

## SESSION 7 – Daily Exercise Scripture References

### DAY 1

- **Romans 8:24** – For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees?
- **Ephesians 2:8** – For by grace you have been saved through faith, and this is not from you; it is the gift of God;
- **Matthew 10:22** – You will be hated by all because of my name, but whoever endures to the end will be saved.
- **1 Corinthians 1:18** – The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God
  
- **John 3:5** – Jesus answered, “Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit.
  
- **1 Corinthians 6:11** – That is what some of you used to be; but now you have had yourselves washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.
- **1 Peter 3:21** – This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God\* for a clear conscience, through the resurrection of Jesus Christ
- **Titus 3:3-7** – For we ourselves were once foolish, disobedient, deluded, slaves to various desires and pleasures, living in malice and envy, hateful ourselves and hating one another. But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, whom he richly poured out on us through Jesus Christ our savior, so that we might be justified by his grace and become heirs in hope of eternal life.f
  
- **Hebrews 5:12-14** – Although you should be teachers by this time, you need to have someone teach you again the basic elements of the utterances of God. You need milk, [and] not solid food. Everyone who lives on milk lacks experience of the word of righteousness, for he is a child. But solid food is for the mature, for those whose faculties are trained by practice to discern good and evil.

### DAY 2

- **Romans 8:15-17** – For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, “Abba, Father!”

- **Romans 1:1-7** – Paul, a slave of Christ Jesus,\* called to be an apostle and set apart for the gospel of God, which he promised previously through his prophets in the holy scriptures, the gospel about his Son, descended from David according to the flesh, but established as Son of God in power according to the spirit of holiness through resurrection from the dead, Jesus Christ our Lord. Through him we have received the grace of apostleship, to bring about the obedience of faith, for the sake of his name, among all the Gentiles, among whom are you also, who are called to belong to Jesus Christ; to all the beloved of God in Rome, called to be holy. Grace to you and peace from God our Father and the Lord Jesus Christ.
- **James 2:19-26** – You believe that God is one. You do well. Even the demons believe that and tremble. Do you want proof, you ignoramus, that faith without works is useless? Was not Abraham our father justified by works when he offered his son Isaac upon the altar? You see that faith was active along with his works, and faith was completed by the works. Thus the scripture was fulfilled that says, “Abraham believed God, and it was credited to him as righteousness,” and he was called “the friend of God.” See how a person is justified by works and not by faith alone. And in the same way, was not Rahab the harlot also justified by works when she welcomed the messengers and sent them out by a different route? For just as a body without a spirit is dead, so also faith without works is dead.
- **Philippians 2:8** – he humbled himself, becoming obedient to death, even death on a cross.
- **John 15:13** – No one has greater love than this, to lay down one’s life for one’s friends.
- **Luke 9:24** – For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it.
- **Matthew 16:24** – Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.
- **Hebrews 5:8-9** – Son though he was, he learned obedience from what he suffered; and when he was made perfect, he became the source of eternal salvation for all who obey him,
- **1 Peter 1:6-7** – In this you rejoice, although now for a little while you may have to suffer through various trials, so that the genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ.
- **1 Peter 4:1** – Therefore, since Christ suffered in the flesh, arm yourselves also with the same attitude (for whoever suffers in the flesh has broken with sin),
- **1 Peter 4:12-13** – Beloved, do not be surprised that a trial by fire is occurring among you, as if something strange were happening to you. But rejoice to the extent that you share in the sufferings of Christ, so that when his glory is revealed you may also rejoice exultantly.

- **1 Corinthians 1:6-7** – If we are afflicted, it is for your encouragement and salvation; if we are encouraged, it is for your encouragement, which enables you to endure the same sufferings that we suffer. Our hope for you is firm, for we know that as you share in the sufferings, you also share in the encouragement.
- **Colossians 1:24** – Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church,
- **Romans 12:1** – I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.

### DAY 3

- **1 Corinthians 3:1-2** – Brothers, I could not talk to you as spiritual people, but as fleshly people, as infants in Christ fed you milk, not solid food, because you were unable to take it. Indeed, you are still not able, even now,
- **Hebrews 5:12-13** – Although you should be teachers by this time, you need to have someone teach you again the basic elements of the utterances of God. You need milk, [and] not solid food. Everyone who lives on milk lacks experience of the word of righteousness, for he is a child.
- **1 Peter 2:1-2** – Rid yourselves of all malice and all deceit, insincerity, envy, and all slander; like newborn infants, long for pure spiritual milk so that through it you may grow into salvation,

### DAY 4

- **Matthew 5:21-26** – “You have heard that it was said to your ancestors, ‘You shall not kill; and whoever kills will be liable to judgment.’ But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, ‘Raqa,’ will be answerable to the Sanhedrin, and whoever says, ‘You fool,’ will be liable to fiery Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court with him. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny.
- **Matthew 5:29** – If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna.
- **Matthew 18:34** – Then in anger his master handed him over to the torturers until he should pay back the whole debt.

- **Matthew 18:8-9** – If your hand or foot causes you to sin, cut it off and throw it away. It is better for you to enter into life maimed or crippled than with two hands or two feet to be thrown into eternal fire. And if your eye causes you to sin, tear it out and throw it away. It is better for you to enter into life with one eye than with two eyes to be thrown into fiery Gehenna.

## DAY 5

- **Matthew 3:13-17** – Then Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, “I need to be baptized by you, and yet you are coming to me?” Jesus said to him in reply, “Allow it now, for thus it is fitting for us to fulfill all righteousness.” Then he allowed him. After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, “This is my beloved Son, with whom I am well pleased.”
- **Matthew 3:4** – John wore clothing made of camel’s hair and had a leather belt around his waist. His food was locusts and wild honey.