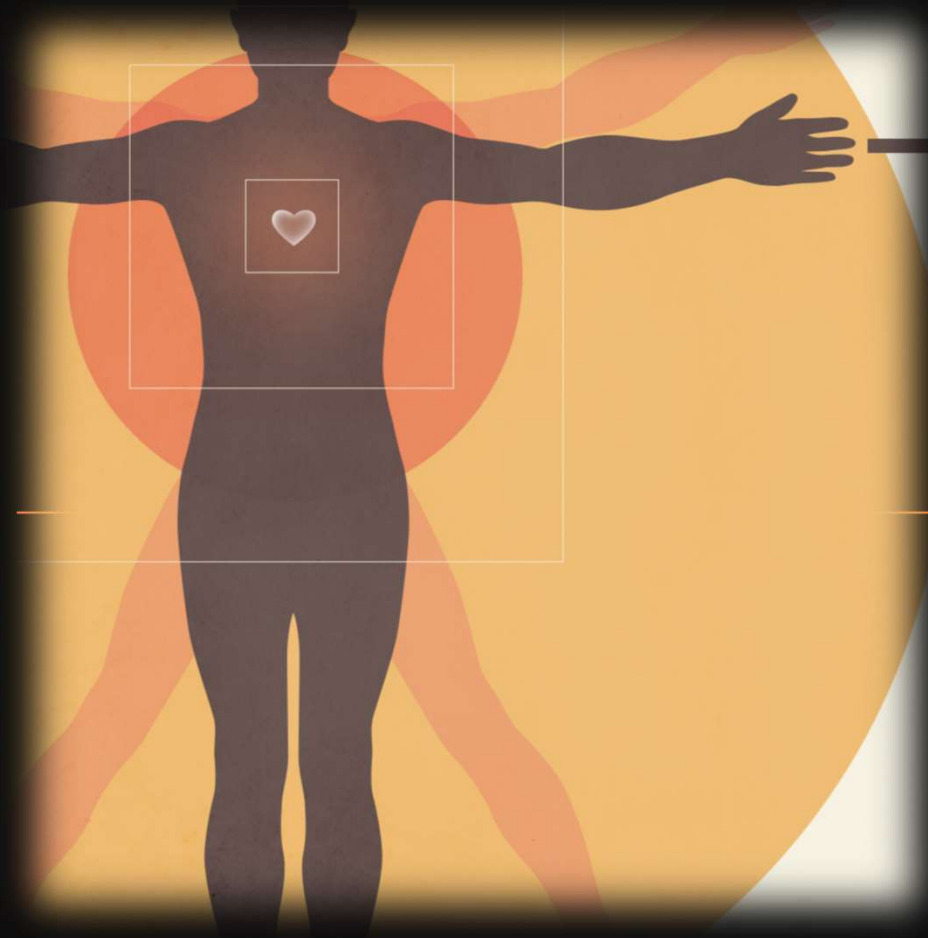


**House of Judah  
Seneca, SC**

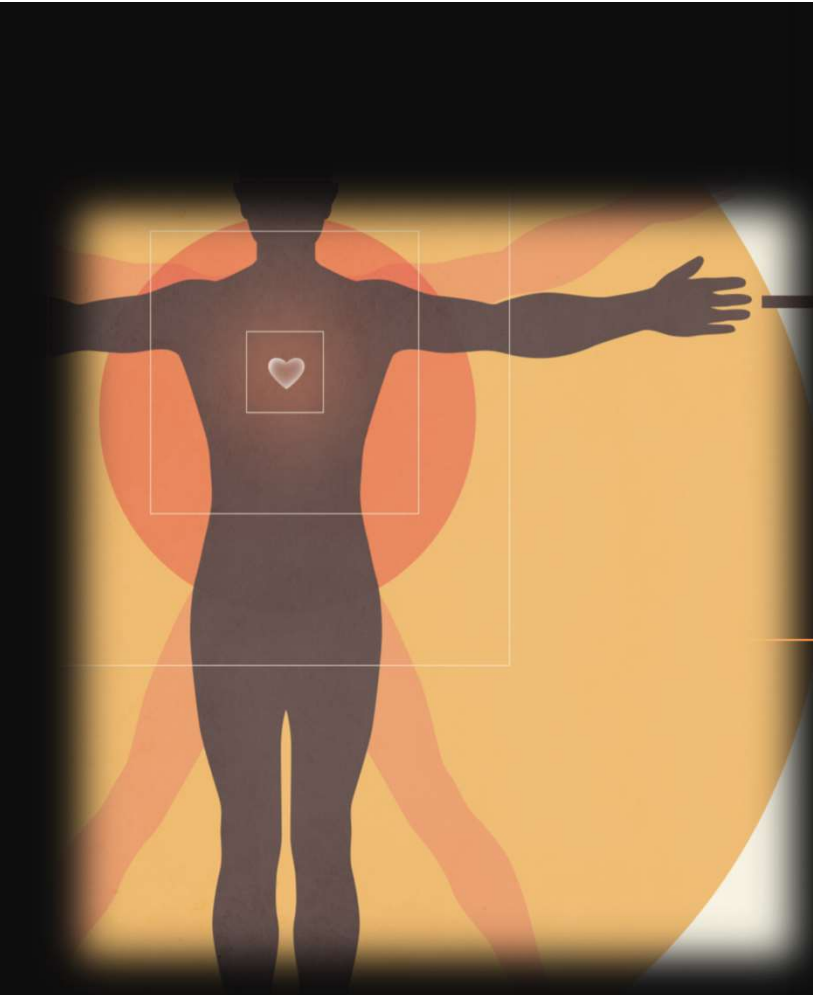
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**29 September 2024  
Pastor Katie! E.  
Webb  
(Visiting Teacher)**



~ TAG ~  
Thanks,  
Appreciation,  
Gratitude,  
and Prayer

Pastor Katie! – House of Judah – 29 September 2024

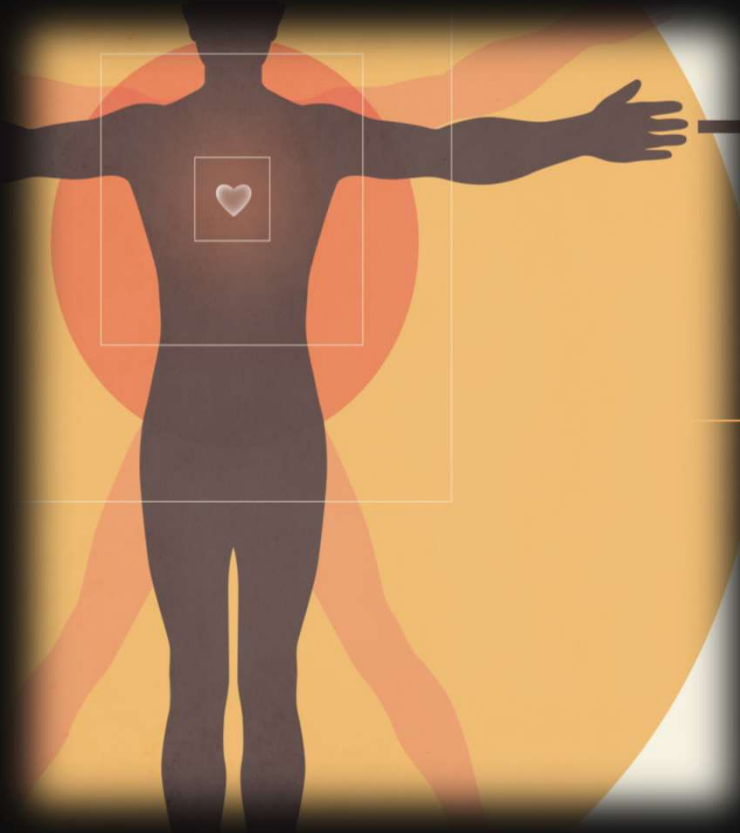


## Scripture:

<sup>9</sup> Let love *be* without hypocrisy. Abhor what is evil.

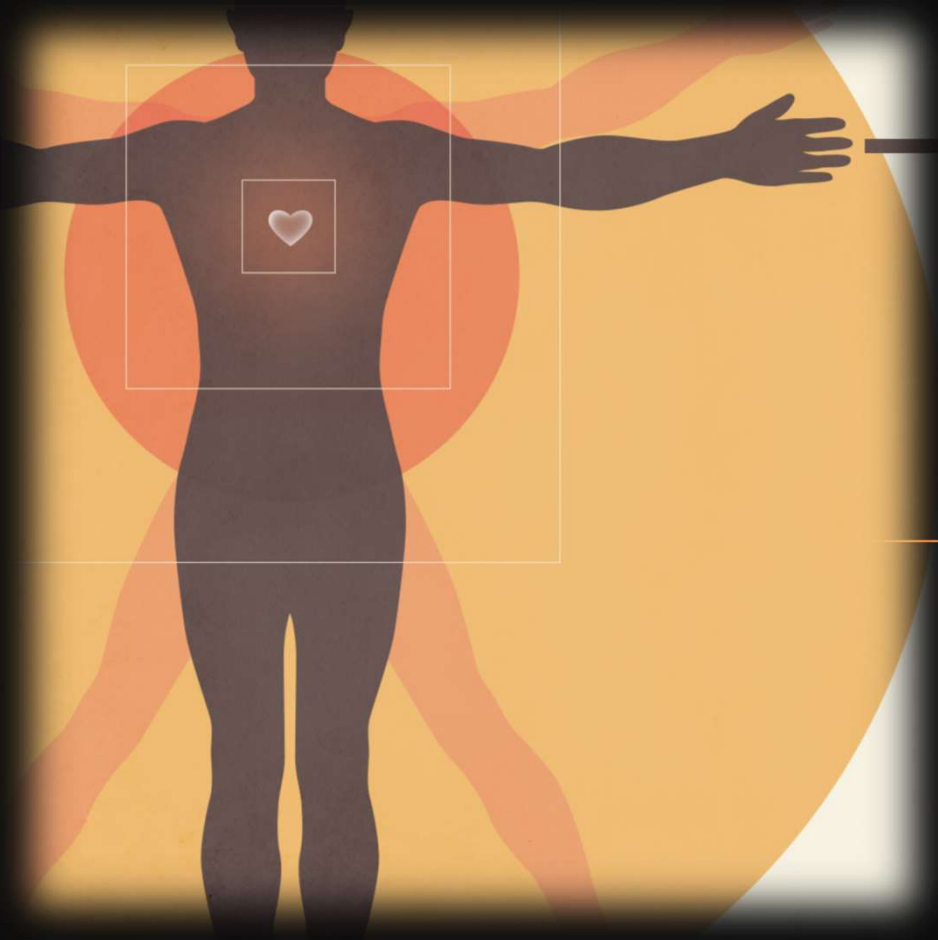
Cling to what is good. <sup>10</sup> Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; <sup>11</sup> not lagging in diligence, fervent in spirit, serving the Lord; <sup>12</sup> rejoicing in hope, patient in prayer, tribulation, continuing steadfastly in prayer, <sup>13</sup> distributing to the needs of the saints, given to hospitality. <sup>14</sup> Bless those who persecute you; bless and do not curse. <sup>15</sup> Rejoice with those who rejoice, and weep with those who weep. <sup>16</sup> Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. <sup>17</sup> Repay no one evil for evil. Have regard for good things in the sight of all men. <sup>18</sup> If it is possible, as much as depends on you, live peaceably with all men. <sup>19</sup> Beloved, do not avenge yourselves, but *rather* give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. <sup>20</sup> Therefore ... <sup>21</sup> Do not be overcome by evil, but overcome evil with good.

Support Scripture:



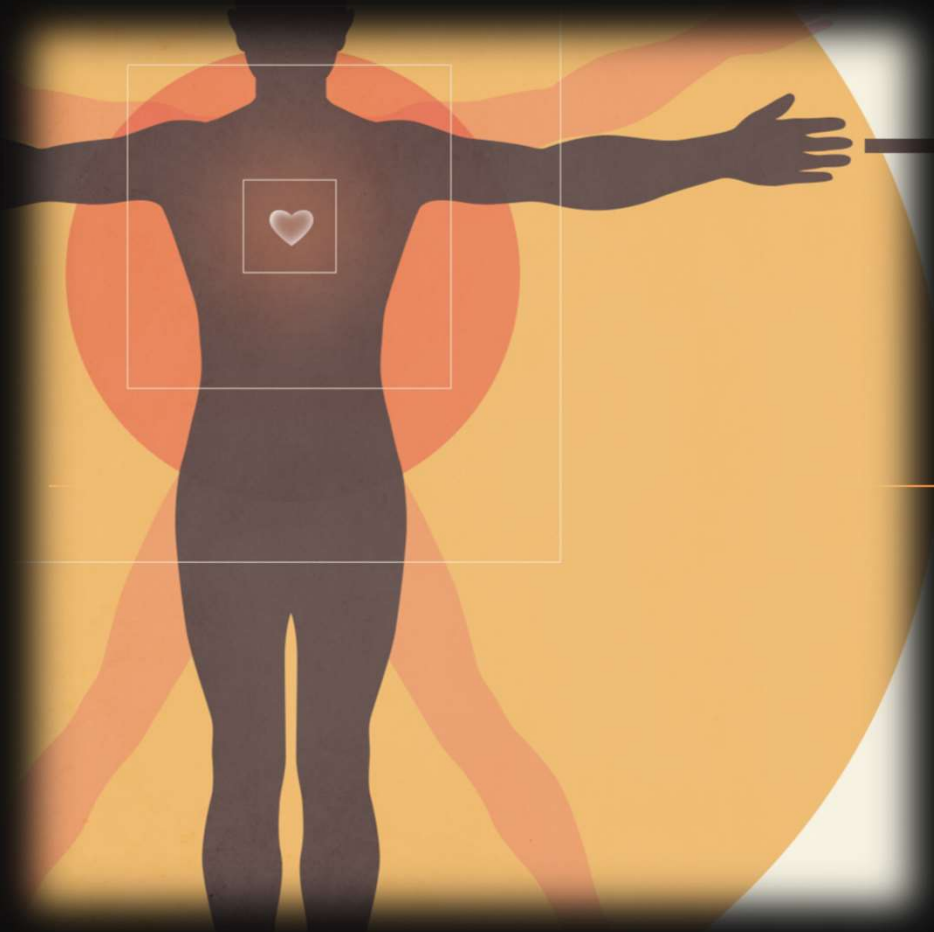
<sup>23</sup> Whatever you do [whatever your task may be], work from the soul [that is, put in your very best effort], as [something done] for The Lord and not for men, <sup>24</sup> knowing [with all certainty] that it is from The Lord [not from men] that you will receive The Inheritance which is your [Greatest] Reward. It is The Lord Christ whom you [actually] serve.

*Colossians 3:23-24 Amplified Bible*



Thought for Today:

*Muscle Memory Series ~*  
F.L.E.X. Those Muscles



# 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!)

# F.L.E.X. Those Muscles

Faithfully Living Eliminating e-Xcess

## Faithful/Faithfully

Being reliable, steady, and unwavering in your beliefs, actions, and commitments, especially in your relationship with God.

Keeping God's commandments and remaining true to a commitment or promise.

Exhibiting behavior based on commitment, not feelings.

Loyal, Steadfast, Devoted

Unswerving, Dependable

*christianwebsite.com*



# Faithful/Faithfully (540)

In just the New Testament alone, the words “faithful” and “faithfulness” occur approximately 56 times in the NET Bible, 49 in the NASB and 47 in the NIV. In the Old Testament these two words occur 95 times in the NIV and 86 in the NASB. This repetition speaks loudly for the importance and need of this spiritual quality both to the people of God who depend on God’s faithfulness and in the people of God as His people who are to faithfully model God’s Character.





Only fear The Lord and serve Him faithfully with all your heart. For consider what great things He has done for you.

Let us hold fast the confession of our hope without wavering, for He who Promised is Faithful.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it.

*1 Cor. 10:13*

*1 Sam 12:24*

*Heb. 10:23*

*1 John 1:9*



Trust in The Lord with all  
*and lean NOT to your own*  
understanding. *Prov. 3:5*



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.



## Living Learning How to Live Holy

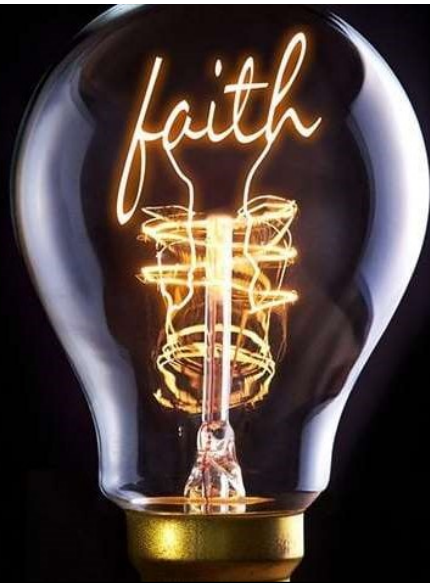
Learn to fear the Lord his God, by carefully  
observing all the words of this law and  
statutes. *Deut 14 & 17*

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*



# Eliminating

## The Spiritual Elimination System:

Elimination is the complete removal or destruction of something, the exclusion of someone or something from consideration or further participation, expulsion of waste matter from the Spirit, Mind and body ...

“... He who has clean hands and a pure heart...”

*Ps. 24:4*

“... Have mercy upon me, O God, according to thy lovingkindness: blot out my transgressions. <sup>2</sup> Wash me thoroughly from mine iniquity, and cleanse me from my sin.”

*Ps. 51: 1*

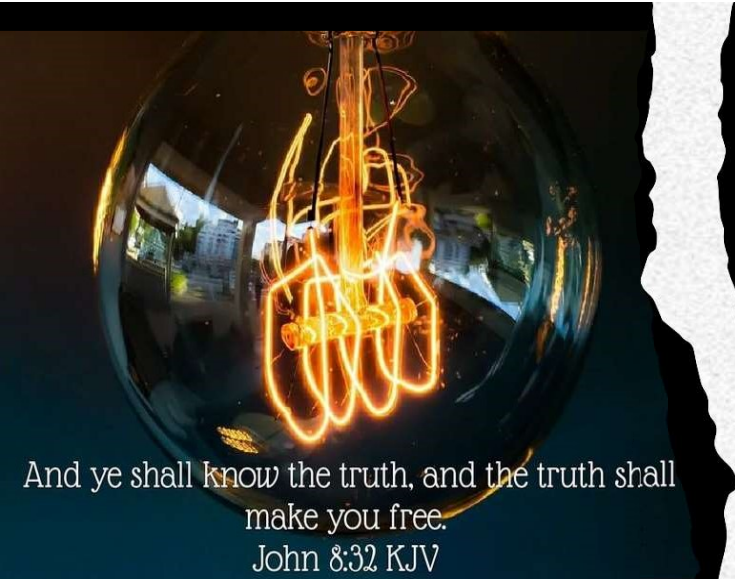
“... The blood of Jesus His Son cleanses us from all sin...”

*1 John 1:17*

“... Be transformed by the renewing of your mind...”

*Romans 12: 2*





And ye shall know the truth, and the truth shall  
make you free.  
John 8:32 KJV



FAITH IN ACTION

## e-Xcess

A surplus of material or wealth, especially food or drink. Scripture criticizes excessive consumption and extravagance, which are seen as exploiting the less fortunate and leading to a lack of concern for God.

The state of surpassing normal limits or needs;  
superabundance;

An undue indulgence of the appetite;  
transgression of proper moderation in natural gratifications; unsavedness, wastefulness - debauchery.

<sup>18</sup> Be not drunk with wine, in excess; but be filled with The Spirit; <sup>19</sup> Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to The Lord.

*Ephesians 5:18*

## F.L.E.X. Those Muscles

Faithfully Living Eliminating e-Xcess

<sup>9</sup> Let love *be* without hypocrisy. Abhor what is evil. Cling to what is good. <sup>10</sup> Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; <sup>11</sup> not lagging in diligence, fervent in spirit, serving the Lord; <sup>12</sup> rejoicing in hope, patient in prayer, tribulation, continuing steadfastly in prayer, <sup>13</sup> distributing to the needs of the saints, given to hospitality. <sup>14</sup> Bless those who persecute you; bless and do not curse. <sup>15</sup> Rejoice with those who rejoice, and weep with those who weep. <sup>16</sup> Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. <sup>17</sup> Repay no one evil for evil. Have regard for good things in the sight of all men. <sup>18</sup> If it is possible, as much as depends on you, live peaceably with all men. <sup>19</sup> Beloved, do not avenge yourselves, but *rather* give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. <sup>20</sup> Therefore ... <sup>21</sup> Do not be overcome by evil, but overcome evil with good.

Romans 12:9 – 19, 21



TH IN ACTION



F.L.E.X. Those Muscles  
Faithfully Living Eliminating e-Xcess

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

Mercy Unassuming Still Curious Leaving  
Endow Secure

The more we practice  
the better we get.  
Practice makes proficiency...  
The better we get.  
The better we get...

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

<sup>23</sup> Whatever you do [whatever your task may be],  
work from the soul [that is, put in your very best  
effort], as [something done] for the Lord  
and not for men, <sup>24</sup> knowing [with all certainty]  
that it is from The Lord  
[not from men] that you will receive  
The Inheritance which is your [greatest] reward.  
It is The Lord Christ Whom you [actually] serve.



FAITH IN ACTION

*Colossians 3:23-24 Amplified Bible*

## 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.

