

DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: 2 Timothy 1:8-13 PRAYER THOUGHT:

God, Help me to hold fast to your doctrine regardless of how unpopular your teachings may be to those around me.

TUESDAY - VERSES: Hebrews 3:5-10 PRAYER THOUGHT:

Lord, help me to never let go of the confidence You have given me, and to hold my hope firmly to the end of my life.

WEDNESDAY - VERSES: Hebrews 4:14-16 PRAYER THOUGHT:

Father, thank You for a High Priest who knows the struggles I face.

Let this encourage me to hold tightly during difficult times.

THURSDAY - VERSES: Revelation 2:20-28 PRAYER THOUGHT:

Master, help me to stand firm even when those who are living in sin seem to be getting away with it. Remind me that you will not allow them to go unpunished. Let Your sure vengeance build my strength to hold on against all temptation.

FRIDAY - VERSES: Revelation 3:1-5 PRAYER THOUGHT: Help

me to recognize my weaknesses and work to strengthen myself so I can avoid spiritual decline and death.

SATURDAY - VERSES: Job 27:1-6 PRAYER THOUGHT: Be

with me, Lord God Almighty, and give me the strength to hold on to the faith I have in You to the end, no matter what.



Remember the old saying, "Quitters never win, and winners never quit.



Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. - Thomas A. Edison



Never give up; for even rivers someday wash dams away. - A. Golden



ASSIGNMENTS

1. Once a day read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of why you need to hold on to God.
4. Write areas your grip is not firm and how to get a better grasp.
5. Plan to tell the class about a time you held on through a tough time or a time you let go and how hard it was to get a hold again.

SPIRITUAL HEALTH REGIMEN - WEEK 59

HOLD FAST - 9-08-13 to 9-14-13

SCRIPTURE - Hebrews 10:23 "Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)"

COMMENT – God doesn't want us living with a constant doubt about our salvation, but He doesn't want us to think that we can just relax and go along for the ride either. He has given us confidence, but He also warns us of the dangers of drifting away.

SONG - WE HAVE AN ANCHOR

1. Will your anchor hold in the storms of life, When the clouds unfold their wings of strife? When the strong tides lift, and the cables strain, Will your anchor drift, or firm remain?

2. It is safely moored, 'twill the storm withstand, For 'tis well secured by the Savior's hand; And the cables passed from His heart to mine, Can defy the blast, thru strength divine.

3. It will firmly hold in the straits of fear, When the breakers have told the reef is near, Tho' the tempest rave and the wild winds blow, Not an angry wave shall our bark o'erflow.

4. It will surely hold in the floods of death, When the waters cold chill our latest breath, On the rising tide it can never fail, While our hopes abide within the veil.

5. When our eyes behold thru the gath'ring night The city of gold, our harbor bright, We shall anchor fast by the heav'nly shore, With the storms all past forevermore.

(CHORUS) We have an anchor that keeps the soul Steadfast and sure while the billows roll, Fastened to the Rock which cannot move, Grounded firm and deep in the Savior's love.

THOUGHTS

We have to hold on and recognize the very real danger of falling away. Here is one verse from every New Testament book warning us of the danger of letting go. - Matthew 25:14-30; Mark 4:14-20; Luke 12:45-47; John 15:1-6; Acts 5:1-11; Romans 14:15; 1 Corinthians 9:27; 2 Corinthians 11:3; Galatians 6:1; Ephesians 5:3-5; Philippians 2:12; Colossians 2:8; 1 Thessalonians 4:3-7; 2 Thessalonians 3:6; 1 Timothy 4:1; 2 Timothy 4:3-4; Titus 1:14; Philemon 1:21; Hebrews 12:15; James 5:19-20; 1 Peter 5:8; 2 Peter 3:17; 1 John 2:19; 2 John 1:8-9; 3 John 1:10-11; Jude 1:5; Revelation 3:5

Wall Drug

There wasn't much money in 1932, so it was no time to buy a drugstore. Then grasshoppers ate all the crops in the region. This, in turn was followed by a dust bowl, a long drought, temperatures for ten days straight of over 100 degrees. So the drugstore seemed about to fold. Nevertheless, Ted and Dorothy Husted were believers in God. They asked themselves: "How can we get these people into the drugstore?" They said, "We'll put up some signs." So, they went 25 miles in each direction and put up signs that read, "Free Ice Water at the Wall Drugstore, Wall, S.D." They put up signs at 10 miles; and at 5 miles the sign read: "Hold on! It's Only 5 Miles to the Wall Drugstore and Free Ice Water." They got so enthusiastic that they even put up a sign at Albany, New York: "1725 Miles to the Wall Drugstore". Now druggists had been handing out free ice water for generations. But Ted & Dorothy were the first people who ever thought of advertising it. Today more than 15,000 people crowd the drugstore on a busy day in a town of 800 people. It remains the most spectacularly, successful drugstore in the entire industry.



You and I have an English Bible in our possession largely because of a man named John Wycliffe. He was known not only as a builder, producing the first English text of the Bible, but also as a fighter. What a leader! When he died, his enemies burned him at the stake and took the ashes of his body and sprinkled them over the Thames River in London. "Forever, we're rid of Wycliffe!" his enemies must have thought. They were wrong. The product of his labors, the English Bible, is with us today because he did more than fight. He stayed at the task.



Every unholy habit and attitude must come before the Creator's scrutiny. That wasn't especially easy for me -- not when the aroma of my spiritual arrogance had numbed the desire for selflessness. I could relate to Dorothy and her companions in the immortal Wizard of Oz. They nearly succumbed to the spell of the poppies, even with Oz in sight! We must repel any devotional drowsiness and press on toward the New Jerusalem.

It Couldn't Be Done

Somebody said that it couldn't be done,
But he with a chuckle replied
That maybe it couldn't, but he would be one
Who wouldn't say so 'till he tried.
So he buckled right in with the trace of grin
On his face. If he worried, he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.
Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it;"

But he took off his coat and took off his hat
And the first thing he knew he'd begun it.
With the lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;

There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle right in with a bit of a grin,
Then take off your coat and go to it;

Just start in to sing as you tackle the thing
That "cannot be done," and you'll do it. -- Edgar A. Guest



DON'T EVER LET GO

INTRODUCTION - HEBREWS 10:23

LEAD STATEMENT - WE CAN'T LET GO BECAUSE . . .

I. IT IS TOO _____ TO FALL AND TOO _____ TO CLIMB

AGAIN. - HEBREWS 6:4-6

II. WE HAVE COME TOO FAR TO GIVE UP. - 2 _____ 3:13-17

III. WE ARE ALMOST THERE. - ROMANS _____:_____-_____

IV. THERE ARE OTHERS _____ ON US. - ACTS 20:29-32

V. OUR _____ IS WAITING FOR US DOWN BELOW - 1
PETER 5:8-9

CONCLUSION

DON'T EVER LET GO!

INTRODUCTION:

A. Two Frogs

Two frogs fell into a can of cream -- or so I've heard it told
The sides of the can were shiny and steep, The cream was deep and cold,
"Oh, what's the use?" said No. 1, "tis fate -- no help's around --
Good-bye, my friend! Good-bye, sad world!" And weep still, he drowned.
But No. 2 of sterner stuff, dog paddled in surprise,
The while he wiped his creamy face and dried his creamy eyes.
"I'll swim awhile, at least," he said -- or so it has been said --
"It wouldn't really help the world if one more frog was dead."
An hour or two he kicked and swam -- not once he stopped to mutter,
But kicked and swam, and swam and kicked, then hopped out, via butter.

B. Hebrews 10:23 "Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)"

LEAD STATEMENT - WE CAN'T LET GO BECAUSE . . .

I. IT IS TOO FAR TO FALL AND TOO HARD TO CLIMB AGAIN.

- (Heb 6:4-6 KJV) "For it is impossible for those who were once enlightened, and have tasted of the heavenly gift, and were made partakers of the Holy Ghost, {5} And have tasted the good word of God, and the powers of the world to come, {6} If they shall fall away, to renew them again unto repentance; seeing they crucify to themselves the Son of God afresh, and put him to an open shame."

II. WE HAVE COME TOO FAR TO GIVE UP. - (2 Pet 3:13-17 KJV)

"Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness. {14} Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless. {15} And account that the longsuffering of our Lord is salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you; {16} As also in all his epistles, speaking in them of these things; in which are some things hard to be understood, which they

that are unlearned and unstable wrest, as they do also the other scriptures, unto their own destruction. {17} Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own stedfastness."

III. WE ARE ALMOST THERE. - (Rom 13:11-12 KJV) "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. {12} The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light."

IV. THERE ARE OTHERS COUNTING ON US. - (Acts 20:29-32 KJV) "For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock. {30} Also of your own selves shall men arise, speaking perverse things, to draw away disciples after them. {31} Therefore watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears. {32} And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified."

V. OUR ENEMY IS WAITING FOR US DOWN BELOW - (1 Pet 5:8-9 KJV) "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: {9} Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world."

(1 Cor 15:54-58 KJV) "So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. {55} O death, where is thy sting? O grave, where is thy victory? {56} The sting of death is sin; and the strength of sin is the law. {57} But thanks be to God, which giveth us the victory through our Lord Jesus Christ. {58} Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."

(Col 2:5-8 KJV) "For though I be absent in the flesh, yet am I with you in the spirit, joying and beholding your order, and the

steadfastness of your faith in Christ. {6} As ye have therefore received Christ Jesus the Lord, so walk ye in him: {7} Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. {8} Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ."

(Acts 2:42 KJV) "And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers."

(2 Pet 1:10-11 KJV) "Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall: {11} For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ."

(Jude 1:24-25 KJV) "Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, {25} To the only wise God our Saviour, be glory and majesty, dominion and power, both now and for ever. Amen."

(Rev 2:5 KJV) "Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent."

CONCLUSION

A. Summary

B. Invitation

In Remember All the Way, William C. Townsend related the story of an evangelist who was facing discouragement and criticism. One day he said to a colleague, "'Don Guillermo, I'm going to quit.' Guillermo replied, 'Why do you give your resignation to me? When you began your service, you said the Lord Jesus Christ was calling you to tell others about Him. I think you'd better present your resignation to the One who called you. Let's get down on our knees here, and you tell Him that you are going to quit. Let Him hear what you've just told me -- that it's too hard, that too many people criticize you. Tell the Lord --

He's the One who sent you.' 'Well, I hesitate to do that,' he replied. 'I'm afraid He'll tell me to stay with the job.' 'If that's what He wants, don't you think you'd better stay?' 'Yes, I think I should!'" Taking new courage and refusing to look back, the evangelist went on to 'plow a straight furrow for God.'

Have you failed trying to accomplish something?

Imagine, how easy it would have been for this young man to have bowed his head and given up. He failed in business in '31, he was defeated for the legislature in '32, he was elected to the legislature in '34. His sweetheart died in '35, he had a nervous breakdown in '36, he was defeated for speaker in '38, he was defeated for elector in '40, he was defeated for Congress in '43, he was elected to Congress in '46, defeated for Congress in '48, defeated for Senate in '50, defeated for vice president in '56 and for Senate in '58. But fortunately he was elected president in 1860. His name was Abraham Lincoln. He proves that failure need not be permanent.

To improve your self-image, learn from the successful failures. Like Ty Cobb and Babe Ruth. Ty Cobb was thrown out more times trying to steal than any other man in baseball history. Babe Ruth struck out more times than any man in baseball history. Hank Aaron, who broke Babe Ruth's record, has struck out more times than 99% of the players who make it to the major leagues. Nobody -- but nobody -- considers them failures and few people even remember their failures. Virtually everyone remembers their successes. Enrico Caruso's voice failed to carry the high notes so many times his voice teacher advised him to quit. He kept singing and was recognized as the greatest tenor in the world. Thomas Edison's teacher called him a dunce and he later failed over 14,000 times in his efforts to perfect the incandescent light. Abraham Lincoln was well known for his failures but nobody considers him a failure. Albert Einstein and Werner von Braun both flunked courses in math. Henry Ford was broke at age 40. Vince Lombardi became the most revered coach since Knute Rockne, but at age 43 he was a line coach at Fordham University.

Hebrews

10:23

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