

WEEK 1

STRENGTH
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....Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.

1 Timothy 4:7b-8 - NLT



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If you think you are standing strong, be careful, for you, too, may fall into the same sin. But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, He will show you a way out so that you will not give in to it.

1 Corinthians 10:12-13 - NLT



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But like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, "You shall be holy for I am holy."

1 Peter 1:15-16 - NASB



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When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full grown, gives birth to death.

James 1:13-15 - NIV



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"Therefore, come out from their midst and be separate," says the Lord. "and do not touch what is unclean; and I will welcome you."

2 Corinthians 6:17 - NASB



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The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict.

Galatians 5:17 - NLT



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