

SCRIPTURE FROM 'POP - A JOURNEY IN THE LIGHT'

Page	Scripture	Verse:
18	1 Samuel	"You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty."
21	Hebrews 11:6	"Without faith, it is impossible to please God, because anyone who comes to Him must believe that he exists and that he rewards those who earnestly seek him."
38	Philippians 1:20	"I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death."
39	Psalms 46:10	"Be still and know that I am God." King James: "Cease Striving and know that I am God."
40	Romans 8:26	"Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves." The Message.
41	Philippians 1:3	"I thank my God every time I think of you."
43	Philippians 4:19	"I can do all things through Christ who strengthens me."
44	1 Samuel 24:5-6	"May the Lord keep me from doing such a thing to my master! Saul is the Lord's appointed king. I should not do anything against him."
45	Matthew 11:28-30	"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest in your souls. For my yoke is easy and my burden is light."
50	Job 16:20b-21	"My eyes pour out tears to God. I want someone to plead with God for me, as one pleads for a friend. Good News

- 53 Psalm 139:13-16 "You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous- how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed." NLT
- 53 James 4:16 "The prayer of a righteous man is powerful and effective."
- 56 1 Corinthians 10:31 ..."whatever you do, do all to the glory of God."
- 57 John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."
- 59 Philippians 4:6-7 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ."
- 62 Romans 8:28 "And we know that in all things, God works for the good of those who love him, who have been called according to His purpose."
- 62 John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but will have eternal life."
- 64 John 14:27 "Peace I leave you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- 70 Psalm 46:10 "Be still and know that I am God."
- 71 Psalm 118:24 "This is the day that the Lord has made, let us rejoice and be glad."
- 74 Psalm 46:10 "Be still and know that I am God."

78	Genesis 2:2	"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."
78	Psalms 23:3	"He restores my soul."
80	Matthew 25:21	"Well done my good and faithful servant. You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness."
81	Philippians 4:9	"I can do all things through Christ who strengthens me."
82	John 3:16	"God so loved the world that He gave his one and only Son, that whoever believes in Him shall not perish but have eternal life."
82-83	Matthew 6:19-21	"Do not store up for yourselves treasures on earth, where moth and rust destroy; and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."
85	Matthew 6:33-34	"But seek first his kingdom and his righteousness, and all these things (peace, comfort, discernment" will be given to you as well. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." The Message

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88	2 Cor. 12: 9-10	"But He said to me, 'my grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."
90	Psalms 46:10	"Be still and know that I am God."
91	Luke 10:20	"We rejoice because of our right relationship with God, not because of our successful service for Him." paraphrase
93	Philippians 1:3	"I thank my God every time I think of you."
93	Romans 8:28	"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
104	Romans 12:1	"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship."
106	John 12:46 NLT	"I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark."
106	John 8:12 NLT	"Jesus spoke to the people once more and said, 'I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life.'"
110	John 13:14-17	"Now that I, your Father and teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Now that you know these things, you will be blessed if you do them."
111	Romans 8:28	"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

- 113 2 Cor. 6:1-2 "As God's fellow workers we urge you not to receive God's grace in vain...I tell you, NOW is the time of God's favor, NOW is the day of salvation."
- 114 James 1:22 "Do not merely listen to the word, and so deceive yourselves. Do what it says."
- 116 Psalm 46:10 "Be still and know that I am God."
- 119 Luke 1:
 "You will be with child and give birth to a son, and you are to give him the name Jesus." v. 31
 "How will this be?" Mary asked the angel, "since I am still a virgin." v. 34
 "I am the Lord's servant, may it be to me as you have said." v. 38
- 120 Psalm 118:24 "This is the day that the Lord has made; let us rejoice and be glad in it."
- 122 Matt. 22:36-39 "Teacher, which is the greatest commandment in the Law?" Jesus replied; "Love the Lord your God with all your heart and all your soul and with all your mind. This is the first and greatest commandment. And the second is like it; Love your neighbor as yourself."
- 127 Mark 11:24 "Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."
- 131 Psalm 46:10 "Be still and know that I am God."
 Romans 8:28 "And we know that in all things God works for good for those who love him, who have been called according to his purpose."
 2 Cor. 12:9-10 "My grace is sufficient for you, for my power is made perfect in weakness. For when I am weak, then I am strong."
 2 Timothy 1:6-7 "Fan into flame the gift of God. For God did not give us a spirit of timidity, but a spirit of power, love, and self-discipline."
- 133 2 Timothy 1:4 "Discipline yourself for the purpose of godliness." "Exercise daily in God - no spiritual flabbiness, please! The Message.
- 134 1 John 3:1 "How great is the love the Father has lavished on us, that we should be called children of God!"
 2 Cor. 5:17 "If anyone is in Christ, he is a new creation; the old is gone, the new has come!"
 1 Thess. 5:18 "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
 Philippians 4:6 "In everything, by prayer and petition, with thanksgiving, present your requests to God."

- 139 Philippians 4:13 "I can do everything through Him who gives me strength."
- 143 Luke 5:5 "Because you say so, I will!" BYSSIW.
- 143 Psalm 106:1 "Praise the Lord. Give thanks to the Lord, for He is good; His love endures forever."
- 143 Col. 3:15-17 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him."
- 144 1 Timothy 4:8 "for physical training is of some value, but godliness have value for all things, holding promise for both the present life and the life to come."
- 147 Isaiah 44:2a "I am your Creator. You were in my care even before you were born."
- 147 Psalm 139:16 "You saw me before I was born and scheduled each day of my life before I began to breath. Every day was recorded in your Book."
- 147 Psalm 139:13 "For you created my inmost being; you knit me together in my mother's womb, I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
- 148 1 Cor. 9:24 "Do you not know that in a race all the runners run, but only one gets the prize? Run IN SUCH A WAY as to get the prize."
- 150 1 Thess. 5:17 "Pray without ceasing"

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156	Psalms 46:10	"Be still and know that I am God."
156	Isaiah 40:31	"But those who wait upon God get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind." The Message
167	Psalms 46:10	"Be still and know that I am God."
167	Isaiah 40:31	"But those that wait in the Lord will renew their strength."
171	Matt. 21:21-22	"I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to the mountain, 'Go, throw yourself into the sea', and it will be done. If you believe, you will receive whatever you ask for in prayer."
173	Philippians 1:3	"I thank my God every time I think of you."
176	Philippians 1:3	"I thank my God every time I remember you."
177	2 Corinthians 9:15	"Thanks be to God for his indescribable gift!"
185	1 Thess. 5:18	"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
188	Acts 12:5-6	"So Peter was kept in prison, but the church was earnestly praying to God for him. The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with chains, and sentries stood guard at the entrance."
191	Matthew 10:27	"What I tell you in the dark, speak in the daylight, what is whispered in your ear, proclaim from the roofs."

- 196 Ephesians 2:8-10 "For it is by grace you have been saved, through faith - and this not from yourselves, it is a gift of God - not by works, so that one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do"
- 199 Mark 10:21 "Jesus looked at him and loved him.."
- 200 Hebrews 12:1 "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."
- 201 Luke 22:40 "Pray that you will not fall into temptation."
- 201 Psalm 147:1 "Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise Him."
- 203 Psalm 102:12, 27 "But you, O Lord, sit enthroned forever; your renown endures through all generations....But you remain the same, and your years will never end."
- 204 Colossians 3:17 "Whatever you do, whether in word or deed, do it in the name of the Lord Jesus, giving thanks to God the Father through Him."
- 204 Philippians 1:3 "I thank my God every time I remember you."
- 208 Psalm 139:14-15 "I thank you, High God - you're breathtaking! Body and soul, I am marvelously made! I worship in adoration - what a creation. You know me inside and out, you know every bone in my body; you know exactly how I was made, bit by bit, how I was sculptured from nothing into something." The Message
- 210 Ephesians 6:19-20 "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Pray also for me."
- 212 Romans 8:26-27 "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."

214 Philippians 4:8

"Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious - the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." The Message

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216	Psalms 100	"Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs. Know that the Lord is God. It is he who made us, and we are his, we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.
218	John 3:30	"He must become greater; I must become less."
219	James 1:17	"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."
219	Job 16:20	"My intercessor is my friend as I pour out my tears to God."
220	Matthew 21:22	"If you believe, you will receive whatever you ask for in prayer."
220	Luke 11:9-10	"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."
220	Psalms 2:8	"Ask of me..."
221	Phil. 4:12-13	"I have learned the secret of being content in any and every situation. I can do everything through Him who gives me strength."
222	Psalms 47:1	"Clap your hands, all you nations; shout to God with cries of joy."
223	Psalms 47:2	"How awesome is the Lord Most High, the great King over all the earth!"
223	Psalms 47:6	"Sing praises to God, sing praises; sing praises to our King, sing praises."

- 224 Psalm 46:10 "Be still and know that I am God."
- 226 Matt. 22:37-39 "Love the Lord your God with all your heart and all your soul and all your mind. This is the first and greatest commandment. And the second is like it; Love your neighbor as yourself."
- 230 Luke 5:16 "As often as possible, Jesus withdrew to out-of-the-way places for prayer." The Message
- 233 Luke 23:42-43 "He said; 'Jesus, remember me when you enter your kingdom.' Jesus answered; 'Don't worry, I will. Today you will join me in paradise.'" The Message
- 233 2 Cor. 5:21 "In Christ, God put the wrong on him who never did anything wrong, so we could be put right with God." The Message
- 234 John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."
- 234 Acts 3:32 "All the believers were one in heart and mind."
- 236 Romans 12:12 "Be joyful in hope, patient in affliction, and faithful in prayer."
- 237 John 15:5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing"
- 237 Matthew 6:8 "Your Father knows the things you have need of before you ask Him."
- 238 Psalm 46:10 "Be still and know that I am God."
- 239 Phil. 4:4 "Rejoice in the Lord always. I will say it again; Rejoice! Let your gentleness be evident to all. The Lord is near."
- 241 Phil. 4:6-7 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- 241 Psalm 106:1 "Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever."

- 242 Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
- 244 Col. 3:23-24 "Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."
- 244 Matt. 20:26-28 "Whoever wants to be great must become a servant. Whoever wants to be first among you must be your slave. That is what the Son of Man has done: He came to serve, not be served -and then to give away his life in exchange for the many who are held hostage."
- 245 John 15:5 "I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing"
- 246 Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."
- 247 Proverbs 3:5 "Trust in the Lord with all your heart, and do not lean on your own understanding."
- 249 Psalm 62:1-2 "My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; He is my fortress, I will never be shaken."
- 250 Ephesians 3:20 "Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us."
- 250 Philippians 1:3 "I thank my God every time I remember you."
- 251 James 5:14 "Is anyone of you sick? He should call the elders of the church top pray over him..."
- 252 1 Cor. 9:24 "Do you know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."
- 256 Proverbs 46:10 "Be still, cease striving, and know that I am God."

- 256 1 Cor. 13:1-3 "If I speak with human eloquence and angelic ecstasy but don't love, I'm nothing but the creaking of a rusty gait. If I speak God's Word with power, revealing all his mysteries and making everything as plain as day; and if I have faith that says to a mountain, "Jump" and it jumps, but I don't love, I'm nothing. If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So, no matter what I say, what I believe, and what I do, I'm bankrupt without love." The Message
- 258 Matt. 6:26-28 "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin."
- 260 Phil. 4:13 "I am strong for all things in the One who constantly infuses strength into me."
- 261 Psalm 81:10 "I am the Lord your God, who brought you out of Egypt. Open wide your mouth and I will fill it."
- 262 Proverbs 30:8-9 "Give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, "Who is the Lord?" Or, I may become poor and steal, and so dishonor the name of my God."
- 263 John 15:13 "Greater love has no one than this, that he lay down his life for his friends."
- 265 Matthew 22:37-39 "Love the Lord your God with all your heart and all your soul and with all your mind. This is the first and greatest commandment. And the second is like it, 'love your neighbor as yourself."
- 265 John 13:34-35 "A new commandment I give you; Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another."
- 265 John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."
- 270 Proverbs 27:17 "As iron sharpens iron, so one man sharpens another."

- 273 Psalm 46:10 "Be still and know that I am God."
- 275 Hebrews 11:6 "Without faith, it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him."
- 277 1 Peter 4:11 "...if anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen."

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282	Matthew 22:37	"Love the Lord your God with all your heart and with all your soul and with all your mind."
282	Matthew 22:39	"Love your neighbor as yourself."
282	Luke 1:37	"For with God nothing is ever impossible, and no word from God shall be without power or impossible of fulfillment."
288	1 Thess. 5:17	"Pray without ceasing."
290	Psalms 121	"I lift my eyes to the hills - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip - He who watches over you will not slumber; Indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you - the Lord is your shade at your right hand; The sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm -he will watch over your life; The Lord will watch over your coming and going both now and forevermore."
292	Romans 8:28	"For we know that in all things, God works for the good of those that love him, who have been called according to his purpose."
292	Matthew 22:37	"Love the Lord your God with ALL your heart, and with ALL your soul, and with ALL your mind. Love your neighbor as yourself."
294	Ephesians 3:14-21	"For this reason I kneel before the Father, this magnificent Father who parcels out all heaven and earth, I ask Him to strengthen you by his Spirit - not a brute strength but a glorious inner strength - that Christ will live in you as you open the door and invite Him in. And I ask Him that with both feet planted firmly on love, you'll be able to grasp how long and how high and how deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to HIM be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen."

- 299 James 1:2-4 "Consider it pure joy my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete."
- 300 1 Corinthians 9:24 "Run in such a way as to get the prize."
- 301 Psalm 91:15 "I will be with him in trouble..."
- 302 Genesis 17:1 "I am Almighty God"
- 305 2 Cor. 4:16-18 "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that outweighs them all. So we fix our