

Live Well

-.001.tiff

A Prayer of Moses
Psalm 90:12

-.002.tiff

So teach us to number our days that
we may get a heart of wisdom.
—Psalm 90:12 ESV

-.003.tiff

A Prayer of Paul
I Thessalonians 5

-.004.tiff

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

-.005.tiff

Justification is a state of *being*,
as God counts us righteous
in Jesus Christ.

-.006.tiff

¹Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. ²Through Him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

—Romans 5:1-2 ESV

-.007.tiff

Sanctification is a process of *becoming*, as God makes us more and more righteous in ourselves.

-.008.tiff

“We are not justified on the basis of our sanctification; yet justification never takes place without sanctification beginning.”

—Sinclair Ferguson

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Live Well in Your Body

-.010.tiff

¹⁹Or do you not know that your **body** is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your **body**.

—1 Corinthians 6:19-20 ESV

-.011.tiff

Do not present your **members** to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your **members** to God as instruments for righteousness.

—Romans 6:13 ESV

-.012.tiff

“God wants you to give Him your body. That sounds very ordinary, but it’s one of the most spiritual things you can do! If God is going to use you, He must have your body. When Jesus Christ came to earth to redeem us, He had to have a body.

-.013.tiff

In order to get His message of salvation to the world, Jesus Christ must have a body—the Church. God can use my fingers to write letters, He can use my feet to make visits. He can use my lips to speak the message of truth. That’s why you should take good care of your body—it’s the only tool you’ve got...

-.014.tiff

God wants your body as a holy sacrifice, as a complete sacrifice to Him. Just as Jesus gave His body on the cross for you, God wants you to give your body on the altar for Him.”

—Warren Wiersbe

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Live Well in Your Soul

-.016.tiff

Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

—1 Peter 2:11 ESV

-.017.tiff

“If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life.”

—Dallas Willard

-.018.tiff

Live Well in Your Spirit

-.019.tiff

For to set the mind on the flesh is death,
but to set the mind on the Spirit is life
and peace. —Romans 8:6 ESV

-.020.tiff

“Grace is not only the pardon that passes
over our badness, it is also the power that
produces our goodness.” —John Piper

-.021.tiff

¹⁶So we do not lose heart.
Though our outer self is wasting
away, our inner self is being
renewed day by day. ¹⁷For this
light momentary affliction is
preparing for us an eternal weight
of glory beyond all comparison,

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¹⁸as we look not to the things that
are seen but to the things that are
unseen. For the things that are
seen are transient, but the things
that are unseen are eternal.

—2 Corinthians 4:16-18 ESV

-.023.tiff

For our sake He made Him to
be sin who knew no sin, so that
in Him we might become the
righteousness of God.

—2 Corinthians 5:21 ESV

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