evening David arose from his couch and was walking on the roof of the king's house, when from there he saw a woman bathing; and she was very lovely to behold. David sent and inquired about the woman. One said, Is not this Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite? And David sent messengers and took her. And she came in to him, and he lay with her—for she was purified from her uncleanness. Then she returned to her house. And the woman became pregnant and sent and told David, I am with child. David sent to Joab, saying, Send me Uriah the Hittite. So Joab sent [him] Uriah. When Uriah had come to him, David asked him how Joab was, how the people fared, and how the war progressed. David said to Uriah, Go down to your house and wash your feet. Uriah went out of the king's house, and there followed him a mess of food [a gift] from the king. But Uriah slept at the door of the king's house with all the servants of his lord and did not go down to his house. When they told David, Uriah did not go down to his house, David said to Uriah, Have you not come from a journey? Why did you not go down to your house? Uriah said to David, The ark and Israel and Judah live in tents, and my lord Joab and the servants of my lord are camping in the open field. Shall I then go to my house to eat and drink and lie with my wife? As you live and as my soul lives, I will not do this thing. And David said to Uriah, Remain here today also, and tomorrow I will let you depart. So Uriah remained in Jerusalem that day and the next. David invited him, and he ate with him and drank, so that he made him drunk; but that night he went out to lie on his bed with the servants of his lord and did not go down to his house. In the morning David wrote a letter to Joab and sent it with Uriah. And he wrote in the letter, Put Uriah in the front line of the heaviest fighting and withdraw from him, that he may be struck down and die. So when Joab was besieging the city, he assigned Uriah opposite where he knew the enemy's most valiant men were. And the men of the city came out and fought with Joab, and some of the servants of David fell. Uriah the Hittite died also. Then Joab sent and told David all the things concerning the war. And he charged the messenger, When you have finished reporting matters of the war to the king, Then if the king's anger rises and he says to you, Why did you go so near to the city to fight? Did you not know they would shoot from the wall? Who killed Abimelech son

of Jerubbesheth (Gideon)? Did not a woman cast an upper millstone upon him from the wall, so that he died in Thebez? Why did you go near the wall? Then say, Your servant Uriah the Hittite is dead also. So the messenger went and told David all for which Joab had sent him. The messenger said to David, Surely the men prevailed against us and came out to us in to the field, but we were upon them even to the entrance of the gate. Then the archers shot at your servants from the wall. Some of the king's servants are dead, and your servant Uriah the Hittite is dead also. Then David said to the messenger, Say to Joab, Let not this thing disturb you, for the sword devours one as well as another. Strengthen your attack upon the city and overthrow it. And encourage Joab. When Uriah's wife heard that her husband was dead, she mourned for Uriah.

Thursday

The Mouth Part 1

Ephesians 4:29-30 (AMPC)

Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it. And do not grieve the Holy Spirit of God [do not offend or vex or sadden Him], by Whom you were sealed (marked, branded as God's own, secured) for the day of redemption (of final deliverance through Christ from evil and the consequences of sin).

James 3:5-10 (AMPC)

Even so the tongue is a little member, and it can boast of great things. See how much wood or how great a forest a tiny spark can set ablaze! And the tongue is a fire. [The tongue is a] world of wickedness set among our members, contaminating and depraving the whole body and setting on fire the wheel of birth (the cycle of man's nature), being itself ignited by hell (Gehenna). For every kind of beast and bird, of reptile and sea animal, can be tamed and has been tamed by human genius (nature). But the human tongue can be tamed by no man. It is a restless (undisciplined, irreconcilable) evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse men who were made in God's likeness! Out of the same mouth come forth blessing and cursing. These things, my brethren, ought not to be so.

Numbers 21:6-9 (AMPC)

Then the Lord sent fiery (burning) serpents among the people; and they bit the people, and many Israelites died. And the people came to Moses, and said, We have sinned, for we have spoken against the Lord and against you; pray to the Lord, that He may take away the serpents from us. So Moses prayed for the people. And the Lord said to Moses, Make a fiery serpent [of bronze] and set it on a pole; and everyone who is bitten, when he looks at it, shall live. And Moses made a serpent of bronze and put it on a pole, and if a serpent had bitten any man, when he looked to the serpent of bronze [attentively, expectantly, with a steady and absorbing gaze], he lived. FootnotesNumbers 21:9Jesus said that as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, “that everyone who believes in Him [who cleaves to Him, trusts Him and relies on Him] may not perish, but have eternal life and [actually] live forever!” (John 3:14, 15). Obviously this implies that the look that caused the victim of a fiery serpent to be healed was something far more than a casual glance. A “look” would save, but what kind of a look? The Hebrew text here means “look attentively, expectantly, with a steady and absorbing gaze.” Or, as Jesus said in the last verse of the chapter quoted above (John 3:36), “He who believes in (has faith in, clings to, relies on) the Son has (now possesses) eternal life.” But whoever does not so believe in, cling to, and rely on the Son “will never see... life.” The look that saves is not just a fleeting glance; it is a God-honoring, God-answered, fixed, and absorbing gaze!

Romans 4:17 (AMPC)

As it is written, I have made you the father of many nations. [He was appointed our father] in the sight of God in Whom he believed, Who gives life to the dead and speaks of the nonexistent things that [He has foretold and promised] as if they [already] existed.

Psalms 103:20 (AMPC)

Bless (affectionately, gratefully praise) the Lord, you His angels, you mighty ones who do His commandments, hearkening to the voice of His word.

Isaiah 53:7 (AMPC)

He was oppressed, [yet when] He was afflicted, He was submissive and opened not His mouth; like a lamb that is led to the slaughter, and as a sheep before her shearers is dumb, so He opened not His mouth.

John 14:30 (AMPC)

I will not talk with you much more, for the prince (evil genius, ruler) of the world is coming. And he has no claim on Me. [He has nothing in common with Me; there is nothing in Me that belongs to him, and he has no power over Me.]

Friday

The Mouth Part 2

Matthew 12:34 (AMPC)

You offspring of vipers! How can you speak good things when you are evil (wicked)? For out of the fullness (the overflow, the superabundance) of the heart the mouth speaks.

FootnotesMatthew 12:34Alexander Souter, Pocket Lexicon.

Matthew 12:35 (AMPC)

The good man from his inner good treasure flings forth good things, and the evil man out of his inner evil storehouse flings forth evil things. FootnotesMatthew 12:35Marvin Vincent, Word Studies. Matthew 12:35Marvin Vincent, Word Studies.

James 3:2 (AMPC)

For we all often stumble and fall and offend in many things. And if anyone does not offend in speech [never says the wrong things], he is a fully developed character and a perfect man, able to control his whole body and to curb his entire nature.

Matthew 15:11 (AMPC)

It is not what goes into the mouth of a man that makes him unclean and defiled, but what comes out of the mouth; this makes a man unclean and defiles [him].

Amos 3:3 (AMPC)

Do two walk together except they make an appointment and have agreed?

2 Corinthians 5:21 (AMPC)

For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become [endued with, viewed as being in, and examples of] the righteousness of God [what we ought to be, approved and acceptable and in right relationship with Him, by His goodness]. Footnotes 2 Corinthians 5:21 Henry Alford, The Greek New Testament, with Notes.

2 Corinthians 5:17 (AMPC)

Therefore if any person is [ingrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come!

Proverbs 18:20-21 (AMPC)

A man's [moral] self shall be filled with the fruit of his mouth; and with the consequence of his words he must be satisfied [whether good or evil]. Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].

Proverbs 18:8 (AMPC)

The words of a whisperer or talebearer are as dainty morsels; they go down into the innermost parts of the body.

James 1:26 (AMPC)

If anyone thinks himself to be religious (piously observant of the external duties of his faith) and does not bridle his tongue but deludes his own heart, this person's religious service is worthless (futile, barren).

1 Corinthians 3:1 (AMPC)

3 However, brethren, I could not talk to you as to spiritual [men], but as to nonspiritual [men of the flesh, in whom the carnal nature predominates], as to mere infants [in the new life] in Christ [unable to talk yet!]^{Footnotes}1 Corinthians 3:1 Literal translation: “non-speakers.”

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?

1 Corinthians 13:11 (AMPC)

When I was a child, I talked like a child, I thought like a child, I reasoned like a child; now that I have become a man, I am done with childish ways and have put them aside.

Ezekiel 37:1-10 (AMPC)

37 The hand of the Lord was upon me, and He brought me out in the Spirit of the Lord and set me down in the midst of the valley; and it was full of bones. And He caused me to pass round about among them, and behold, there were very many [human bones] in the open valley or plain, and behold, they were very dry. And He said to me, Son of man, can these bones live? And I answered, O Lord God, You know! Again He said to me, Prophecy to these bones and say to them, O you dry bones, hear the word of the Lord. Thus says the Lord God to these bones: Behold, I will cause breath and spirit to enter you, and you shall live; And I will lay sinews upon you and bring up flesh upon you and cover you with skin, and I will put breath and spirit in you, and you [dry bones] shall live; and you shall know, understand, and realize that I am the Lord [the Sovereign Ruler, Who calls forth loyalty and obedient service]. So I prophesied as I was commanded; and as I prophesied, there was a [thundering] noise and behold, a shaking and trembling and a rattling, and the bones came together, bone to its bone. And I looked and behold, there were sinews upon [the bones] and flesh came upon them and skin covered them over, but there was no breath or spirit in them. Then said He to me, Prophecy to the breath and spirit, son of man, and say to the breath and spirit, Thus says the Lord God: Come from the four winds, O breath and spirit, and breathe upon these slain that they may live. So I prophesied as He commanded me, and the breath and spirit came into [the bones], and they lived and stood up upon their feet, an exceedingly great host.