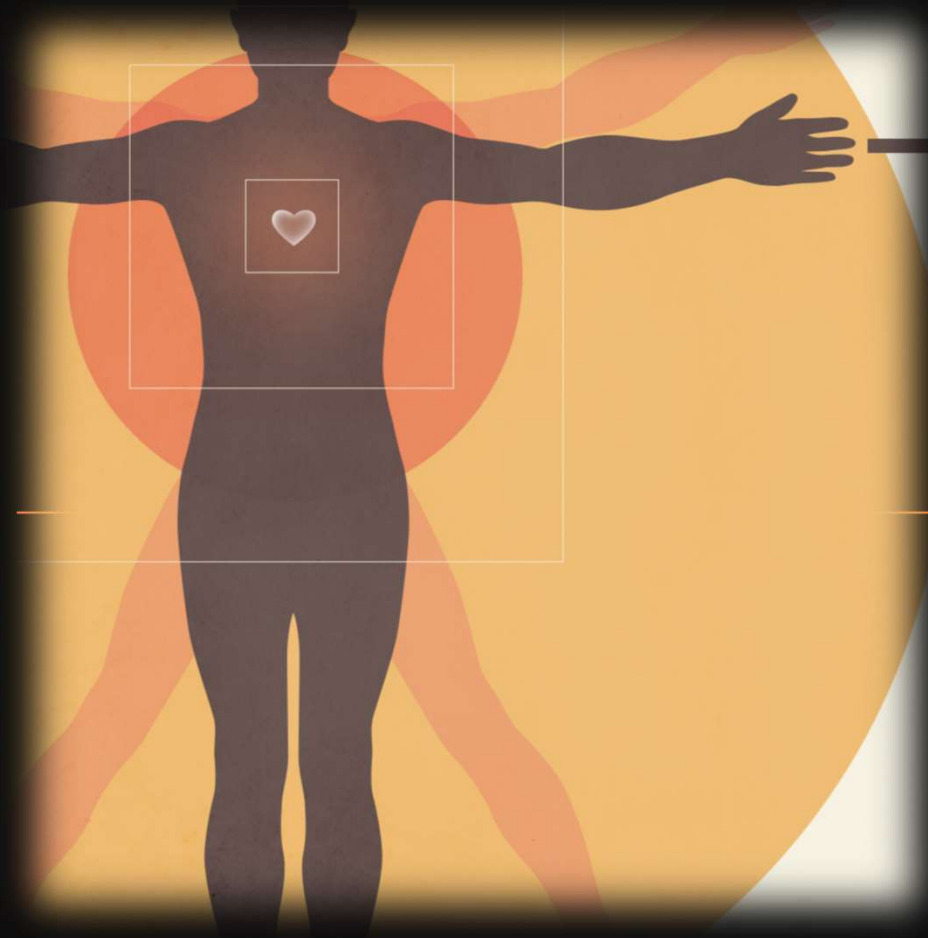


# House of Judah Seneca, SC

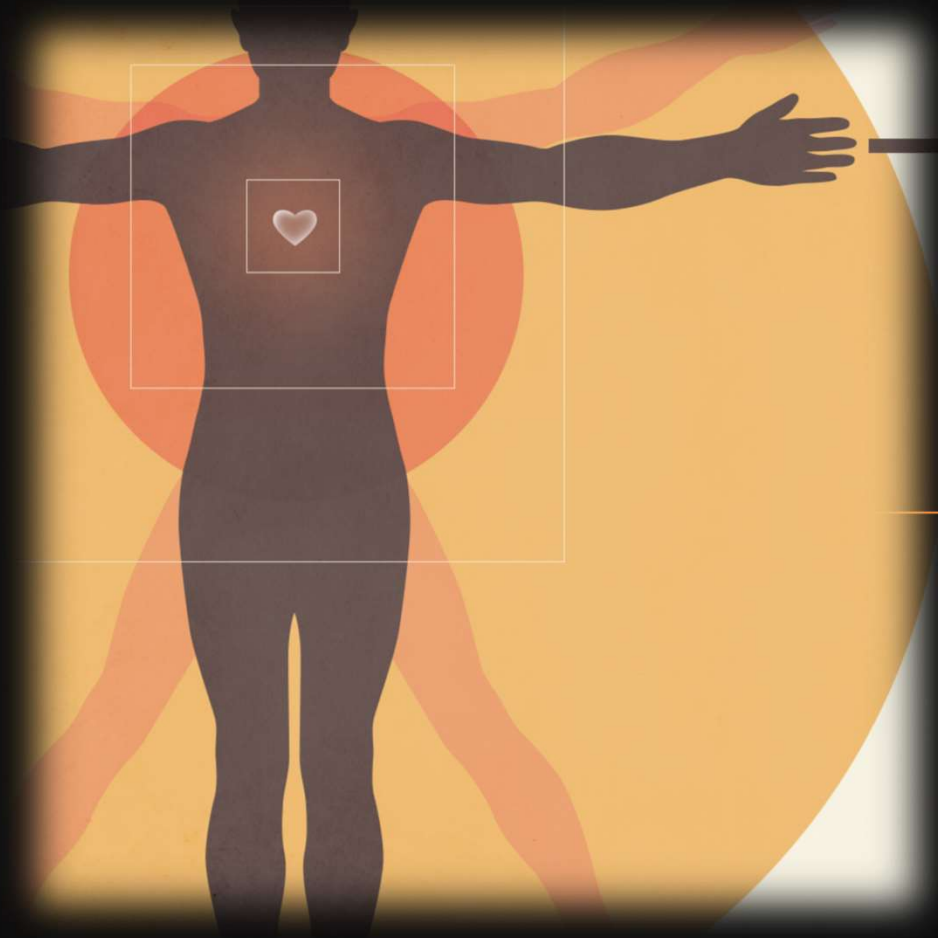
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**1 September 2024**  
**Pastor Katie! E.**  
**Webb**  
**(Visiting Teacher)**



~ TAG ~  
Thanks,  
Appreciation,  
Gratitude,  
and Prayer

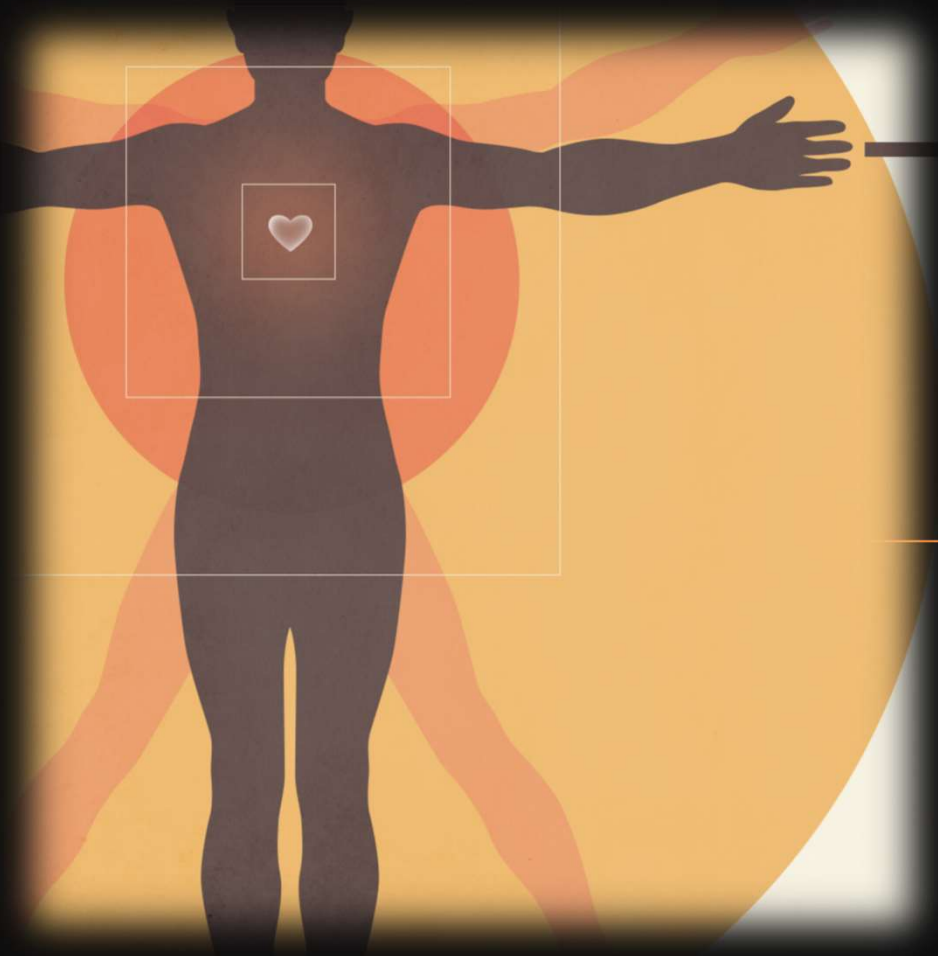
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Scripture:

I beseech you therefore, brethren,  
by the Mercies of God, that you  
present your bodies a  
Living Sacrifice,  
Holy,  
acceptable unto God,  
which is your reasonable service.

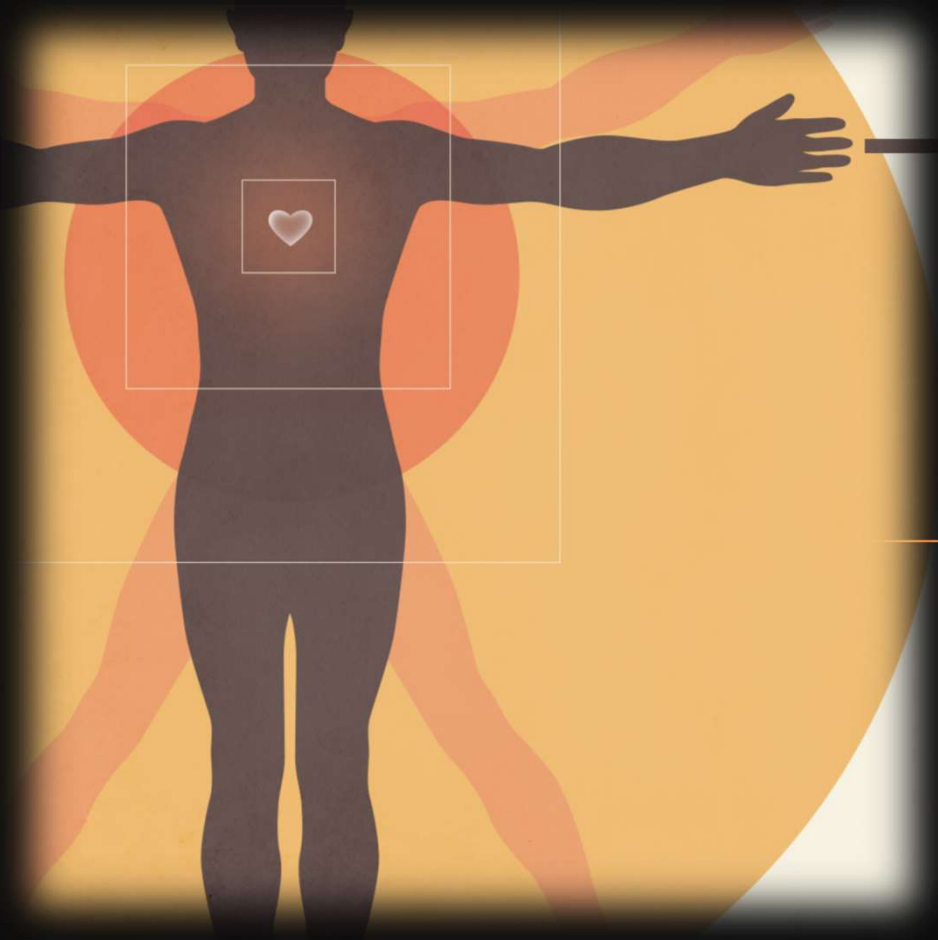
*Romans 12:1*



Support Scripture:

"For I Am The Lord Who  
brought you up from the  
Land of Egypt to be  
Your God;  
thus you shall be Holy,  
for I Am Holy."

*Leviticus 11: 45*

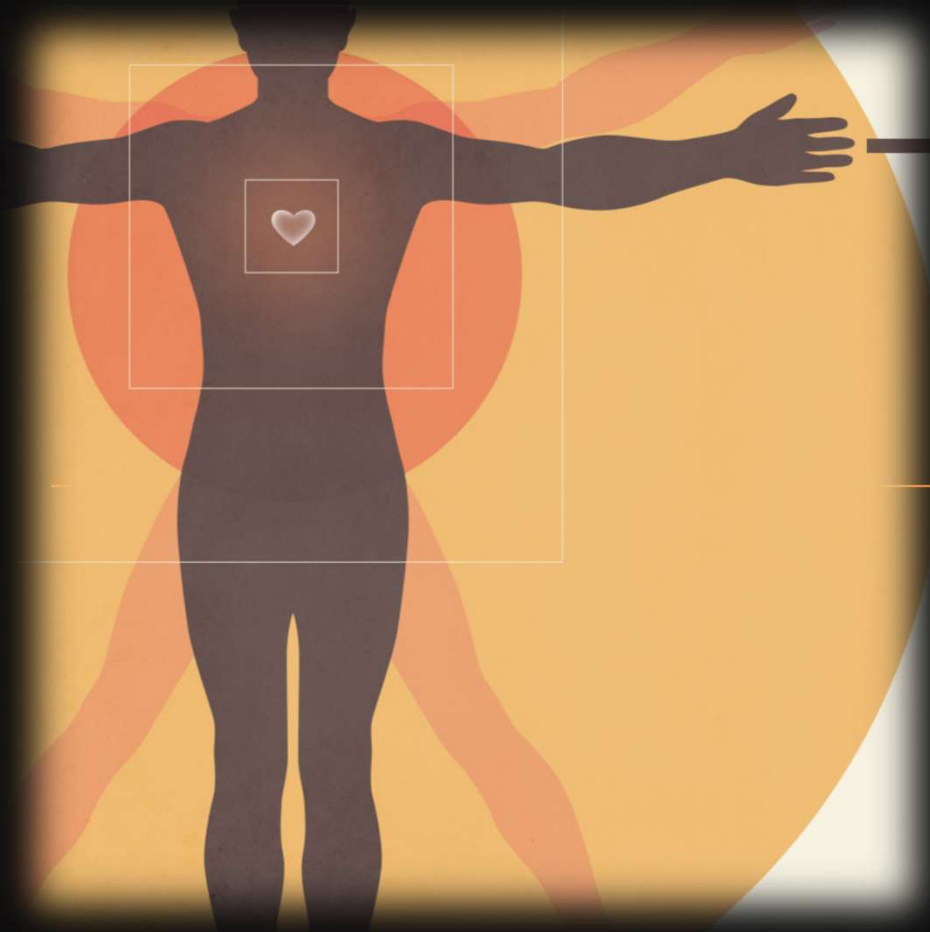


Thought for Today:

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*Muscle Memory Series ~*  
Living Holy

Pastor Katie! – House of Judah – 1 September 2024



# Who We are:

We are Spiritual Beings  
who are  
One With Christ.

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(We have to KNOW  
Whose we Are ~  
SO  
we can Remember  
Who we ARE!)

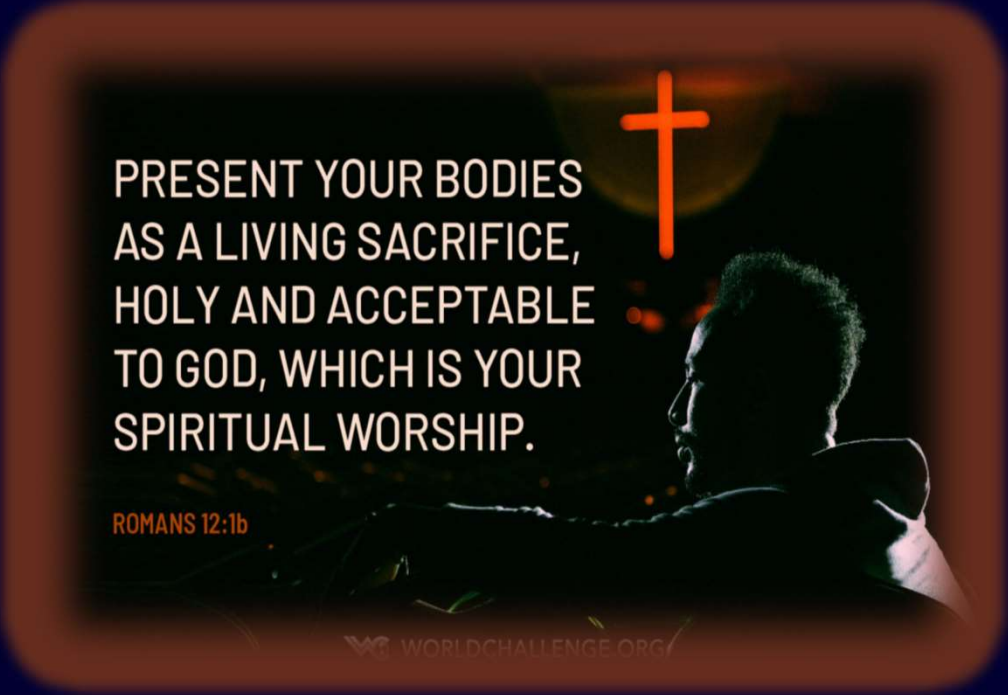
## Romans 12:1

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.

*ESV*

So here's what I want you to do, God helping you: Take your everyday, ordinary life — your sleeping, eating, going-to-work, and walking-around life — and place it before God as an Offering.

*MSG*



PRESENT YOUR BODIES  
AS A LIVING SACRIFICE,  
HOLY AND ACCEPTABLE  
TO GOD, WHICH IS YOUR  
SPIRITUAL WORSHIP.

ROMANS 12:1b

WORLDCHALLENGE.ORG

## The Bible and Holiness - #1282

Holy/Holiness - something or someone that is separated (sanctified) and dedicated to serve and fulfill The Will of God

Holy/Holiness has Four Distinct Meanings

- To be set apart
- To be perfect, transcendent, or spiritually pure, evoking adoration and reverence
- To be related to those Holy Places or to God Himself
- God's Plan for His people

“...You shall be Holy, for I Am Holy.”

*Leviticus 11: 45*

Be Holy

for I the LORD your God am

Leviticus



In The Old and The New  
The phrase “Be Holy, for  
I am Holy” is a Commandment  
from God to His People.

Leviticus 11, 19, 20,

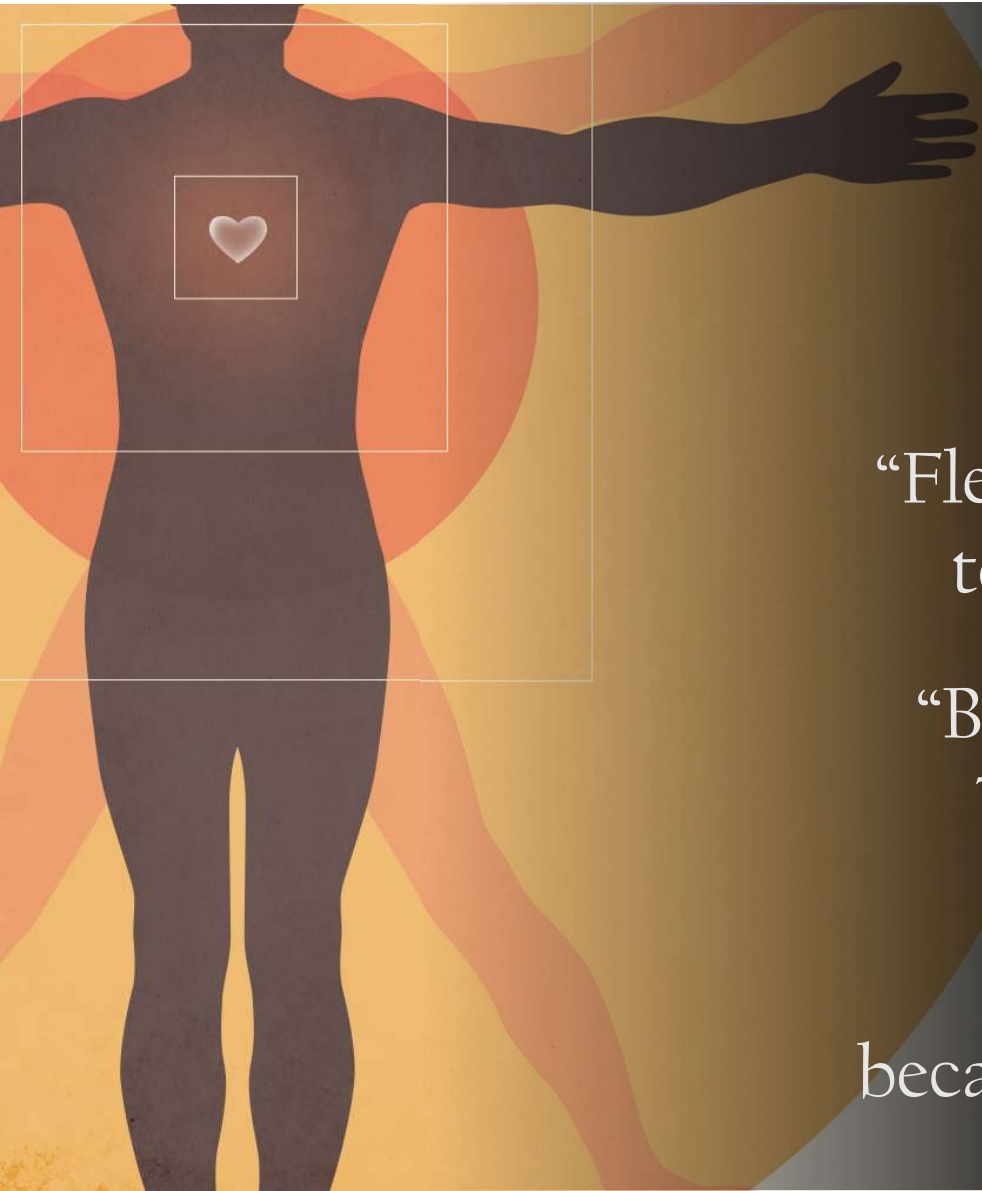
God instructs the Israelites to  
consecrate themselves and avoid  
unclean things.

The New Testament, 1 Peter,  
God's people should imitate  
God's Holiness and Perfection

*Matthew 5:48*

## 40 BIBLE VERSES *on* GOD'S HOLINESS

<b>1 Chronicles 16:29</b>	<b>Hebrews 12:14</b>
<b>1 Corinthians 3:16</b>	<b>Isaiah 35:8</b>
<b>1 John 1:7</b>	<b>Isaiah 57:15</b>
<b>1 John 1:9</b>	<b>Isaiah 6:3</b>
<b>1 Peter 1:15</b>	<b>Leviticus 11:44</b>
<b>1 Peter 1:16</b>	<b>Leviticus 19:2</b>
<b>1 Peter 2:9</b>	<b>Leviticus 20:26</b>
<b>1 Samuel 2:2</b>	<b>Luke 8:16</b>
<b>1 Thessalonians 4:7</b>	<b>Matthew 5:48</b>
<b>1 Thessalonians 5:23</b>	<b>Philippians 2:5</b>
<b>2 Corinthians 7:1</b>	<b>Proverbs 20:25</b>
<b>2 Timothy 1:9</b>	<b>Proverbs 9:10</b>
<b>2 Timothy 2:21</b>	<b>Psalms 119:9</b>
<b>Amos 5:14</b>	<b>Psalms 93:5</b>
<b>Ephesians 1:4</b>	<b>Psalms 96:9</b>
<b>Ephesians 5:3</b>	<b>Revelation 15:4</b>
<b>Exodus 15:11</b>	<b>Revelation 4:8</b>
<b>Ezekiel 36:23</b>	<b>Romans 12:1</b>
<b>Ezekiel 38:23</b>	<b>Romans 6:19</b>
<b>Habakkuk 1:13</b>	<b>Romans 6:22</b>



I APPEAL

## Spiritual and Physical

“Flesh and blood hath not revealed this to you, but My Father in Heaven.”  
*Matthew 16:17*

“But the natural man can not receive The Things of The Spirit of God: for they are foolishness to him: neither can he know *Them*, because They are Spiritually Discerned.”  
*1 Corinthians 2:14*

I've learned how to live Holy  
I've learned how to live right  
I've learned how to suffer  
For if I suffer I'll gain Eternal Life.

*Douglas Miller*

Take time to be Holy, speak oft with  
Thy Lord; Abide in Him always,  
and feed on His Word. Make friends  
of God's children, help those who are  
weak, Forgetting in nothing His Blessing to seek.  
Take time to be Holy, the world rushes on;  
Spend much time in secret, with Jesus alone.  
By looking to Jesus, like Him thou shalt be;  
Thy friends in thy conduct His likeness shall see.

*William D. Longstaff - (1822-1894)*

Learn how to Live Holy



When I See Jesus, Amen

Muscle Memory refers to a neurological process that occurs after learning certain motor skills or movement patterns that allows *remembering* how to execute/use these motor skills without conscious effort.

*(Marathon Handbook)*

## Muscle Memory

The ability to reproduce a particular movement without conscious thought, acquired from *frequent repetition* of that movement.



# Muscle Memory

## (Lag Time)

When we first start working out, even the most basic exercises, such as push-ups or squats, can take a great amount of *conscious effort*.

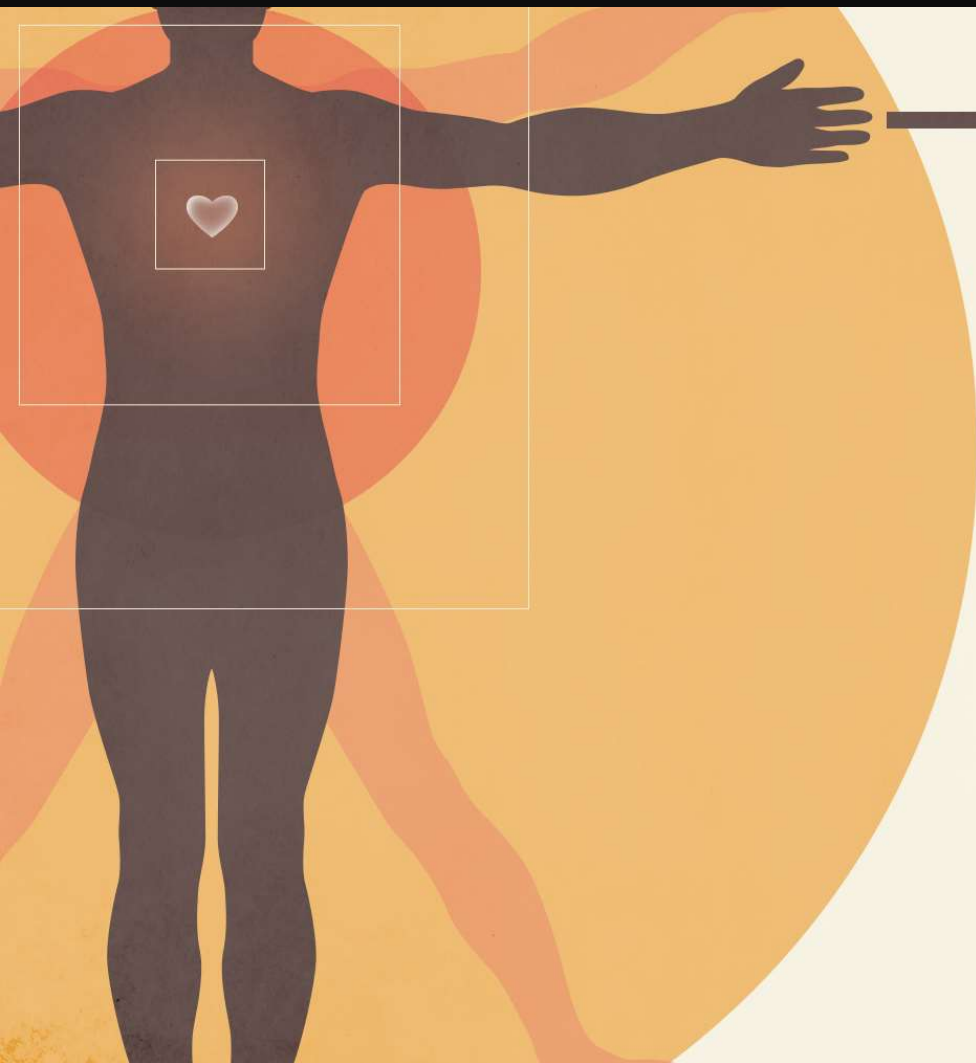
We have to think about all of *the little aspects* that go into proper form and technique.

Muscle Memory functions like programming our brain to carry out specific movement skills on *autopilot*.

It is a form of *skill retention for motor skills*.

*Amber Sayer, MS, CPT, CNC*





## Benefits of Muscle Memory

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Execute practiced patterns deliberately and without effort.

Muscle memory works by training our brain through *repetition and mastery*.

Muscle Memory involves *skill retention* without continuous relearning or investing conscious effort.

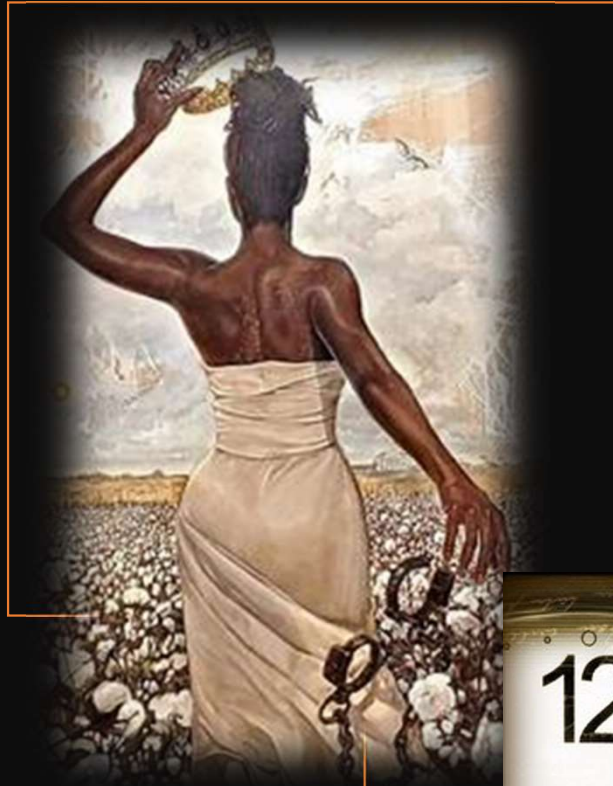
The more we practice the better we get.

Practice makes proficiency...

The better we get. The better we get...

Take time to be Holy, let Him be  
thy Guide;  
And run not before Him, whatever  
betide.  
In joy or in sorrow, still follow  
The Lord,  
And, looking to Jesus, be still  
Trusting His Word.

Take time to be Holy, be calm in thy  
soul,  
Each thought and each motive  
beneath His Control.  
Thus led by His Spirit to  
Fountains of Love,  
Thou soon shalt be fitted for Service  
Above.





So here's what I want you to do,  
God helping you:  
Take your everyday,  
ordinary life —  
your sleeping, eating, going-to-  
work, and walking-around life  
— and place it before God  
as an Offering.

*Romans 12:1*

I am the Lord, who brought  
you up out of Egypt to be Your  
God; therefore, be Holy,  
because I Am Holy.

*Leviticus 11: 45*





## Closing, Invitation and Benediction:

<sup>24</sup> Now unto Him that is able  
to keep you from falling,  
and to present us faultless  
before The Presence of His  
Glory with exceeding joy,  
<sup>25</sup> To The Only Wise God  
our Savior, be Glory and  
Majesty, Dominion and  
Power, both now and ever.  
Amen.

