**Insert #1** – **PRISM Topics – Basic** - Speak Life www.hearwelldone.org

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| **Proverbs 12:14** - From the **fruit of his lips** a **man is filled** **with good** **things** as surely as the work of his hands rewards him.**Pro 18:20** - From the **fruit of his mouth a man's stomach is filled**; and with the **harvest from his lips** he is satisfied.**Proverbs 18:21** - The **tongue** has the **power of life and death**, and those who love it **will eat** its fruit. **Proverbs 10:11** - The **mouth of the righteous** is a **fountain of life**, but violence overwhelms the mouth of the wicked.**Proverbs 13:2** - **From** the fruit of his **lips** a **man enjoys** **good things**, but the unfaithful have a craving for violence.**Proverbs 10:21** - The **lips of the righteous nourish many**, but fools die for lack of judgment.**James 4:7** - Submit yourselves, then, to God.  Resist the devil, and he will flee from you. **Proverbs 12:13** - An evil man is **trapped by his sinful talk**, but a righteous man escapes trouble.**Proverbs 12:18** - **Reckless words pierce** like a sword, but the **tongue of the wise brings healing**.**Proverbs 12:25** - An **anxious heart weighs** a man down, but a **good word cheers** him up. **Proverbs 15:2** - The **tongue of the wise** uses knowledge to make well, but the mouth of a fool gushes folly.**Proverbs 15:4** - The **tongue that brings healing** is a tree of life...**Proverbs 16:21** - The wise in heart are called discerning, and **pleasant words promote instruction**.**Proverbs 16:23** - A **wise man's** heart guides his mouth, and his **lips promote instruction**.**Proverbs 16:24** - **Pleasant words** **are** a honey comb, **sweet to the soul** and **healing to the bones**.**Proverbs 16:27** - A scoundrel plots evil, and his speech is like a scorching fire. **Proverbs 26:13** - The **sluggard says**, "There is a lion in the road, a fierce lion roaming the streets."**Proverbs 21:23** - He who **guards** his mouth and **his tongue** keeps himself from calamity.**Proverbs 25:11** - A **word aptly spoken** is like apples of gold in settings of silver.**Proverbs 11:9** - **With his mouth** the godless destroys his neighbor but **through knowledge the righteous escape**.**Proverbs 11:12** - A man who lacks judgment derides his neighbor but a **man of understanding holds his tongue**.**Psalms 19:14** - May the **words of my mouth** and the **meditation of my heart** be pleasing in your sight, O LORD, my Rock and my Redeemer. |

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 **PRISM Topic** – Starter Verses (Truth To Start Your Day)

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| **﻿﻿﻿Psalms 91:2** - **I will say** of the LORD, “He is my refuge and my fortress, my God, in whom I trust. hearwelldone.org**Psalms 118:4** - Let them now that fear the LORD **say**, his mercy endures forever.**Psalms 107:1** - **Give thanks** to the LORD **for** he is good; his love endures forever.**Psalms 107:8** - Let them **give thanks** to the LORD **for** his unfailing love and his wonderful deeds for men.**Psalms 107:43** - Whoever is wise, **let him heed** these things **and consider** the great love of the Lord. **Psalms 71:5** - For **you are my hope**, O LORD GOD; you have been my trust since my youth.**Psalms 71:14-15** - But as for me, **I will always have hope**.  I will **praise** you more and more.  My mouth will **tell** of  your righteousness and of your salvation all day long, though I know not its measure.**Proverbs 12:14** - From the **fruit of his lips** a man is filled with good things as surely as the **work of his hands** rewards him. **Jeremiah 29:11** - For **I know** the **plans** I have **for you**,” declares the LORD, “plans to **prosper** you and not to harm  you, plans to give you hope and a future.**Psalms 138:8** - The LORD will **fulfill** his purpose for me, your love O LORD endures forever. **Philippians 1:6** - Being confident of this, that **He who began** a good work in you **will** **carry it** on **to completion** until  the day of Christ Jesus.**Philippians 2:13** - For it is **God** **who works** in you both to will and to act according to his good purpose.**Isaiah 48:17** - This is what the LORD says – your Redeemer, the Holy One of Israel: “**I am** the LORD your God, **who**  **teaches you** what is best for you, who directs you in the way you should go.”  **Prov 8:13** - The **fear of the LORD** is to **hate evil**: pride, arrogance, an evil lifestyle, and perverse speech, I despise.**Proverb 34:9** - Fear the LORD, you his saints, for **those who** fear him **lack nothing**.   **Psalms 86:11** - Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may  fear your name.  **I Corinthians 10:13** - No temptation has overtaken you except what is common to man.  And **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. **James 4:6** - **Submit** yourselves, then, to God.  **Resist** the devil and he will flee from you. **Rev 12:11** - And they **overcame** him, **by the blood** of the Lamb **and the word** of their testimony.**Romans 13:14** - **Rather**, **clothe yourselves** with the Lord Jesus Christ, and **do not think** about how to gratify the desires of the flesh.  **Phil 2:3** - Do nothing out of selfish ambition or vain conceit, but in humility **consider** **others** **better** than yourself.**Galatians 5:16** - This I say then, walk in the Spirit, and you will not fulfill the lust of the flesh.**Galatians 5:19-20** - But the **fruit** **of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness,  gentleness and self-control…**Nehemiah 8:10** - ... do not grieve, for the **joy** of the LORD is your strength.**Psalms 23:6** - **Surely** goodness and mercy will follow me all the days of my life: and I will dwell in the house of the LORD forever. |

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 **PRISM Topic** - LIFE PURPOSE & DIRECTION www.hearwelldone.org

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| **Jeremiah 10:23** - I know, O LORD, that a man’s life is not his own; **it is not for man to direct his steps**.**Jeremiah 29:11** - For I know the **plans I have for you**,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. **Isaiah 55:8** - "For my thoughts are not your thoughts, **neither are your ways my ways**," declares the LORD.” **Psalms 25:12** - Who, then, is the man that **fears the LORD**?  He is the one whom the LORD **will teach which path to choose**.**Isaiah 48:17** - This is what the LORD says-- your Redeemer, the Holy One of Israel: "I am the LORD your God, who teaches you what is **best for you**, who **directs you in the way you should go**. **Psalms 32:8** - The LORD says, “I will guide you along the **best pathway for your life**.  I will advise you and watch over you. (NIV) I will instruct you and teach you in the way you should go, I will counsel you and watch over you. **Proverbs 3:5-6** - **Trust in the LORD** with all your heart, and **lean not** on your own understanding.  In all your ways submit to him, and **he will direct your paths**.**James 4:13-15** - Come now, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business, and make money."  Why, you do not even know what will happen tomorrow.  What is your life?  You are a mist that appears for a little while and then vanishes.  Instead, you ought to say, "**If it is the Lord's will** we will live, and do this or that."**Psalms 138:8** **-** **The LORD will fulfill his purpose for me**; your love O LORD, endures forever - …**Psalms 40:5** - Many, O LORD my God, are the wonders you have done, **the things you planned for us**.  None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.**Psalms 139:17** - How precious are your thoughts concerning me, O God!  How vast in number they are.**Romans 8:26-28** - Likewise the Spirit helps us in our weakness.  For we d**o not know what to pray for** as we ought, but the Spirit himself intercedes for us with groanings too deep for words.   And He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints **according to the will of God**.  And we know that God causes everything to work together for the good of those who are called **according to his purpose for them**.**Ezekiel 36:27** - And I will put **my Spirit** in you and **cause you to follow** my decrees and be careful to keep my laws.**John 16:13** - But when he, the Spirit of truth, comes, **he will guide you into all 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.**Philippians 2:13** – For it is God who works in you both to will and to act according to his good purpose.  |

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 **PRISM Topic** - LIFE PURPOSE & DIRECTION pg2 www.hearwelldone.org

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| **James 1:5** - If any of you lacks wisdom, **he should ask God**, who gives liberally to all without finding fault, and it will be given to him.**Matt 7:7** - Ask and it will be given you; seek and you will find; **knock and the door will be opened to you**.**Joshua 3:3-4** - giving orders to the people: “When you see the ark of the covenant of the LORD your God, and the priests, who are Levites, carrying it, you are to move out from your positions and follow it.  **Then you will know which way to go**, since you have never been this way before…**Genesis 12:1** - The LORD had said to Abraham, leave your country, your people and your father’s household and go to the land **I will show you**.**2 Timothy 1:9** - He saved us and **called us with a holy calling**, not according to our own accomplishments, but according to **his own purpose** and the grace that was given to us in the Messiah Jesus before time began.**PLANS****Proverbs 19:21** - Many plans occupy the mind of a man, but t**he LORD’s purposes** will prevail. Don’t occupy your mind with many plans.  The more you think about your plans, and try to figure things out,  that's just leaning on your own understanding.  What are you thinking?  Those aren't my thoughts declares the  LORD.  My thoughts are higher than yours...  Ask God for His plan, then follow His plan for you – He will lead you  step by step.  He promised He would.  When He does – take the first and next step by faith.**Proverbs 16:3** - Commit to the LORD whatever you do, and your plans will succeed. The Word **commit** – here means “to roll down together with,” “**to wallow**” like a pig wallows in the mud.  This  committing of your plans to God – means to wallow in him – get completely covered, until HIS PLAN becomes  your plan.  This is the only plan for your life that will succeed.**Proverbs 21:5** - The plans of the diligent lead surely to abundance, but everyone who is **hasty** comes only to  poverty.  Don’t be hasty in making plans for the future.  Be diligent.  Make sure you **seek God completely**.  He is  your first and best counselor.  He created you and has the perfect plans for your life.**Proverbs 20:18** - Plans are **established** by counsel, so make war with guidance. Get Godly counsel on Life Purpose and Direction plans (first from your spouse if you have one or know who it  will be, then your parents, then other Godly counsel, especially from obeyers – they give Godly counsel.**Ecclesiastes 3:1** - There is an **appointed time** for everything.  And there is a time for every event under heaven. Don't panic or feel pressure about not having your plan in place.  It's His plan that you want.  God's timing is  perfect.  Just seek Him now, fully trust Him, and obey quickly the next step He shows you.**Ecclesiastes 8:6** - For every activity there is a right time and procedure…  |

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 **PRISM Topic** – HIS WORD www.hearwelldone.org

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| **II Timothy 3:16** - All scripture is **given by** inspiration of God, and is **profitable** for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be complete, thoroughly furnished unto all good works.**Psalms 119:105** - Thy word is a lamp unto my feet and a **light** unto my path.**Psalms 119:9** - How then shall a young man cleanse his way?  By taking heed according to thy word.**Psalms 119:11** - Thy word have I hid in my heart that I might not sin against thee.**Psalms 119:16** - I will **delight myself** in your statutes, I will not forget your word. **Psalms 119:38** - **Establish** your word in your servant who is **devoted to your fear**. **Psalms 119:42** - So shall I have wherewith to answer him that reproacheth me; for I trust in thy word.**Psalms 119:50** - This is my **comfort** in my affliction, for your word has given me life.**Psalms 119:65** - You have dealt well with your servant, O LORD, according to thy word. **Psalms 119:67** - Before I was afflicted I went astray:  but now have I kept your word.**Psalms 119:72** - The law from your mouth is more precious to me than thousands of pieces of silver and gold.**Psalms 119:89** - Forever O LORD, Your word is **settled** in heaven.**Psalms 119:101** - I have refrained my feet from every evil way, that I may keep your word.**Psalms 119:107** - I am afflicted very much: quicken me, O LORD, according to your word.**Psalms 119:114** - You are my hiding place and my shield; I **hope** in your word.**Psalms 119:133** - Order my **steps** in your word: and let not any iniquity have dominion over me.**Psalms 119:140** - Your word is very pure: therefore your servant loves it.**Psalms 119:154** - Plead my cause, and deliver me:  quicken me according to your word.**Psalms 119:158** - I beheld the transgressors, and was grieved because they did not keep your word.**Psalms 119:160** - Your word is **true** from the beginning: and every one of your righteous judgments endures forever.  |

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 **PRISM Topic** – HIS WORD Pg2 www.hearwelldone.org

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| **Psalms 119:161** - Princes have persecuted me without a cause, but my heart stands in awe of your word.**Psalms 119:162** - I rejoice at your word, as one who finds great treasure.**Psalms 119:169** - Let my cry come before you, O LORD: give me understanding according to your word.**Psalms 138:2** - I will worship toward your holy temple, and praise your name for your lovingkindness and for your truth; for you have magnified your word above all your name. **Jeremiah 15:16** - Your words were found, and I ate them; and your word was to me the joy and rejoicing of my heart; for I am called by your name, O LORD God of hosts.**Luke 1:38** - And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word.  And the angel departed from her.**Luke 5:5** - And Simon answering said unto him, Master, we have toiled all night, and have taken nothing: nevertheless at your word I will let down the net. **John 4:50-51** - Jesus said to him, Go your way; you son lives.  And the man believed the word that Jesus had spoken to him, and he went his way.  And as he was now going down, his servants met him and told him, saying, "Your son lives!"**John 17:6** - I have revealed you to those whom you gave me out of the world.  They were yours; and you gave them to me and they have obeyed your word. **John 17:14** - I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. **John 17:17** - Sanctify them by your truth; your word is truth.**Acts 4:29** - Now, LORD, look on their threats, and grant to your servants, that with all boldness they may speak your word. **Romans 10:8** - But what does it say?  "The word is near you; it is in your mouth and in your heart."  that is, the word of faith we are proclaiming:  That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead you will be saved.**Revelation 3:8** - I know your deeds.  See, I have placed before you an open door that no one can shut.  I know that you have little strength, yet you have kept my word and have not denied my name.  |

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 **PRISM Topic** – OBEY www.hearwelldone.org

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| **John 14:15** - If you **love** me, you will **obey** what I command.**John 15:14** - You are my **friends** if you **do** what I command.**I John 5:3** - This is **love** for God:  **to obey** his commands.  And his commands are not burdensome. **John 14:21** - Whoever has my commands and **obeys** them, he is the one who **loves** me.  He who loves me will be loved by my Father, and I too will love him and show myself to him."**John 14:23-24** - Jesus replied, "If anyone **loves** me, **he will obey** my teaching.  My Father will love him and we will come to him and make our home with him.  He who does not love me will not obey my teaching.  These words you hear are not my own; they belong to the Father who sent me."**John 15:10** - If you obey my commands, you will remain in my love, **just as I have obeyed** my Father's commands and remain in his love.**I John 2:3-5** - We know that we have come to **know** him **if we obey** his commands.  The man who says "I know him," but does not do what he commands is a liar, and the truth is not in him.  But if anyone obeys his word, God's love is truly made complete in him.  This is how we know we are in him:**Philippians 2:8** - And being found in appearance as a man, he humbled himself and became **obedient unto death**, even death on a cross.**I Samuel 15:22** - But Samuel replied, "Does the LORD delight in burnt offerings and sacrifices as much as in **obeying** the voice of the LORD?  **To obey** is better than sacrifice, and to heed is better than the fat of rams.**Acts 13:22** - After removing Saul, he made David their king.  He testified concerning him: "I have found David, son of Jesse a man after my own heart; **he will do** everything I want him to do."**Deuteronomy 13:4** - It is the LORD your God you must follow, and him you must revere.  Keep his commands and **obey** him; serve him and hold fast to him.**Deuteronomy 27:10** - Obey the LORD your God and follow his commands and decrees that I give you today." **Deuteronomy 11:26-28** - See, I am setting before you today a blessing and a curse - the **blessing if you obey** the commands of the LORD your God that I am giving you today; the curse if you disobey the commands of the LORD your God, and turn away from the way that I command you today by following other gods, which you have not known.**I Samuel 2:35** - I will raise up for myself a faithful priest, **who will do** according to what is in my heart and mind.  I will firmly establish his house, and he will minister before my anointed one always. |

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 **PRISM Topic** – OBEY Pg2 www.hearwelldone.org

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| **Matthew 28:19-20** - 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, and **teaching them to obey** everything I have commanded you.  And surely I am with you always, to the very end of the age.**Romans 6:16** - Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey- whether you are slaves to sin, which leads to death, or to **obedience** which **leads to** righteousness.**I John 3:22** - and **receive** from him anything we ask, **because we obey** his commands and **do** what pleases him.**I John 3:24** - Those who **obey** his commands **live** in him, and he in them.  And this is how we know that he lives in  us:  We know it by the Spirit he gave us. **I John 5:2-3** -This is how we know that we love the children of God: by **loving** God and **carrying out** his commands  This is love for God: to obey his commands.  And his commands are not burdensome,**Jeremiah 7:23** - But I gave them this command:  **Obey me**, and I will be your God and you will be my people.  **Walk**  **in** all the ways I command you, that it **may go well** with you.**Luke 6:46-49** - Why do you **call me**, "Lord, Lord," **and do not do** what I say?  I will show you what he is like who comes to me and **hears** my words and **puts** them into practice.  He is like a man building a house who dug down deep and laid the foundation on rock.  When a flood came, the torrent struck that house but could not shake it, because it was well built.  But the one who hears my words and does not put them into practice is like a man who built his house on the ground without a foundation.  The moment the torrent struck that house, it collapsed and it's destruction was complete.**Ezekiel 36:27** - And I will put my **Spirit** in you and **cause you to** follow my decrees and be careful to keep my laws. **Philippians 2:13** - For it is God who works in you both to **will and to act** according to his good purpose. **Deuteronomy 7:9** - Know therefore that the LORD your God is God;  he is the faithful God, keeping his covenant  of love to a thousand generations of those who **love** him and **keep** his commands. **Psalms 91:14-16** - "Because he **loves** me," says the LORD, "I will rescue him; I will protect him, for he  acknowledges my name.  He will call upon me, and I will answer him; I will be with him in trouble, I will deliver  him and honor him.  With long life I will satisfy him and show him my salvation. **Deuteronomy 30:8-10** - You will **again obey** the LORD and follow all his commands I am giving you today.  Then the LORD your God will make you **most prosperous** in all the work of your hands and in the fruit of your womb, the young of your livestock and the crops of your land.  The LORD will again delight in you and **make your way prosperous**, just as he delighted in your fathers, **if you obey** the LORD your God and keep his commands and decrees that are written in this Book of the Law and turn to the LORD your God with all your heart and with all your soul.**Psalms 103:17-18** - But from everlasting to everlasting the LORD's love is with those who fear him, and his  righteousness with their children's children- with those who keep his covenant and **remember to obey** his  precepts.**Ecclesiastes 12:13** - Now all has been heard; here is the conclusion of the matter: **Fear God and keep his**  **commandments** for this is the whole duty of man.  |

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 **PRISM Topic** – Tell Somebody hearwelldone.org

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| Revelation 12:11 - And they overcame him by the blood of the Lamb **and the word of their testimony**. And they loved not their lives so much as to shrink back from death. Psalms 66:16– Come and hear, **all you who fear God**, **let me tell you** what He has done for me.Luke 7:22 - Then he told John's disciples, "Go back to John and **tell him what you have seen and heard**--the blind see, the lame walk, the lepers are cured, the deaf hear, the dead are raised to life, and the Good News is being preached to the poor.John 4:39 - Many of the Samaritans from that town believed in him **because of the woman's testimony**, "He told me everything I ever did."Mark 5:19 - But Jesus said, "No, go home to your family, **and tell them everything the Lord has done for you** and **how merciful he has been**."3 John 1:3 - It gave me **great joy** when some believers came and **testified about your faithfulness** to the truth, **telling** how you continue to walk in it.Exodus 10:2 - so you may **tell your children and your grandchildren** how I toyed with the Egyptians and about my miraculous signs that I performed among them, **so all of you may know** that **I am the LORD**.Rev 1:2 - who testifies to the word of God and to the testimony of Jesus Christ, and **to all things that he saw**.Acts 20:24 - But I don't place any value on my life, if only I can finish my race and the ministry that I received from the Lord Jesus of **testifying to the good news** of God's grace.Acts 23:11 - The following night the Lord stood near Paul and said, "Take courage! **As you have testified** about me in Jerusalem, **so you must also testify** in Rome."Acts 28:23 - So they set a day to meet with Paul, and many people came to the place he was staying. He expounded to them from morning to evening, **testifying about the kingdom of God** and persuading them about Jesus from the Law of Moses and the Prophets.I Cor 2:1,4-5 - And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you **the testimony about God**… My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, but on God's power.Luke 21:13-15 - "It will **lead to an opportunity for your testimony**. Settle it therefore in your hearts not to meditate beforehand how to answer. For I will give you such words and a wisdom that none of your adversaries will be able to resist or contradict. |

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 **PRISM Topic** – Tell Somebody (2) hearwelldone.org

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| Psalms 78:4-6 - We will not hide them from their descendants; **we will tell the next generation** **the praiseworthy deeds of the LORD, his power, and the wonders he has done.** He established a testimony in Jacob and appointed a law in Israel, which he commanded our fathers to teach to their children, so the next generation would know them, even the children yet to be born, and they in turn **would tell their children**.Luke 2:17-18 - After seeing him, the shepherds **told everyone what had happened** and what the angel had said to them about this child. And all who heard it were **amazed** at what the shepherds **said to them**.Acts 12:15-17 – But Peter kept on knocking, and when they opened the door and saw him, they were astonished. Peter motioned with his hand for them to be quiet and described how the Lord had brought him out of prison. “**Tell James and the brothers about this**,” he said, and then he left for another place.II Timothy 1:8 - So never be ashamed **to tell others about our Lord**. And don't be ashamed of me, either, even though I'm in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News.I Peter 5:12 - With the help of Silas, whom I regard as a faithful brother, I have written to you briefly, encouraging you **and testifying that this is the true grace of God**. Stand fast in it.Exodus 4:28 - Then Moses **told Aaron** everything the LORD had sent him to say, and also about all the signs he had commanded him to perform.Exodus 18:8-10 - Moses **told his father-in-law** **about everything the LORD had done** to Pharaoh and the Egyptians for Israel's sake and about all the hardships they had met along the way and **how the LORD had saved them**. Jethro was **delighted to hear** about all the good things the LORD had done for Israel in rescuing them from the hand of the Egyptians. He said, "**Praise be to the LORD,** who rescued you from the hand of the Egyptians and of Pharaoh, and who rescued the people from the hand of the Egyptians. **Now I know that the LORD is greater than all other gods**, for he did this to those who had treated Israel arrogantly."Hebrews 3:5 – Now Moses was truly faithful in all his house as a servant, **testifying to the things** which were to be spoken later. Hebrews 11:5 - By faith Enoch was taken away without experiencing death. He could not be found, because God had taken him away. For before he was taken, **he had this testimony**, that he pleased God.Psalms 19:7 - The law of the LORD *is* perfect, converting the soul: **the testimony of the LORD *is* sure**, making wise the simple.Acts 8:4 - Those, however, who were scattered abroad went from place to place **spreading the Good News** of God's Message; |

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 **PRISM Topic** – Habits hearwelldone.org

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| “We first make our habits, and then our habits make us.” - John Dryden “Habits are important. Up to ninety percent of our everyday behavior is based on habit. Nearly all of what we do  each day, every day, is simply habit.” - Jack D. Hodge “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle“Successful people are simply those with successful habits.” - Brian Tracy“Habits change into character.” Ovid“Your character is the harvest of your habits.” - Adrian Rogers“Chains of habit are too light to be felt until they are too heavy to be broken.” - Warren Buffet“Good habits, once established are just as hard to break as are bad habits.” - Robert Puller“Good habits are as addictive as bad habits but much more rewarding.” - Anonymous“Good habits are the key to all success.” - Og Mandino“Good habits formed at youth make all the difference.” - Aristotle“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.” - John Maxwell “Results can only change when we change our consistent actions and make them habits.” -Billy Cox“Consistency creates habit and our habits shape our life.” -Anonymous“Motivation is what gets you started, habit is what keeps you going.” -Anonymous“Winning is a habit. Unfortunately, so is losing.” - Vince Lombardi“Bad habits are easier to abandon today than tomorrow.” - Anonymous“Feeling sorry for yourself and your present condition is not only a waste of energy but the worst habit you could  possibly have.” - Dale Carnegie“The secret to permanently breaking any bad habit is to love something greater than the habit.” B. McGill“Happiness is a habit. Cultivate it.” - Elbert Hubbard“I can predict the long-term outcome of your success if you show me your daily habits.” - John Maxwell“If your habits don’t line up with your dream, then you need to either change your habits or change your dream.”  – John Maxwell“Old habits die hard” “Old habits are hard to break” – (false) - but you’re right, it applies to you. “Change your belief – Change your habit” - K Kamentz“And it all began with one small win.” -Anonymous“Take a few steps at a time and enjoy the process.” -Anonymous“Good habits are worth being fanatical about” - John IrvingIf you never form the habits God wants you to have, how will you ever have the testimony God has for you? Ask God what habits He desires for you to develop in your life, and for His grace to persist in them. As you do, your life will be transformed into a full reflection of Him. God’s Word confirms the great value of habits...  |

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 **PRISM Topic** – Habits (2) hearwelldone.org

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| **Proverbs 21:5 – Steady plodding brings prosperity…**Psalms 119:164 - **Seven times a day** I will praise you because of your righteous judgments.**Daniel 6:10 -** Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. **Three times a day** he got down on his knees and prayed, giving thanks to his God, just as he had done before.**John 8:29 – “**The one who sent me is with me; he has not left me alone, for **I always do** what pleases him."**Philippians 2:12 -** Therefore, my dear friends, as you have **always obeyed**--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling,**Job 1:5 -** When these celebrations ended--sometimes after several days--Job would purify his children. He would get up early in the morning and offer a burnt offering for each of them. For Job said to himself, "Perhaps my children have sinned and have cursed God in their hearts." **This was Job's regular practice**.Luke 4:16 - And He came to Nazareth, where He had been brought up; and **as was His custom**, He entered the synagogue on the Sabbath, and stood up to read.Luke 21:37 – Each day Jesus was teaching at the temple and **each evening** he went out to spend the night on the hill called the Mount of Olives, and all the people came early in the morning to hear him at the temple.Psalm 108:2 - Awake, harp and lyre! I will **awaken the dawn**.**Psalms 90:14 -** O satisfy us **early** in the morning with your mercy; that we may rejoice and be glad **all our days**.Proverbs 8:17 - I love them that love me; and those that **seek me early** shall find me.Mark 1:35 - Very **early** in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.Luke 18:1 - He told them also a parable that they should pray **at all times** and they should not grow weary:I Samuel 12:23 - As for me, far be it from me that I should sin against the LORD by **failing to** **pray for you**. And I will teach you the way that is good and right.Acts 3:1 - Now Peter and John went up together into the temple at the **hour of prayer**, *being* the ninth *hour*.Mark 13:33 - “Take heed, watch and pray; for you **do not know when** the *appointed* time is.I Corinthians 11:25-26 - In the same way he also took the cup, after supper, saying, "This cup is the New Covenant in my blood. Do this, as often as you drink, in memory of me." For **as often as** you eat this bread and drink this cup, you proclaim the Lord's death until he comes.Acts 2:42 - They **devoted** themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.Luke 9:23 - Then he said to them all, "If anyone wants to become my follower, he must deny himself, take up his cross **daily**, and follow me.Acts 5:42 - And **every day**, in the temple and from house to house, they did not cease teaching and preaching that the Christ is Jesus.Hebrews 3:13 - But **exhort one another daily**, as long as it is called "Today," so that none of you may be hardened by the deceitfulness of sin. |

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 **PRISM Topic** – DO NOT FRET www.hearwelldone.org

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| **Fret**:  To distress ones-self. (devour)  Chafe, worry, brood, agitate, stew, kindle (cause to begin or continue  burning), to eat away, get worked up, lose sleep over, fume, disturb, cause to ripple, wear away. **Psalms 37:8** - Refrain from anger and turn from wrath; **do not fret** - it only leads to evil.**I Peter 5:6-8** - **Humble yourselves**, therefore under God's mighty hand, that he may lift you up in due time.  **Cast**  **all** your anxiety on him because he cares for you.  Be self-controlled and alert.  Your enemy the devil prowls  around like a roaring lion looking for someone to **devour**.  (cause to fret)**Philippians 4:6-8** - **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 minds in Christ Jesus.  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**  **about** such things. **Proverbs 68:19** - Praise be to the LORD!  To God our Savior who daily bears our burdens.**Proverbs 12:31** - But **whoever listens** to me **will live without worry** and will **be free from** the **dread** of disaster.**Isaiah 28:16** - This is what the Almighty LORD says; I am going to lay a rock in Zion, a rock that has been tested,  a precious cornerstone, a solid foundation.  **Whoever believes** in him **will not worry**. **Luke 10:41** - "Martha, Martha," the Lord answered, "you are **worried** and upset **about many things**," but **only one**  thing is needed.  Mary has chosen what is better, and it will not be taken away from her."**Luke 12:25-26** - Who of you by worrying can add a single hour to his life?  Since you cannot do this very little  thing, **why do you worry** about the rest?**Proverbs 24:19-20** - **Do not fret** because of evil men or be envious of the wicked, for the evil man has no future  hope, and the lamp of the wicked will be snuffed out. **Matthew 6:33-34** - But **seek first** his kingdom and his righteousness, **and** all these things will be given to you as  well.  **Therefore** **do not worry** about tomorrow, for tomorrow will worry about itself.  Each day has enough  trouble of its own. **Mark 4:19** - but the **worries** of this life, the deceitfulness of wealth and the desires for other things come in and  choke out the word, making it **unfruitful**.**Luke 21:34** - Be careful, or your hearts will be **weighed down** with dissipation, drunkenness, and the **anxieties** of  life, and that day will close on you unexpectedly like a trap. **Matthew 6:25-26** - "Therefore I tell you, **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 food, and the body more important than  clothes?  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? **Mark 13:11** - But whenever they lead you away and deliver you up, **take no thought beforehand** what you should  speak or think. But speak whatever **shall be given** to you in that hour.  For it is not you who speaks, but the  Holy Spirit.  |

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 **PRISM Topic** – PEACE (short) www.hearwelldone.org

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| **Peace**:  Complete well-being in mind, body & life, absent of worry or fear, reconciled, confident, content, quiet **Isaiah 53:5** - but he was wounded for our transgressions, he was bruised for our iniquities: **the chastisement of our peace** was upon him, and with his stripes we are healed.**Isaiah 26:3** - You will keep him in **perfect peace**, **whose mind** is stayed on you: because he trusts in you.**John 14:27** - Peace I leave with you, **my peace** I give you.  I do not give you as the world gives.  **Do not let your hearts be troubled** and **do not be afraid.** **Galatians 5:22-23** - But the fruit of the Spirit is love, joy, **peace**, patience, kindness, goodness, faithfulness, gentleness and self-control**Romans 5:8** - For to be carnally minded is death; but to be **spiritually minded** **is** life and **peace**.  **Romans 14:7** - For the kingdom of God is not meat and drink; but righteousness, and **peace**, and joy **in the**  **Holy Spirit.****Psalms 37:11** - But the meek shall inherit the earth; and shall delight themselves in the **abundance of peace**. **Psalms 37:37** - Consider the **blameless,** and observe the **upright**, for the **future** of that man **is peace**.**Psalms 119:165** - **Great peace** have they who **love your law**, and nothing can make them stumble.**Proverbs 3:13** - Blessed is the man who finds **wisdom**, the man who gains understanding, her ways are pleasant  ways, and **all her paths are peace**. **Isaiah 9:6** - LORD, **you establish peace for us**; all that we have accomplished you have done for us.  **Isaiah 32:17** - The **fruit of righteousness will be peace**, the effect of righteousness will be quietness and  confidence forever.**Isaiah 48:22** - "There is **no peace**," says the LORD, "**for the wicked**."**Mark 4:39** - And he arose and rebuked the wind, and said unto the sea, **Peace, be still.**  And the wind ceased, and  there was great calm. **Mark 5:34** - And he said unto her, Daughter, your faith has healed you; **go in peace** and **be freed from your**  suffering.**John 16:33** - I have told you these things so that **in me you may** **have peace**.  In this world you will have trouble,  but take heart!  I have overcome the world. **I Thessalonians 5:23** - May God himself, the **God of peace**, sanctify you wholly.  May your whole spirit, soul, and  body be kept blameless at the coming of the Lord Jesus.  The one who calls you is faithful, and he will do it. **2 Thessalonians 3:16** - Now may the **Lord of peace** himself **give you peace** at **all times** and **in every way**.   The Lord be with all of you. |

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 **PRISM Topic** – Forgive www.hearwelldone.org

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| **Forgive**  To grant pardon or remission of an offense. **To willingly give up your right to hold something against someone.** **To cease to feel resentment against, on account of a wrong committed.**To pardon, to **absolve**, to **overlook** an offense. **To give up any claim or right to retribution.** **To cancel any indebtedness or liability.** **To treat the offender as not guilty.** **I John 1:9** - If we confess our sins, he is faithful and just and **will forgive us** our sins and cleanse us from all  unrighteousness. **Matthew 6:12** - And forgive **us** our debts **as we** forgive our debtors.**Matthew 6:14,15 -** If you **forgive others** when they sin against you, your heavenly Father **will also** forgive you.  But  **if you do not** forgive others their offenses, **neither will** your Father forgive yours.  **Luke 23:34** - Then said Jesus, “**Father, forgive them; for they know not what they do**.”  And they cast lots to  divide his garments.**Ephesians 4:32** - And be kind to one another, tenderhearted, **forgiving one another**, even as God for Christ’s sake  has forgiven you.**Colossians 3:13** - Bear with each other and **forgive whatever grievances** you may have against one another.  Forgive as the Lord forgave you.**Psalms 130:3,4 -** If you O LORD, kept a record of sins, O Lord, who could stand?  But **with you there is forgiveness** therefore you are feared. **Psalms 32:1** - Blessed is the one whose transgressions **are forgiven**, whose sins are covered.  Blessed is the one  whose sin the LORD does not count against them and in whose spirit is no deceit.**Matthew 18:21-22** - Then Peter came to Jesus and asked, “Lord, **how many times** shall I forgive my brother or  sister when he sins against me?  Up to seven times?  Jesus answered, “I tell you, not seven times, but **seventy**  **times seven**. **Luke 17:3-4** - …If your brother or sister sins against you, rebuke them; and if they repent, forgive them.  Even if  they sin against you seven times in a day and seven times come back to you saying ‘I repent,’ **you must forgive**  them.**Mark 11:25** - And when you stand praying, **if you hold anything against anyone, forgive him**, so that your Father  in heaven **may forgive you** your sins. |

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 **PRISM Topic** – Forgive (2) www.hearwelldone.org

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| **Forgive:** To grant pardon or remission of an offense. **To willingly give up your right to hold something against someone. To cease to feel resentment against, on account of a wrong committed.**To pardon, to **absolve**, to **overlook** an offense. **To give up any claim or right to retribution.** **To cancel any indebtedness or liability. To treat the offender as not guilty.** **Matthew 18:32-35** - Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt  of yours because you begged me to.  Shouldn’t you have had mercy on your fellow servant just as I had on  you?  In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. “This is how my heavenly Father will treat each of you **unless you forgive** your brother or sister from your your heart.”**Psalms 25:11,14** - For the sake of your Name, O LORD, forgive my iniquity though it is great.  Look upon my  affliction and my distress and **forgive all** my sins.   **Exodus 34:6,7** - And he passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and  gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, **and forgiving**  **wickedness, rebellion and sin**.  Yet he does not leave the guilty unpunished; he punishes the children and their  children for the sin of the fathers to the third and fourth generation. **Exodus 20:6** - but showing faithful love to a thousand generations of those who love me and keep my commands**.****Psalms 86:2,5** - You **have forgiven** the iniquity of your people, you have covered all their sin.  You are forgiving  and good O LORD, abounding in love to all who call to you. Hear my prayer O LORD; listen to my cry for  mercy.  In the day of my trouble I will call to you, for you will answer me.**Luke 7:47** - Therefore, I tell you, her many sins **have been forgiven** – for she loved much.  But he who is forgiven  little, loves little. **Jeremiah 31:34** - No longer will a man teach his neighbor, or a man his brother, saying, ‘Know the LORD,’ because  they will all know me, from the least of them to the greatest.” Declares the LORD.  For **I will forgive** their  wickedness and will remember their sins no more.”**Jeremiah 36:3** - Perhaps when the people of Judah hear about every disaster I plan to inflict on them, each of  them **will turn** **from** his wicked way; **then I will forgive** their wickedness and their sin.”**Isaiah 55:7 -** Let the wicked **forsake his way**, and the evil man his thoughts.  **Let him turn** to the LORD and he will  have mercy on him, and to our God, for he will abundantly pardon.**James 5:15,16** - And **the prayer offered in faith** will make the sick person well; the LORD will raise him up.  If he  has sinned, **he will be forgiven**.  Therefore, confess your sins to each other and pray for each other so that you  may be healed.  The prayer of a righteous man is powerful and effective. |

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 **PRISM Topic** – Listen hearwelldone.org

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| **James 1:19** - My dear brothers, take note of this:  Everyone should be **quick to listen, slow to speak**; and **slow to**  **become angry**, for man's anger does not bring about the righteous life that God desires.**Proverbs 15:1** - A **gentle answer** turns away wrath, but a harsh word stirs up anger.**James 1:26** - If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.**Proverbs 16:21** - The wise in heart are called discerning, and **pleasant words** promote instruction.**Matthew 11:15** - He that **hath ears to hear, let him hear**.**Proverbs 18:13** - He who **answers before listening** - that is his folly and shame.**Proverbs 18:2** - A fool **finds no pleasure in understanding** but delights in **airing his own opinions**.**Proverbs 29:20** - Do you see a man who **speaks in haste**?  There is more hope for a fool than for him.**Proverbs 12:15** - The way of a fool is right in his own eyes, but a **wise man** is he who **listens** to advice.**Proverbs 10:19** - When **words are many** sin is not absent, but **he who holds his tongue is wise**.**I Corinthians 13:4-8** - Love is **patient**, love is **kind**.  It does not envy, it does not boast, It is not proud.  It is **not rude**, it is **not self-seeking**, it is not easily angered, it keeps no record of wrongs.  Love does not delight in evil but rejoices with the truth.  It always protects, always trusts, always hopes, always perseveres.  Love never fails...**Philippians 2:3-4** - Do nothing out of selfish ambition or vain conceit.  Rather, in humility **value others above yourselves**, not looking to your own interests but each of you to the interests of others.  In your relationships with one another, have the same mindset as Christ Jesus...**Mark 4:23-24** - "Anyone with ears to hear should listen and understand."  Then he added, "Pay close attention to what you hear. **The closer you listen, the more understanding you will be given** - and you will receive even more.**Matthew 15:10** - Jesus called the crowd to him and said, "**Listen and understand**."**Matthew 13:16** - But **blessed are** your eyes because they see, and **your ears because they hear**.**Jeremiah 13:15** - **Hear and give year**; **be not proud**, for the LORD has spoken.**Acts 28:27-28** - For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes.  Otherwise they might see with their eyes, hear with their ears, understand with their hearts **and turn**, **and I would heal them**.  Therefore, let it be known to you that this saving work of God has been sent to the Gentiles; they will listen!**John 8:43,47** - Why don't you understand what I say?  **Because you cannot listen** to my words(s).  The one who is from God listens to God's words.  **This is why you don't listen**, because you are not from God.**Jeremiah 5:21** - Hear this, you foolish and senseless people, who have eyes but do not see, who have ears but do not hear."**Isaiah 42:18,20** - Hear, you deaf; look you blind, and see!  You have seen many things, but have paid no attention; your ears are open but you hear nothing. **Isaiah 42:23** - Who among you will listen to this?  **Is there anyone who will pay attention and listen** in the future?  |

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 **PRISM Topic** – Listen (2) hearwelldone.org

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| **Proverbs 19:20** - Listen to advice and accept instruction and in the end you will be wise.**Isaiah 28:23** - Open your ears, and listen to me!  Pay attention, and hear me! **Psalms 34:2** - I will boast in the LORD; **the humble will hear** and be glad.**Proverbs 1:5** - A **wise man will listen** **and continue to learn**, and a man of **understanding** will **gain direction**.**Proverbs 8:3-4** - Listen to my instruction and be wise; do not ignore it.  **Blessed is the man who listens** to me, watching daily at my doors, waiting at my doorway.  For whoever finds me finds life and receives favor from the LORD.**Ecclesiastes 5:1-2** - Guard your steps when you go to the house of God.  **Go near to listen** rather than to offer the sacrifice of fools who do not know that they do wrong.  **Do not be quick with your mouth**, do not be hasty in your heart to utter anything before God.  God is in heaven and you are on earth, **so let your words be few**.**Isaiah 55:3** - **Incline your ear** and come to me.  **Listen**, that you may life; and I will make an everlasting covenant with you, according to the faithful mercies shown to David. **Ephesians 5:25** - Husbands, **love your wives**, even as Christ also loved the church and **gave himself up** for it.**I Peter 3:7** - In a similar way, you husbands must live with your wives in an **understanding** manner, as with a most delicate partner.  Honor them as heirs with you of the gracious gift of life, so that nothing may hinder your prayers.**Isaiah 50:4-5** - The Sovereign LORD has given me an instructed tongue, to know the word that sustains the weary.  He wakens me morning by morning, **wakens my ear to hear** as one being taught.  **The Sovereign LORD has opened my ears**, and I have not been rebellious. **Psalms 51:8** - **Make me to hear** joy and gladness; that the bones which thou hast broken may rejoice. **Mark 9:7** - They were extremely astonished and said, "He has done everything well!  **He even makes deaf people hear**, and people unable to speak, talk!"**Hebrews 11:32-34** - And what more shall I say?  I do not have time to tell about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword, **whose weakness was turned to strength** and who became powerful in battle and routed foreign armies.  There is hope for you - God’s Grace.  Even if listening is a weakness - God can turn your weakness into strength. |

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 **PRISM Topic** – Write It Down www.hearwelldone.org

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| Jer 30:2 – “This is what the LORD, the God of Israel, says: ‘**Write in a book all the words I have spoken to you**.’”**I Samuel 3:19,21** – The LORD was with Samuel as he grew up, and he **let none of his words** fall to the ground... The LORD **continued to appear** at Shiloh, and there he **revealed himself** to Samuel through his word.Hab 2:2 – And the Lord answered me: “**Write the vision**, make it plain on tablets, so he may run that reads it.” (i.e. “so that every time you read it… you can run with it”)I Chronicles 28:19 – “All this,” David said, “**I have in writing** from the hand of the LORD upon me, **and he gave me understanding** in all the **details** of the plan.” Exodus 17:14– And the LORD said unto Moses, “**Write this in a book as something to be remembered**, and rehearse it in the ears of Joshua:” Isaiah 30:8 – Now go, write it on a tablet for them, and **note it in a book** as something to be remembered that for the days to come it may be remembered as an everlasting witness. Psalms102:18 – **Let this be written for a future generation** that a people not yet created may praise the LORD. **Mathew 13:12** – “Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them.” **Matthew 11:15** – He that hath ears to hear, let him hear. **Matthew 4:4** – But he answered and said, It is written, man shall not live by bread alone, **but by every word** that proceedeth out of the mouth of God. **Matthew 13:4** – As he was scattering seed, some fell along the path, and the **birds came** and ate it up.  **John 16:13** - But when he, the Spirit of truth, comes, **he will guide you into all 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.Revelation 1:19 – **Write the things which you have seen**, and the things which are, and the things which will take place later.  Revelation 21:5 – And he that sat upon the throne said, Behold, I make all things new, and he said unto me, **write: for these words are true and faithful**. John 20:31 – But **these things are written, that you might believe** that Jesus is the Christ, the son of God, and that believing, you might have life through his name. Romans 15:4 – For whatever things were written before **were written for** our learning, that through patience and comfort of the scriptures we might have hope.  |

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