

God Spa: *A real treat*

Scripture verses

Turn away my eyes from looking at worthless things,
and revive me in Your way. Psalm 119:37

Session One: Who am I? / Pampering

Jeremiah 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

1 Samuel 16:7b The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.

11 The angel of the LORD came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites. **12** When the angel of the LORD appeared to Gideon, he said, "The LORD is with you, mighty warrior."

13 "But sir," Gideon replied, "if the LORD is with us, why has all this happened to us? Where are all his wonders that our fathers told us about when they said, 'Did not the LORD bring us up out of Egypt?' But now the LORD has abandoned us and put us into the hand of Midian."

14 The LORD turned to him and said, "Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?"

15 "But Lord , [a] " Gideon asked, "how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."

16 The LORD answered, "I will be with you, and you will strike down all the Midianites together."

Psa 37:4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

Job 22:26 For then shalt thou have thy delight 06026 in the Almighty 07706, and shalt lift up 05375 thy face 06440 unto God 0433.

Job 27:10 Will he delight 06026 himself in the Almighty 07706? will he always 06256 call 07121 upon God 0433?

Psa 37:11 But the meek 06035 shall inherit 03423 the earth 0776; and shall delight 06026 themselves in the abundance 07230 of peace 07965.

Isa 55:2 Wherefore do ye spend 08254 money 03701 for [that which is] not bread 03899? and your labour 03018 for [that which] satisfieth 07654 not 03808? hearken 08085 diligently 08085 unto me, and eat 0398 ye [that which is] good 02896, and let your soul 05315 delight 06026 itself in fatness 01880.

Isa 58:14 Then shalt thou delight 06026 thyself in the LORD 03068; and I will cause thee to ride 07392 upon the high places 01116 of the earth 0776, and feed 0398 thee with the heritage 05159 of Jacob 03290 thy father 01: for the mouth 06310 of the LORD 03068 hath spoken 01696 [it].

Isa 66:11 That ye may suck 03243 , and be satisfied 07646 with the breasts 07699 of her consolations 08575; that ye may milk out 04711 , and be delighted 06026 with the abundance 02123 of her glory 03519.

Session Two: Exercise!

The Anointing at Bethany Matthew 26:6 And when Jesus was in Bethany at the house of Simon the leper, a woman came to Him having an alabaster flask of very costly fragrant oil, and she poured *it* on His head as He sat *at the table*. 8 But when His disciples saw *it*, they were indignant, saying, “Why this waste? For this fragrant oil might have been sold for much and given to *the poor*.” But when Jesus was aware of *it*, He said to them, “Why do you trouble the woman? For she has done a good work for Me. For you have the poor with you always, but Me you do not have always. For in pouring this fragrant oil on My body, she did *it* for My burial. Assuredly, I say to you, wherever this gospel is preached in the whole world, what this woman has done will also be told as a memorial to her.”

Luke 6:20 Then He lifted up His eyes toward His disciples, and said: “Blessed *are you poor*, For *yours is the kingdom of God*. Blessed *are you* who hunger now, For you shall be filled. Blessed *are you* who weep now, For you shall laugh. Blessed *are you* when men hate you, And when they exclude you, And revile *you*, and cast out your name as evil, For the Son of Man’s sake. Rejoice in that day and leap for joy! For indeed your reward *is* great in heaven, For in like manner their fathers did to the prophets.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

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

Psalm 68:19 Praise be to the Lord, to God our Savior, who daily bears our burdens.

Psalm 112:6-8 (New International Version)

6 Surely he will never be shaken;
a righteous man will be remembered forever.

7 He will have no fear of bad news;
his heart is steadfast, trusting in the LORD.

8 His heart is secure, he will have no fear;
in the end he will look in triumph on his foes.

Iniquities

1 Corinthians 10:13

No temptation has seized 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 also provide a **way out** so that you can stand up under it.

1 Thessalonians 5:5 (New International Version)

5You are all sons of the light and sons of the day. We do not belong to the night or to the darkness.

1 Peter 2:8-10 (New International Version)

8and, "A stone that causes men to stumble
and a rock that makes them fall."^[a] They stumble because they disobey the
message—which is also what they were destined for.

9But you are a chosen people, a royal priesthood, a holy nation, a people belonging to
God, that you may declare the praises of him who called you out of darkness into his
wonderful light. **10**Once you were not a people, but now you are the people of God; once
you had not received mercy, but now you have received mercy.

Jn 12:35 Then Jesus told them, "You are going to have the light just a little while longer.
Walk while you have the light, before darkness overtakes you. The man who walks in the

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dark does not know where he is going. **36**Put your trust in the light while you have it, so that you may become sons of light." When he had finished speaking, Jesus left and hid himself from them.

2 Samuel 22:28-30

28 You save the humble,
but your eyes are on the haughty to bring them low.

29 You are my lamp, O LORD;
the LORD turns my darkness into light.

30 With your help I can advance against a troop ^[a] ;
with my God I can scale a wall.

Job 12:22

He reveals the deep things of darkness and **brings** deep shadows into the **light**.

Jeremiah 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. 12 Then you will call upon Me and go and pray to Me, and I will listen to you. 13 And you will seek Me and find *Me*, when you search for Me with all your heart.

6 For I desire mercy, not sacrifice,
and acknowledgment of God rather than burnt offerings. Hosea 6:6

Ezekiel 36:26

26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

2 Corinthians 3:3

You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

Fear

23Then he got into the boat and his disciples followed him. **24**Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. **25**The disciples went and woke him, saying, "Lord, save us! We're going to drown!" **26**He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

Matthew 10:25-27

25It is enough for the student to be like his teacher, and the servant like his master. If the head of the house has been called Beelzebub,^[a] how much more the members of his household!

26"So do not be afraid of them. There is nothing concealed that will not be disclosed, or hidden that will not be made known. **27**What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs.

Confession

Micah 7:9

Because I have sinned against him, I will bear the LORD's wrath, until he pleads my case and establishes my right. He will bring me out into the light; I will see his righteousness.

1 Corinthians 3:12-14

12If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, **13**his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man's work. **14**If what he has built survives, he will receive his reward.

1 Samuel 7:12 Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far has the LORD helped us."

Session Three: Spa Food

Philippians 1:14

Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.

James 1:22 **22**Do not merely listen to the word, and so deceive yourselves. Do what it says. **23**Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror **24**and, after looking at himself, goes away and immediately forgets what he looks like. **25**But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

James 1:2 Consider it pure joy, my brothers, whenever you face trials of many kinds, **3**because you know that the testing of your faith develops perseverance. **4**Perseverance must finish its work so that you may be mature and complete, not lacking anything. **5**If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. **6**But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. **7**That

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man should not think he will receive anything from the Lord; **8**he is a double-minded man, unstable in all he does.

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **7**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I will give them an undivided **heart** and put a new spirit in them; I will remove from them their **heart** of **stone** and give them a **heart** of flesh. Ezek 11:19

Journaling

Oh that my words were now written! Oh that they were inscribed in a book! (Job 19:23 ASV)

Now go, write it before them on a tablet, and inscribe it in a book, that it may be for the time to come for ever and ever. (Isaiah 30:8 ASV)

That they may know that this is thy hand; *That* thou, Jehovah, hast done it. (Psalms 109:27 ASV)

Then they that feared Jehovah spake one with another; and Jehovah hearkened, and heard, **and a book of remembrance was written before him, for them that feared Jehovah, and that thought upon his name. (Malachi 3:16 ASV)**

Then Samuel took a stone, and set it between Mizpah and Shen, and called the name of it Eben-ezer, saying, Hitherto hath Jehovah helped us. (1 Samuel 7:12 ASV)

Romans 8:17 Now if we are children, then we are **heirs—heirs** of God and co-**heirs with Christ**, if indeed we share in his sufferings in order that we may also share in his glory.

1 Thessalonians 5:23 May God himself, the God of peace, **sanctify** you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

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Proverbs 31:1 and forward A wife of noble character who can find? She is worth far more than rubies. ...

Proverbs 14:1 The wise woman builds her house, But the foolish pulls it down with her own bare hands.

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

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

Romans 12:1-2 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **2** Do not conform any longer 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.

2 Corinthians 3:18 So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image. (NLT)

Philippians 3:21 (the Lord Jesus Christ) who, by the power that enables him to bring everything under his control, will **transform our lowly bodies so that they will be like his glorious body.**

Philippians 3:20-21 But there's far more to life for us. We're citizens of high heaven! We're waiting the arrival of the Savior, the Master, Jesus Christ, who will transform our earthy bodies into glorious bodies like his own. **He'll make us beautiful and whole** with the same powerful skill by which he is putting everything as it should be, under and around him. (MSG)

Hosea 6:6 For I desire mercy and not sacrifice, and the knowledge of God more than burnt offerings. (NKJ) I'm after love that lasts, not more religion. I want you to know God, not go to more prayer meetings. (MSG)

Romans 10:15 And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

Matthew 5:14 "You are the light of the world. A city on a hill cannot be hidden. **15** Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. **16** In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

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