

## Live Well: A Conversation (verses\*)

### Miracle of Life

#### God

**Genesis 1:1** In the beginning God created the heavens and the earth.

**Psalm 11:7** For the Lord is righteous, he loves justice; the upright will see his face.

**Psalm 23:1-6** The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

**Psalm 86:5** You, Lord, are forgiving and good, abounding in love to all who call to you.

**Psalm 106:1** Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

**Isaiah 9:6-7** For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the Lord Almighty will accomplish this.

**Isaiah 40:28-29** Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.

**Isaiah 55:8-9** "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

**Isaiah 57:15-19** For this is what the high and exalted One says—he who lives forever, whose name is holy: "I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite. I will not accuse them forever, nor will I always be angry, for then they would faint away because of me—the very people I have created. I was enraged by their sinful greed; I punished them, and hid my face in anger, yet they kept on in their willful ways. I have seen their ways, but I will heal them; I will guide them and restore comfort to

Israel's mourners, creating praise on their lips. Peace, peace, to those far and near," says the Lord. "And I will heal them."

**Nahum 1:7** The Lord is good, a refuge in times of trouble. He cares for those who trust in him.

**Zephaniah 3:17** The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you, in his love he will no longer rebuke you, but will rejoice over you with singing.

**Matthew 3:16-17** As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. <sup>17</sup> And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

**John 1:1-5** In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was with God in the beginning. <sup>3</sup> Through him all things were made; without him nothing was made that has been made. <sup>4</sup> In him was life, and that life was the light of all mankind. <sup>5</sup> The light shines in the darkness, and the darkness has not overcome<sup>ed</sup> it.

**John 5:18** For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.

**Acts 17:24-28** "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. <sup>25</sup> And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. <sup>26</sup> From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. <sup>27</sup> God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. <sup>28</sup> 'For in him we live and move and have our being.'<sup>ed</sup> As some of your own poets have said, 'We are his offspring.'<sup>ed</sup>"

**Romans 15:13** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**1 Corinthians 10:13** No temptation<sup>ed</sup> has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted<sup>ed</sup> beyond what you can bear. But when you are tempted,<sup>ed</sup> he will also provide a way out so that you can endure it.

**Colossians 1:15-20** The Son is the image of the invisible God, the firstborn over all creation.<sup>16</sup> For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been

created through him and for him. <sup>17</sup> He is before all things, and in him all things hold together. <sup>18</sup> And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. <sup>19</sup> For God was pleased to have all his fullness dwell in him, <sup>20</sup> and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

**Hebrews 1:1-4** In the past God spoke to our ancestors through the prophets at many times and in various ways, <sup>2</sup> but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe. <sup>3</sup> The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. <sup>4</sup> So he became as much superior to the angels as the name he has inherited is superior to theirs.

**James 2:19** You believe that there is one God. Good! Even the demons believe that—and shudder.

**1 John 1:5** This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

**1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**1 John 4:7-12** Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. <sup>8</sup> Whoever does not love does not know God, because God is love. <sup>9</sup> This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. <sup>10</sup> This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. <sup>11</sup> Dear friends, since God so loved us, we also ought to love one another. <sup>12</sup> No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

## Satan

**Genesis 3:1-5** Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" The woman said to the serpent, "We may eat fruit from the trees in the garden, <sup>3</sup> but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" "You will not certainly die," the serpent said to the woman. <sup>5</sup> "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

**Job 2:1-8** On another day the angels came to present themselves before the Lord, and Satan also came with them to present himself before him. <sup>2</sup> And the Lord said to Satan, "Where have you come from?" Satan answered the Lord, "From roaming throughout the earth, going back and forth on it." Then the Lord said to Satan, "Have you considered

my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason.” “Skin for skin!” Satan replied. “A man will give all he has for his own life. <sup>5</sup> But now stretch out your hand and strike his flesh and bones, and he will surely curse you to your face.” The Lord said to Satan, “Very well, then, he is in your hands; but you must spare his life.” So Satan went out from the presence of the Lord and afflicted Job with painful sores from the soles of his feet to the crown of his head. <sup>8</sup> Then Job took a piece of broken pottery and scraped himself with it as he sat among the ashes.

**Matthew 4:8-11** Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. <sup>9</sup> “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” <sup>10</sup> Then the devil left him, and angels came and attended him.

**John 8:44** You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

**2 Corinthians 4:4** The god of this age [Satan] has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

**2 Corinthians 11:13-15** For such people are false apostles, deceitful workers, masquerading as apostles of Christ. <sup>14</sup> And no wonder, for Satan himself masquerades as an angel of light. <sup>15</sup> It is not surprising, then, if his servants also masquerade as servants of righteousness. Their end will be what their actions deserve.

**1 Peter 5:8** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

**Revelation 12:7-9** Then war broke out in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. <sup>8</sup> But he was not strong enough, and they lost their place in heaven. <sup>9</sup> The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him.

**Revelation 20:1-4** And I saw an angel coming down out of heaven, having the key to the Abyss and holding in his hand a great chain. <sup>2</sup> He seized the dragon, that ancient serpent, who is the devil, or Satan, and bound him for a thousand years. <sup>3</sup> He threw him into the Abyss, and locked and sealed it over him, to keep him from deceiving the nations anymore until the thousand years were ended. After that, he must be set free for a short time. I saw thrones on which were seated those who had been given authority to judge. And I saw the souls of those who had been beheaded because of their

testimony about Jesus and because of the word of God. They<sup>Ⓜ</sup> had not worshiped the beast or its image and had not received its mark on their foreheads or their hands. They came to life and reigned with Christ a thousand years.

## Who? Why? What? Where? How? (W4H)

### Who am I? Made in God's image, not random

**Genesis 2:7** Then the Lord God formed a man<sup>Ⓜ</sup> from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

**Psalms 100:3** Know that the Lord is God. It is he who made us, and we are his<sup>Ⓜ</sup>; we are his people, the sheep of his pasture.

**Psalms 139:13-16** 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. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

### Why am I alive? For God's glory and praise, not mine

**1 Corinthians 10:31** So whether you eat or drink or whatever you do, do it all for the glory of God.

**2 Corinthians 5:9-10** So we make it our goal to please him, whether we are at home in the body or away from it. <sup>10</sup> For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.

**Revelation 4:11** "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."

**Revelation 14:7** He said in a loud voice, "Fear God and give him glory, because the hour of his judgment has come. Worship him who made the heavens, the earth, the sea and the springs of water."

### What am I to do? God's will, not mine

**Ecclesiastes 12:13-14** Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil.

**Micah 6:8** He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly<sup>Ⓜ</sup> with your God.

**Mathew 28:18-20** Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

**2 Corinthians 5:9-10** So we make it our goal to please him, whether we are at home in the body or away from it. <sup>10</sup> For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.

**Mark 12:28-31** One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one.’<sup>30</sup> Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’<sup>31</sup> The second is this: ‘Love your neighbor as yourself.’<sup>31</sup> There is no commandment greater than these.”

**John 14:21** Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

**John 17:4** I have brought you glory on earth by finishing the work you gave me to do.

**Ephesians 2:10** For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Philippians 1:21** For to me, to live is Christ and to die is gain.

**James 1:27** Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

**1 John 2:17** The world and its desires pass away, but whoever does the will of God lives forever.

## **Where am I going? Joyful eternity with God, or eternal torment without God**

**Ecclesiastes 12:13-14** Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil.

**John 3:16-18** For 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.<sup>17</sup> For God did not send his

Son into the world to condemn the world, but to save the world through him. <sup>18</sup> Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

**Romans 8:1-2** Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you<sup>all</sup> free from the law of sin and death.

**Romans 14:12** So then, each of us will give an account of ourselves to God.

**1 Corinthians 15:16-22** For if the dead are not raised, then Christ has not been raised either. <sup>17</sup> And if Christ has not been raised, your faith is futile; you are still in your sins. <sup>18</sup> Then those also who have fallen asleep in Christ are lost. <sup>19</sup> If only for this life we have hope in Christ, we are of all people most to be pitied. But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. <sup>21</sup> For since death came through a man, the resurrection of the dead comes also through a man. <sup>22</sup> For as in Adam all die, so in Christ all will be made alive.

**2 Corinthians 5:9-10** So we make it our goal to please him, whether we are at home in the body or away from it. <sup>10</sup> For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.

**2 Peter 3:7** By the same word the present heavens and earth are reserved for fire, being kept for the day of judgment and destruction of the ungodly.

**1 John 5:11-13** And this is the testimony: God has given us eternal life, and this life is in his Son. <sup>12</sup> Whoever has the Son has life; whoever does not have the Son of God does not have life. <sup>13</sup> I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

**Revelation 20:11-15** Then I saw a great white throne and him who was seated on it. The earth and the heavens fled from his presence, and there was no place for them. <sup>12</sup> And I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books. <sup>13</sup> The sea gave up the dead that were in it, and death and Hades gave up the dead that were in them, and each person was judged according to what they had done. <sup>14</sup> Then death and Hades were thrown into the lake of fire. The lake of fire is the second death. <sup>15</sup> Anyone whose name was not found written in the book of life was thrown into the lake of fire.

## **How am I to live? Led by God's Spirit, not self**

**Joshua 1:8-9** Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup> Have I not commanded you? Be strong and courageous.

Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

**Proverbs 9:10** The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

**John 15:5-7** “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. <sup>6</sup> If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. <sup>7</sup> If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

**John 16:13-15** But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. <sup>14</sup> He will glorify me because it is from me that he will receive what he will make known to you. <sup>15</sup> All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.”

**Acts 20:22-24** <sup>22</sup> “And now, compelled by the Spirit, I am going to Jerusalem, not knowing what will happen to me there. <sup>23</sup> I only know that in every city the Holy Spirit warns me that prison and hardships are facing me. <sup>24</sup> However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.

**Romans 8:14-16** For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” <sup>16</sup> The Spirit himself testifies with our spirit that we are God’s children.

**Romans 12:1-2** Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

**Galatians 5:13-16** You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. <sup>14</sup> For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” <sup>15</sup> If you bite and devour each other, watch out or you will be destroyed by each other. So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

**Ephesians 1:13-14** And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, <sup>14</sup> who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.



**Ephesians 3:14-21** For this reason I kneel before the Father, <sup>15</sup> from whom every family<sup>Ⓜ</sup> in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> 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, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**Hebrews 11:6** And 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.

## Heart's Tug of War

**Jeremiah 17:9-10** The heart is deceitful above all things and beyond cure. Who can understand it? "I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve."

**Psalms 51:5** Surely, I was sinful at birth, sinful from the time my mother conceived me.

**Matthew 15:19** For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.

**Galatians 5:16-25** So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever<sup>Ⓜ</sup> you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law. The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit.

**Galatians 6:7-8** Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

\*All verses are from the New International Version (NIV).