

## **Body, Mind & Spirit Anchor Texts**

(Summary of texts)

This study for 2006 was prompted by 3 needs:

**Body** – I know I have been destroying my body and my mind by what I eat, how much I eat, when I eat and a lack of exercise. I want to be used by God much more than I have been and for that to happen, this temple (my body) where His Spirit resides needs to be cleaned up. This process will be my sacrifice to God this year. In return, I am anxiously waiting for the blessings He will give me mentally, physically and spiritually.

**Mind:** In '06 I am committed to finishing the dissertation so that the information can be used in the field to His glory. To finish this work, I must submit myself completely to God so that He will do the work as I put in the time and energy. He is the author, I am His scribe.

**Spirit:** I know God's intent is to use me much more in His educational system to draw attention to the spiritual component. I must grow much closer to Him so that I may hear His "still small voice" as He speaks to me.

The summary texts below are to help me focus on the 3 areas listed above. After each text, I will wait silently during my devotional time and allow the Holy Spirit to prompt me with His thoughts to record each day.

Body:

*Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospereth. -3 John 2*

*If you ask anything in My name, I will do it. -John 14:14*

*I can do ALL things through Christ who places His strength in me. -Phil. 4:13*

*To You, O Lord, I lift up my life. -Psalm 25:1*

*Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are. -1 Cor. 3:16,17*

*And Jabez called on the God of Israel saying,  
“O, that You would bless me abundantly,  
and enlarge my territory,  
that Your hand would be with me,  
and that You would keep me from evil,  
that I may not cause pain!”  
So God granted him what he requested. -1 Chronicles 4:10*

*So I say, live by the Spirit, and you will not gratify  
The desires of the sinful nature.  
For the sinful nature desires what is contrary to the Spirit,  
And the Spirit what is contrary to the sinful nature.  
-Galatians 5:16*

*But the fruit of the Spirit is love, joy, peace,  
Patience, kindness, faithfulness,  
Gentleness and self-control.  
-Galatians 5:22,23*

*“When you bring injured, crippled or diseased animals and offer them as sacrifices, should I accept them from your hands?” says the Lord. “Cursed is the cheat who has an acceptable male in his flock and vows to give it, but then sacrifices a blemished animal to the Lord. For I am a great King,” says the Lord Almighty, “and my name is to be feared among the nations.” -Malachi 1:13*

*Then David said, “No I must pay for it (oxen Araunah tried to give David for a sacrifice). I will not bring to the Lord and offering that doesn’t cost me anything.” -2 Samuel 24:24*

*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. –Romans 12:1*

*“Everyone here will see that the Lord does not need a sword or a spear to win. The battle is the Lord's and He will give you into my hands.” -1 Samuel 17:47 (David's response to Goliath)*

*A cheerful heart is good medicine, but a crushed spirit dries up the bones. –Proverbs 17:22*

*I wait patiently for the Lord; He turned to me and heard my cry. He lifted me out of the slimy pit (of gluttony and indulgence), out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord. –Psalm 40:1-3*

*Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than cloths?...For the pagans run after these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well. –Matthew 6:25, 32-33*

*You are not your own; you were bought at a price. Therefore HONOR God with your body. –1 Corinthians 6:20*

*But He said to me (Paul), “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weakness, so that Christ's power may rest on me. -2 Corinthians 12: 9*

*For when I am weak, then I am strong. -2 Corinthians 12:10*

I am weak but Thou art strong;  
Jesus, keep me from all wrong;  
I'll be satisfied as long  
As I walk, let me walk close to Thee  
Just a closer walk with me,  
Grant it Jesus is my plea,  
Daily walking close to Thee,  
Let it be, dear Lord, let it be.

*I urge you, brothers, to offer your bodies as living sacrifices, holy and pleasing to God – which is your spiritual worship.  
–Romans 12:*

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. –Romans 12:2*

*Abraham looked up and there in a thicket he saw a ram caught by its horns; He went over and took the ram and sacrificed it as a burn offering instead of his son. So Abraham called that place THE LORD WILL PROVIDE. –Genesis 22:13,14*

*Our Father ... Give us this day our daily bread. –Matthew 6:11*

*I do believe; help me overcome my unbelief! –Mark 9:24*

*Faith by itself, if it is not accompanied by action, is dead.  
–James 2:17 (Trusting God + a God inspired plan = victory)*

*Like a city whose walls are broken down is a man who lacks self-control. –Proverbs 25:28*

*The thief comes only to steal and kill and destroy; I have come that they may have life and have it more abundantly. –John 10:10*

*“And lead us not into temptation; but deliver us from the evil one.” -Matthew 6:13*

*Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. –Matthew 26:41*

*As for God, His way is perfect. –Psalm 18:30 (NIV)*

*There is a way that seems right to man but in the end it leads to destruction. –Proverbs 16:25 (NIV)*

*The law of the Lord is perfect, reviving the soul.  
–Psalm 19:7(NIV)*

### **Mind:**

*If any of you lacks wisdom, let him ask God  
who gives generously to all without finding fault,  
and it will be given to him. –James 1:5*

*O, my God, I trust in You; let me not be ashamed;... Psalm 25:2*

**And I have filled him (Bezaleel ) with the spirit of God, in wisdom, and in understanding, and in knowledge, and in all manner of workmanship, -Exodus 31:1-3**

*And Jabez called on the God of Israel saying,  
“O, that You would bless me abundantly,  
and enlarge my territory,  
that Your hand would be with me,  
and that You would keep me from evil,  
that I may not cause pain!”  
So God granted him what he requested. -1 Chronicles 4:10*

*For God so loved the world that He gave His only Son, that whoever believes in him shall not perish; but have everlasting life. -John 3:16*

*Take captive every thought to make it obedient to Christ.  
-2 Corinthians 10:5*

*By standing firm you will gain life. -Luke 21:19 (NIV)*

*Abraham looked up and there in a thicket he saw a ram caught by its horns; He went over and took the ram and sacrificed it as a burn offering instead of his son. So Abraham called that place **THE LORD WILL PROVIDE**. -Genesis 22:13,14*

*My sheep listen to My voice; I know them, and they follow Me.  
-John 10:27*

*My people are destroyed for lack of knowledge. -Hos. 4:6*

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think on these things.  
-Philippians 4:8*

*God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will provide a way out so that you can stand up under it. -Corinthians 10:12,13*

*If you cry out for discernment, And lift up your voice for understanding, If you seek her as silver, And search for her as for hidden treasures; Then you will understand the fear of the Lord, And find the knowledge of God. **For the Lord gives wisdom; From His mouth come knowledge and understanding.** -Proverbs 2:3-5*

*He who has knowledge spares his words,  
And a man of understanding  
Is of calm spirit. -Prov. 17:27*

**For God gives wisdom and knowledge and joy to a man who is good in His sight.  
-Ec. 2:26**

**Whatever your hand finds to do, do it with your might;  
For there is no work, or device or knowledge or wisdom  
In the grave where you are going. –Ecclesiastes 9:10**

**As for these four young men, God gave them  
Knowledge and skill in all literature and  
Wisdom; and Daniel had understanding  
In all visions and dreams. –Daniel 1:17  
(Note: v12: “test us for 10 days  
and let them give us vegetables  
to eat and water to drink.)**

**For I (God) desire mercy and not sacrifice  
And the knowledge of God  
More than burnt offerings.  
-Hosea 6:6**

**Woe to you lawyers! For you have taken away  
The key of knowledge. You did not enter in yourselves,  
And those who were entering in you hindered.  
-Luke 11:52**

**And even as they did not like to retain God in their knowledge,  
God gave them over to a debased mind, to do those things  
Which are not fitting. –Romans 1:28  
(Note: v 27: this a result from practicing homosexuality)**

**I count all things loss for the excellence of knowing  
of the knowledge of Christ Jesus my Lord, for whom  
I have suffered the loss of all things, and count  
them as rubbish that I may gain Christ.  
-Philippians 3:7**

**(Of the Father and of Christ) In whom are hidden  
all the treasures of wisdom and knowledge.  
-Colossians 2:3**

**But grow in grace and in the knowledge of our Lord  
and Savior, Jesus Christ. For now and forever, amen.  
-2 Peter 3:18**

*And God gave Solomon wisdom and exceedingly great understanding, and largeness of heart like the sand on the seashore. -1 Kings 4:29*

*Who is this who darkens counsel by words  
Without knowledge?  
Now prepare yourself like a man; I will question you.  
“Where were you when I laid the foundations of  
the earth?  
Tell me, if you have understanding.  
-Job 38:2-4 (The Lord reveals His omnipotence to Job)*

**Teach me, O Lord, the way of your statutes,  
And I shall keep it to the end.  
Give me understanding,  
And I shall keep Your law.  
Indeed, I shall observe it with my whole heart.  
Make me walk in the path of Your Commandments.  
-Psalm 119: 33-35**

**I am your servant; Give me understanding,  
that I may know your testimonies. –Psalm 119:125**

**Trust in the Lord with all your heart,  
And lean not on your own understanding.  
In all your ways acknowledge (include) Him,  
And He will direct your path. –Psalm 3:5,6**

**Happy is the man who finds wisdom,  
And the man who gains understanding. –Proverbs 3:13**

**My son, pay attention to my wisdom;  
Lend your ear to my understanding. –Proverbs 5:1**

**Ponder the path of your feet, and let all your ways be established.  
Do not turn to the right or to the left;  
Remove your foot from evil. –Proverbs 4:26,27**

**May the Lord give you understanding in all things.  
-2 Timothy 2:7**

**Then you will know the truth, and the truth will  
Set you Free. –John 8:32 (NIV)**

**For we have the MIND OF CHRIST. -1 Cor. 2:16**

**Spirit:**

*Show me Your ways, O Lord;  
teach me Your paths. –Psalm 25:4*

*The Lord is my light and my salvation  
whom shall I fear. –Psalm 27:1*

*Wait on the Lord; Be of good courage, and He shall strengthen your heart; wait, I say, on  
the Lord. –Psalm 27:14*

*And Jabez called on the God of Israel saying,  
“O, that You would bless me abundantly,  
and enlarge my territory,  
that Your hand would be with me,  
and that You would keep me from evil,  
that I may not cause pain!”  
So God granted him what he requested. -1 Chronicles 4:10*

*Let us love each other as God loves us. Such love can only come from Him. Everyone who  
has a genuine love for others has been born again and knows God. Anyone who doesn't  
love others doesn't really know God, because God is love. -1 John 5:7,8*

*Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him  
with joyful song. –Psalm 100: 1,2*

*In this world you will have trouble. But take heart! I have overcome the world. –John  
16:33*

*As the Father has loved me, so have I loved you. Now remain in my love, just as I have  
obeyed my Father's commands and remain in his love. I have told you this so that my joy  
may be in you and that your joy may be complete. –John 15:1,5,9-11*

*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. –Psalm 100:3*

*Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God,  
for I will yet praise Him, my Savior and my God. –Psalm 42:5*



*He (God) has promised us a pure inheritance that will never fade away, kept for us in heaven. The Father will continue to watch over you and protect you until Jesus comes and you receive all He has promised to give you. So keep your minds focused on this hope and be glad for it, even though you are somewhat disheartened by all the troubles you have been having.*

*-1 Peter 4,5,6*

*And when your faith is tested and tried, it will bring glory and honor to Christ. When He comes, you will share His glory.*

*-1 Peter 1:7*

*Better a dry crust with peace and quiet than a house full of feasting, with strife. –Proverbs 17:1*

*You will keep in perfect peace he whose mind is steadfast, because he trusts in You. –Isa. 26:3*

*O Nebuchadnesszar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. But even if he does not, we want you to know, O King, that we will not serve your gods or worship the image of gold you have set up. –Daniel 3:16-18*

*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. –Phil. 4:6,7*

*The joy of the Lord is my strength. ?*

Note: The deeper the roots, the greater the peace. But deep roots don't develop from a sporadic and inconsistent fellowship. They come only from a ceaseless desire to know God. – Kara Davis p. 62

*On this occasion, Martha was extremely rushed, trying to get food on the table for all the hungry men...Martha” the Lord answered, “you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better.” –Luke 11:40*

*But God said to him, “You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself.” “This is how it will be with anyone who stores up things for himself but is not rich toward God.” –Luke 12:15-21*

*I have learned to be content in every situation... I can do all things through Christ who gives me His strength. –Phil. 4:11-13*

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*And the peace of God which passes all earthly understanding will guard your hearts and minds in Christ Jesus. –Phil. 4:7*

*I wait patiently for the Lord; He turned to me and heard my cry. He lifted me out of the slimy pit (of gluttony and indulgence), out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord. –Psalm 40:1-3*

*Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn of Me for I am gentle and humble of heart, and you will find rest for your soul.*

*–Matthew 11:28-30*

*Live in harmony with one another...Do not repay evil for evil...If it is possible, as far as it depends on you, live at peace with everyone. –Romans 12: 16-18*

*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, not lacking anything.*

*–James 1:2-4*

*Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness. –Lamentations 2:22, 23*

*You hem me in –behind and before; You have laid Your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. –Psalm 139:5,6*

*Blessed is the man who does not fall away because of Me.*

*–Luke 7:22,23 (Message Jesus sent back to doubting John)*

*For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

*–Ephesians 2:10*

*\*Search me, O God, and know my heart;*

*Try me and know my anxious thoughts;*

*And see if there is any wicked way in me,*

*And lead me in the way everlasting. –Psalm 139:23,24*

*My voice You shall hear in the morning, O Lord. –Psalm 5:3*

*Early will I seek You. –Psalm 63:1*

*Because the Lord has anointed me, to preach good tidings to the poor; He has sent me to heal the brokenhearted. To proclaim liberty to the captives, and the opening of the prison to those who are bound;... To comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, The garment of praise for the spirit of heaviness;...That He may be glorified. –Isaiah 61:1-3*