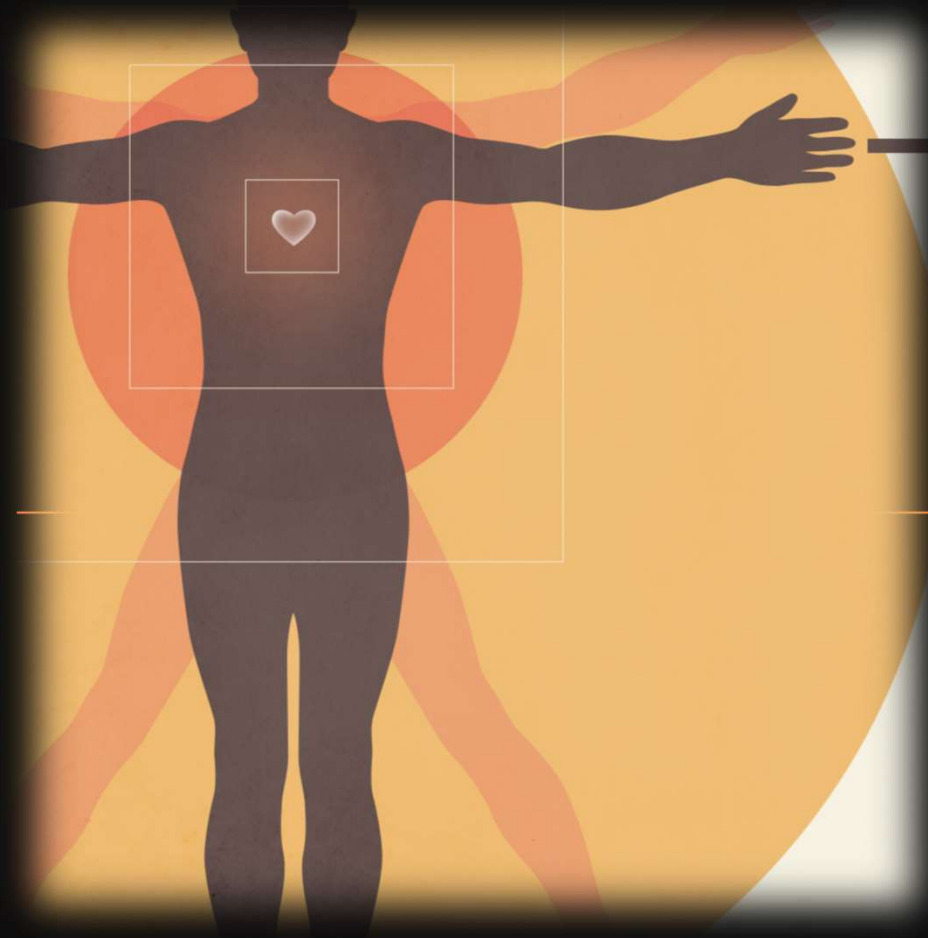


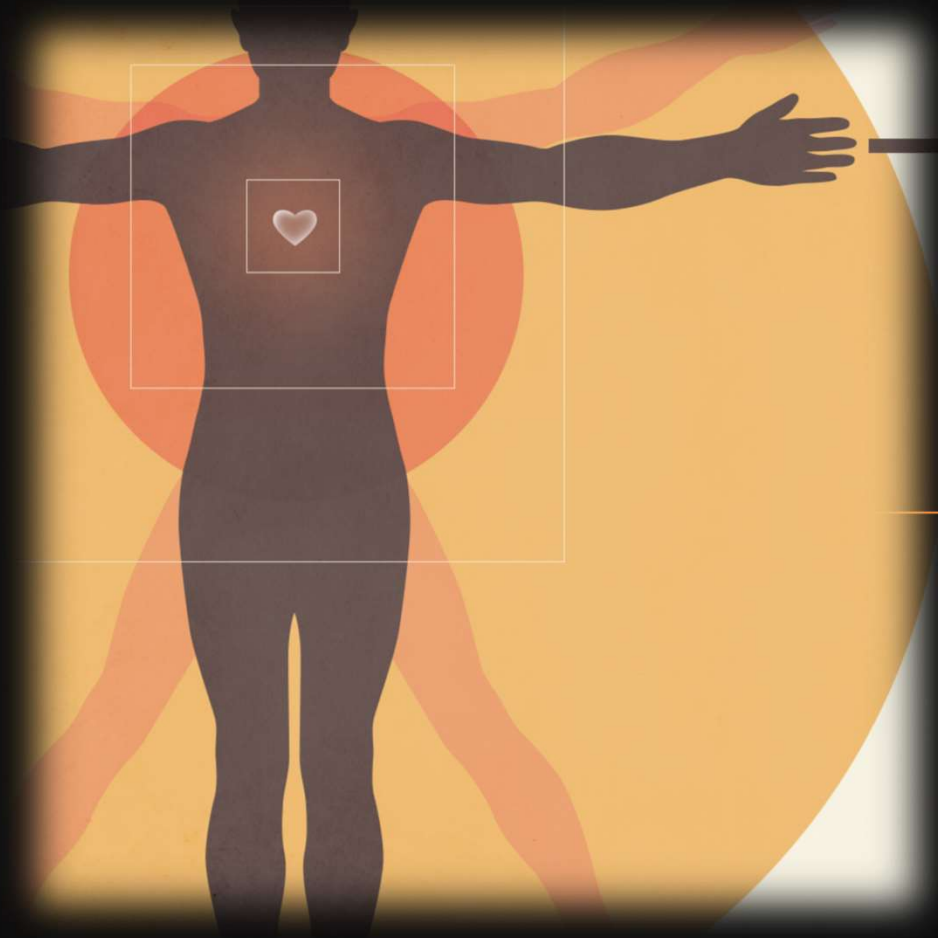
**House of Judah
Seneca, SC**

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



~ TAG ~
Thanks,
Appreciation,
Gratitude,
and Prayer

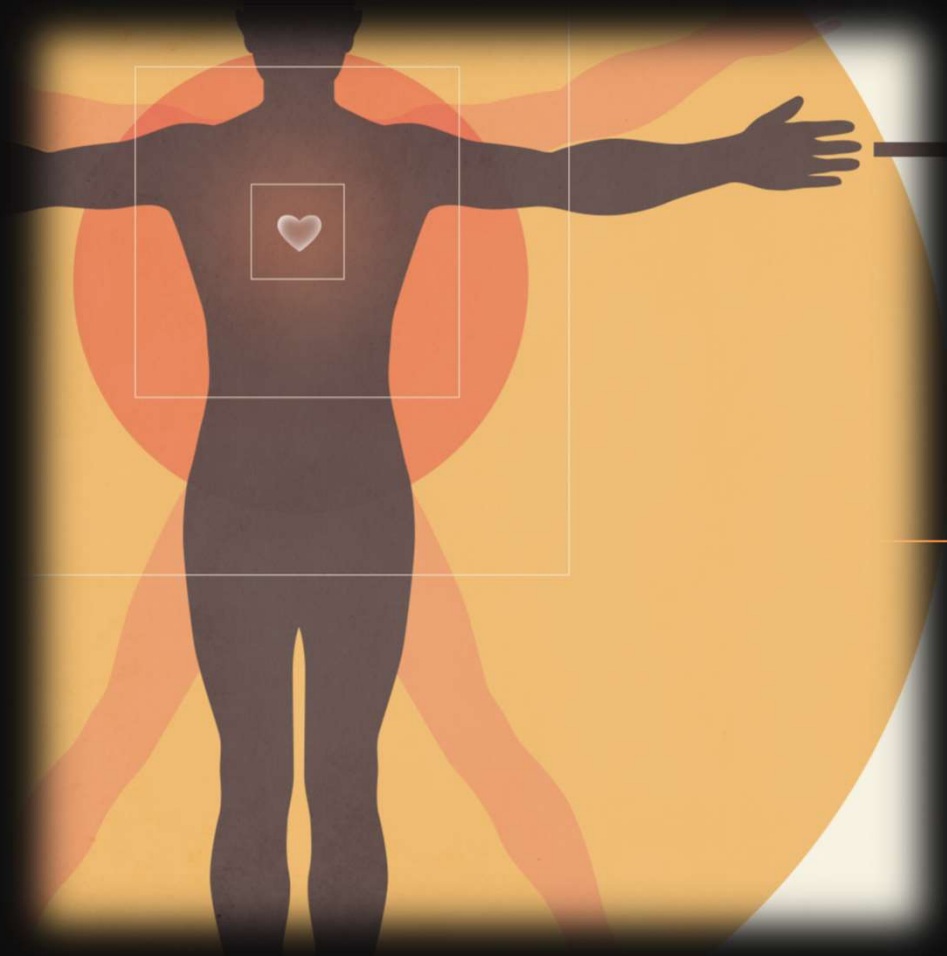
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Scripture:

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.

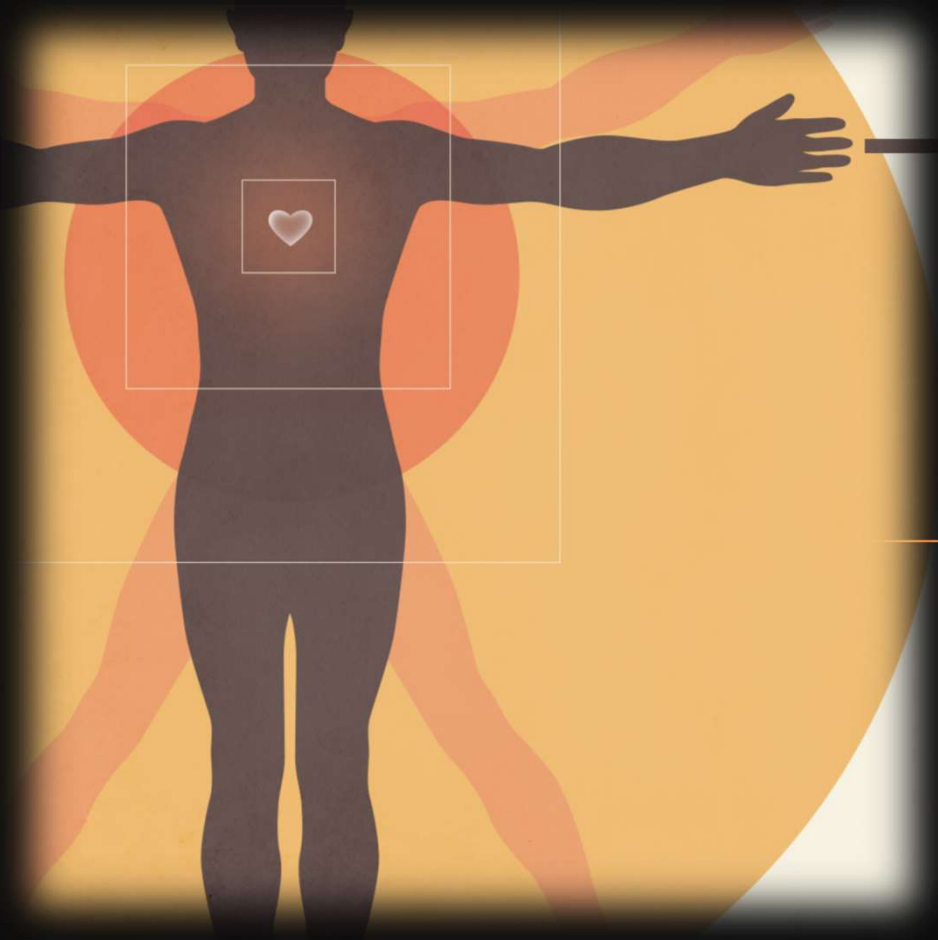
Romans 12:1



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."

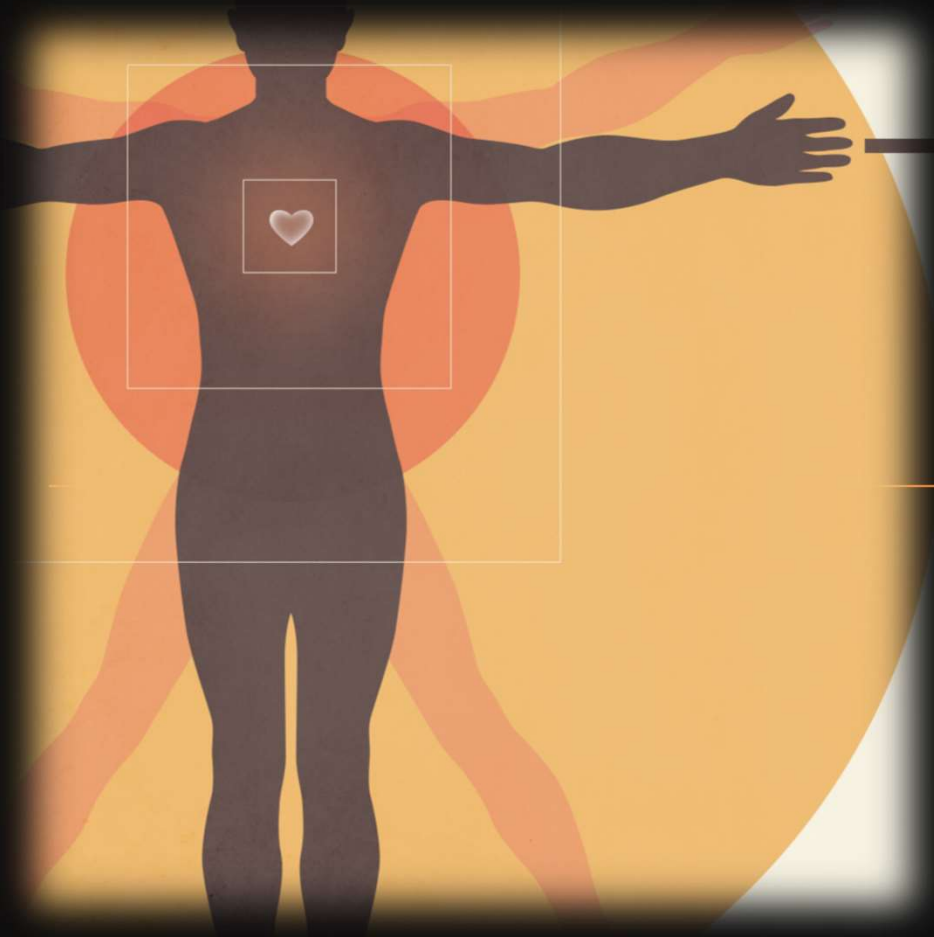
Leviticus 11: 45



Thought for Today:

Muscle Memory Series ~
Living Holy – Part 2

Pastor Katie! – House of Judah – 8 September 2024



Who We are:

We are Spiritual Beings
who are
One With Christ.

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

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

God instructs the Israelites/us
to consecrate and avoid
unclean things.

The New Testament,
God's people should emulate*
God's Holiness and Perfection

Matthew 5:48

40 BIBLE VERSES *on* GOD'S HOLINESS

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

Review: The Bible and Holiness - #1282

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

Consecration refers to the act of setting oneself apart for God's purposes and living a life dedicated to His service. It involves a deep commitment to God, a surrender of one's entire being to His will, and separation from worldly desires

To be set apart, to be perfect, transcendent, or spiritually pure, evoking adoration and reverence

"Sanctification" (*hagiasmos*) means "holiness."

To sanctify, means "to make holy."

God's Plan for His People!

"...You shall be Holy, for I Am Holy."

Leviticus 11:45

Holy

for I the LORD your God am

Leviticus

While Muscle Memory refers to a neurological process that occurs after learning certain motor skills or movement patterns that allows *remembering* how to use specific motor skills without conscious effort, it requires programming our brain to carry out specific movement skills on *autopilot* - and is a form of *skill retention for motor skills*.

Acquired from thinking about all of *the little aspects* that go into proper form and technique ~ *through frequent repetition*.

Amber Sayer, MS, CPT, CNC

Muscle Memory

(Lag Time)

Ecclesiastes 3

Romans 12:2



Learn How to Live Holy

I've learned how to live Holy
I've learned how to live right

Take time to be Holy, let God be our Guide;
run not before Him, whatever comes. In joy or
in sorrow, follow The Lord, look to Jesus,
be still Trusting His Word.

Learn to fear the Lord his God, by carefully
observing all the words of this law and
statutes. *Deut 14 & 17*

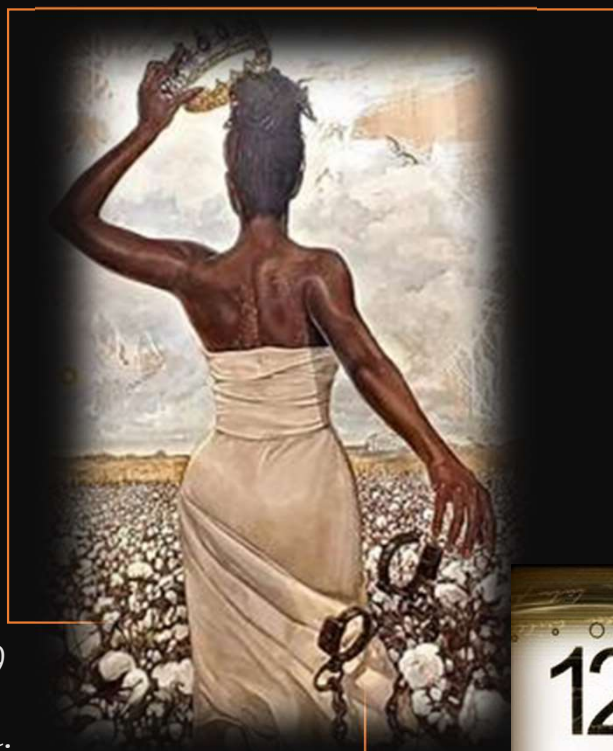
My spirit within me seeks You diligently.
Isaiah 26:9

Learn obedience from the things we've suffered.
Heb. 5:8

I have learned to be content in whatever
circumstances I am in. *Phil. 4:11*

We must also learn to engage in good deeds to
meet pressing needs, so that we are fruitful.

Titus 3:14





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

Muscle Memory

M.U.S.C.L.E.S

Mercy Unassuming Still Curious Leaving Endow Secure

By the Mercies of God.. *Romans 12:1*

The Mercies of God: Compassion, Patience, and Forgiveness toward those who we deem as undeserving. God's Mercy is a central aspect of His nature and is reflected in the Cross of Christ, His love for us, and His patience in action
Beyond our understanding

Unassuming ~
Meek, Humble, Modest, Unusual,
Unaffected, Down-to-earth
~ *2/4 Agreements Don Miguel Ruis*



M.U.S.C.L.E.S

Still - Calm, Peacefulness, Quiet, Silence

Be still and KNOW that I Am God.

Ex 13, 2Chron, Ps. 46:10

Curious - asking questions; intellectual curiosity or eagerness for knowledge: not nosy...

“It is the glory of God to conceal a matter, But the glory of kings is to search out a matter.” *Prov. 25:2*

Leaving - Letting Go - “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” *Ephesians 4:31-32*

Be anxious for nothing, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. *Philippians 4:6*

Cast all your anxiety on him because he cares for you.” *1 Peter 5:7*



M.U.S.C.L.E.S



The more we practice the better
we get.

Practice makes proficiency...

The better we get.

The better we get...

Endow

Act of giving or bestowing a gift, of divine favor or talent

“Now I am sending Hiram-abi, a skilled man, endowed
with understanding. *2 Chronicles 2:13*

You were perfectly beautiful due to my splendor with
which I endowed you. *Ezekiel 16:14*

God endowed them with understanding discerning
knowledge and skill in all sorts of literature and wisdom

Daniel 1:17

Secure ~ *baTach* ~

Safe, Protected, Strong, Reliable Unafraid, Untroubled

Behold, I will bring to it health and healing, and
I will heal them and reveal to them abundance of
prosperity and security.

Jeremiah 33:6

He drew me up and set my feet upon a rock, making my
steps secure.

Psalms 40:2

The Beloved of the Lord rest secure in Him, for He shields
him all day long.

Deut. 33:12



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:

²⁴ 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,
²⁵ To The Only Wise God
our Savior, be Glory and
Majesty, Dominion and
Power, both now and ever.
Amen.

