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## *INSTALLING GOD'S WORD*

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- This is a great way to end a counseling session.
- Use this for high levels of worry and stress, in and out of counseling.

It is so easy for us humans to remain limited to our five senses. They are the ones that we learn to use, from our earliest moments. There is more. God wants us come alive to Him, and for that He opens up our spiritual sense. I consider this to be another sense – not really a “sixth sense” but more of a supernatural sense. When we invite God into our heart, we are born into His family, and from that point on we learn to pay attention to Him. He contacts us in our heart, where He wants to dwell all of the time.

*Installing God's Word* is a way to get Him positioned in your heart, keeping you attuned to Him so that He can direct your actions all day long. It directly taps into the supernatural/spiritual sense. When you *Install God's Word* you are opening up that sense.

As you will shortly see, this consists of reading a brief section of scripture aloud and inviting God to let you know how He wants that to direct you. More than half of the people who use *Installing God's Word* find that the Lord gives them a picture of some sort, or a vision. Others report that they see nothing, but they say that they feel His presence or His touch, or that He gives them peace. Still others hear simple phrases or sentences, like, “Be patient.”

And there are those who sense nothing in particular. Even in those cases, God is at work. There may be an unhealed wound or a conflict that temporarily blocks out this spiritual sense. But even then, when you dwell on His Word and invite Him in, He will illuminate something specific for you within a few hours or days. Bottom line: *Installing God's Word* puts you into the realm of your spiritual sense, and God will not leave you alone when you ask for His input. As you spend some time with this, getting attuned to Him in your spiritual sense, He may use any of your other senses to reach you.

## Briefly Explained

Select a few words or lines from scripture and read them aloud, while tapping 10 times, back-and-forth on your legs, about once per second. Then ask God to let you know something from that scripture, and tap again. Ask Him for a vision, and if He gives you something else, that is surely just as important. Dwell on what God is giving you. Then read the scripture again, and ask for Him to keep on showing you, or letting you know in some other way, what He has for you, along with two more sets of tapping. That is *Installing God's Word*. If you struggle later in the day, recite the scripture, go back to the visual or repeat the brief tapping set, in order to get your spiritual sense attuned to Him again.

## People's Reports

A woman filled with depression was doing her best to get to work each day. While she was stuck at home, we spoke very briefly by phone. I told her, "Give *Installing God's Word* your best shot each day, for at least a week. It will change you." She sent me this email about 10 days later.

I don't know but something is happening. I'm not such a believer as you, but I decided to give it my best shot. I did (*Installing God's Word*) about only 4 days and feel calmer and not so depressed. Also, I surrendered, realized that nothing was working when I try to control my way. I remind myself regularly after using this as my morning meditation, to LET IT GO. It seems to be working. I intend to keep going with it.

A few days after opening that email, I received a call from a woman I had spoken with two or three times. She had been badly abused for years, and had recently stopped taking a list of drugs that was about a half page long.

Dr. Friesen, I just want you to know about this. *Installing God's Word* works very well for insomnia. Tell others about this. When I wake up at night I use it, and God gives me comforting images. I fall back to sleep easily. I really like Psalm 91, where a thousand may fall at your side, ten thousand at your right hand, but will not come near you. Last week I slept better than I ever did when I was on prescription meds. I'm so much calmer in the morning.

Another person has enjoyed a close relationship with God, yet has needed more support in her family life. Many mornings, now that she has learned to *Install God's Word*, God awakens her with a verse. She immediately begins the tapping and "installs" the verse. She talks with God throughout the day, and

taps for new verses that come to her. In my office, *Installing God's Word* is the way we always complete her sessions, even if we need to take a little extra time. The images from God give her tons of confidence in the new day. That kind of a solid gold moment is exactly what to expect from God.

Ending one person's sessions by *Installing God's Word* has helped her a lot. She was abused severely, and at the end of her sessions she was too depleted. It was hard for me to know how she was doing because I only saw her one session at a time, and then she would come back about a year later! Only when we ended our third session – one per year – by *Installing God's Word* did she say that she is interested in talking with me more often. It was a complete surprise for me to hear that it had taken her a whole year to gain enough strength for another session. That was a few weeks ago, and she has been faithful to work with me more steadily since then. She now looks forward to the sessions because they end up connecting so nicely to God.

These reports suggest that *Installing God's Word* is more than “an intervention.” When people open up to God in this fashion, He is eager to join them. Some people are not immediately inspired when *Installing God's Word*, but later they realize God is ministering to them as never before. This is not an idea you can understand by reading about it. Try it out. “Taste and see that the Lord is good.”

## Increasing Your Strength

Please read this and *Install God's Word* right away. Use it daily for a few weeks to create new brain pathways. I shared it with a friend a few days before he left on a missionary assignment. He had been anxious, but he immediately emailed me from his new country, with a thankful heart. “This stuff works.”

## Welcome to *Installing God's Word*: “Twelve Steps”

1. Set aside a few minutes for this as you begin your day, and ask God to help you to get in touch with Him. Your desire is to let Him control this process. He will deliver unexpected blessings.
  - The first person who tried this chose the passage about being crucified with Christ (*Galatians 2:20*). That is not a verse I would have picked, but it was what the Lord had put on her heart earlier that day. Isn't that the way God works? He knows the right direction.
  - The next person chose a song: “I will call upon the Lord, for He is worthy to be praised. So shall I be saved from my enemy. I will call upon the Lord” (from *Psalms 18: 3*). We sang this a few times, and felt

the Lord's presence. That seemed just right – singing God's truth to Him, and claiming it as His promise to us.

- This morning during an urgent call, a lady at first thought of *Isaiah* 40:11, about the Lord tending His flock like a shepherd, gathering lambs in His arms, and carrying them close to His heart. But that was not where she ended up. She was soon led to *Micah* 5:4-5, with the promise of Him shepherding His flock, about His greatness reaching to the ends of the earth, and about this great shepherd being our peace. That was where God led her, and He became her peace.
2. Ask God to help you select a Bible verse or a short passage that speaks to your heart. You can use verses from memory or you can sing verses in songs you already know. Install new verses each day, so that you can see how this works over time. Concentrate on one verse for the whole day. There will be other days ahead, so additional verses can wait. Ask God to help you find a verse that spotlights exactly what your heart needs. Seek passages with biblical images, like the 23<sup>rd</sup> *Psalms*. A few verses are included here, to help you get started.
  3. Read or recite the passage out loud at least twice. Why out loud? Because that activates a part of your brain that separates past and present. This will more powerfully bring you into the present experience of God's Word. Why read it at least twice? Because that will help you to dwell on it long enough for God to let you know what He wants to show you. You can also sing a scripture that is already in musical form, or create a new song. Music seems to do add a lot. Give it a try. Let your ears hear the spoken truth or the musical truth. Try them both. Focus. Put everything else aside. Drink in the goodness of the Word, and let it enter your heart. You will feel a shift. Continue to dwell for a minute or two on that passage. Keep on re-reading it or singing it, praying that God will enrich you through His Word. Healing is underway. (Don't tap, at this point, more than one brief set. Too much tapping can put you into the middle of upsetting feelings, so keep the tapping short.)
  4. Seek God's spotlighted message for you – find a word or a phrase that speaks to you – and personalize it. As you may already know, God causes key words or phrases to leap out at you like a flashing sign. For example, in the *Micah* 5:4-5 passage these lines may light up for you: *He will stand beside you. He will be your peace.* Here is a way to personalize that passage: "Father, please stand beside me, and be my peace." Dwell on that and read it aloud a few times. One of my favorite personalized passages is in 2 Chronicles 20. "The Lord said to Jim, do not worry at all. The battle is mine. You simply need to watch me win it. Stand firm. And

the kingdom of Jim was at peace.” Examples of personalizing verses appear throughout this article. Learn to let God tailor His Word for you by asking Him to help you personalize it.

*Do not give up if this does not immediately work for you. Chronic anxiety, high anxiety, chronic depression, recovering from acute traumas, and hopelessness do not tend to respond immediately to any intervention. Hopelessness, in particular, routinely puts up an internal barrier. It says, “Nothing works for me. Give up. Don’t try too hard – it will only be another big disappointment if you do.” When a person is hopeless, there is no reason to try anything. When a person is overwhelmed, it is hard to gain the energy to add anything new...*

*An “excuse” for not doing this is to incorrectly conclude that the problem is your life circumstance, and there is nothing that you can do.*

*“My husband needs to get better before I can get better.”*

*“There is too much on my plate already.”*

*“If God were really for me, He would get me out of this financial mess.”*

*These are feeble reasons that people often give when stuck. You may believe that remaining stuck is your lot in life. The Word does not agree with you. The passages, “If God is for you who can be against you” (Romans 8:31-2 and 8:37-39) and “I can do all things through Him who gives me strength” (Philippians 4:13) can be good starting points to propel you out of your stuck position.*

*Do not give up. You have to start somewhere, so start here, even if this is a lot like other promising approaches that you have already tried. Keep your attention on number 4, above, and come back to the Word. The Word of God is powerful. As you focus on it repeatedly, over the course of a few days, you will sense that He has planted His seed within you, and it is coming to life. Read your passage many times and pray that God will add His life to yours. Change is ahead.*

5. The next step is the tapping. Here is how to do it: Sit up straight with your legs uncrossed. Tap on one of your legs, lightly yet solidly enough to feel it, sort of like playing a medium soft note on the piano. Then once each second go back-and-forth, tapping on one leg and then the other. You may want to count it out, or just keep it close to 10. Begin this tapping as soon as you feel a “goodness shift” inside of you, and tap while you read the text. It is good to begin tapping while you are concentrating deeply on the Word, even if you cannot sense a shift toward goodness. Please keep in mind that this approach to tapping is a hugely important discovery about how the brain works. It locks the goodness of the moment into your brain.

*Some people find that they cannot fix their attention on both the tapping and the verses. "It distracts me!" Please understand, that is okay. The tapping is supposed to be a bit distracting – it is a physical reminder that you are really here. This helps you to be more fully in His presence.*

6. Ask God to give you a visual that involves the passage, or to let you know what He has for you. This is exactly where you are opening up your spiritual sense to Him, and awaiting His contact. Get the picture or the words into your focus as much as you can. You may see an internal movie or hear messages when you sense His presence. Do a second brief set of tapping during the visual.
7. Go back to the passage and read it aloud, followed by a third set of tapping.
8. Ask God for a second message – a visual or some other point of awareness – and do some more tapping. Do not be surprised if God adds to your earlier message. You should not be surprised to find new developments. He is moving in you, as you have requested. *That's it.* You have installed the Word of God, in a way that can bring the moment of installation back to you when you need it.
9. Re-visit the verse and the visual or tap or simply recite it whenever you are struggling. As soon as you begin to feel a goodness shift, tap another brief set. Recite your verse or sing your song, and visit your visual if you sense that a problem is gathering. The sooner you use it, the better off you will be. A few people have told me that it is good to use before falling asleep.
10. Even though "*that's it,*" you may need one or more additional sets of "verse and visual, with tapping for each," until you reach peace. Caution: Do not do lengthy tapping – that can put you in touch with uncomfortable feelings. It is usually a good idea to wait until the verses and the visuals are beginning to have a positive affect before you tap, which helps keep the tapping short. The tapping does not create good feelings. It locks current thoughts and feelings into your brain. The Word and the Spirit-guided visuals bring positive feelings, and the tapping helps your brain lock them into place, so you can re-connect with them later.
11. Here is another caution. People are tempted to hop from verse to verse, especially when they do not feel good right away. Trust that the verse God gives you is just right. Focus on it, repeat it a few times, and let it sink in. Stick with that verse until God's light begins to shine. Then proceed with the tapping and the visuals, and keep going until you reach peace. Even if you are overjoyed, one verse or brief passage is enough. There will be

other days when the Spirit may guide you to other verses, but it goes best when there is only one verse to focus on.

12. Discover new times and places to *Install God's Word*. Recite whenever you're alone in the car. Do a little tapping whenever you're feeling great joy during worship. In fact, you can, very naturally carry out the tapping on your legs during worship time, in or out of a church setting. Whenever joy abounds, tap it in.

*Recap.* Verse and visual, verse and visual, along with four brief sets of tapping. *That's it.* You can add more pairs of verses and visuals, along with more tapping, in case your feelings do not respond right away.

## *Installing God's Word During a Counseling Session*

Sessions that end with *Installing God's Word* seem to turn out nicely. Picture them as a sandwich. You open a session by laying out the bread of life, praying that God will lead. "This is your time and your place, Father, and we are your children. Please provide healing for anything you bring to us." In the middle of the session, wounds often emerge – traumas, strongholds, difficult revelations, or spiritual interference. As the meeting is winding down, it is powerful to close with *Installing God's Word*. This tops the session off with more of the bread of life – inviting God to bring peace through His Word. I cannot overstate how important this is for people who have had a difficult session. They often pass from darkness to light, despite hopelessness.

Here is why I appreciate this protocol. It helps people to *heal* troublesome feelings that could otherwise be out of control, and it helps people to *maintain* their balance. Most clinical and spiritual interventions provide one of those, but *Installing God's Word* promotes both *healing* and *maintaining*.

When you begin *installing* do not pressure yourself to feel fine in a few minutes. Painful feelings take time. Stick with your verse, read it over until you feel a shift, or until the message begins to sink in. Continue to go with the verse and the vision, along with short sets of tapping for each. Ask God to join you in the vision, and trust that He is drenching you with truth and grace. Keep on alternating, and recite the verse many times. Each time you re-visit the vision you may find that it is progressing in a new way. *Healing* is progressing and *management* will prevail.

## Persistent and Immediate Anxiety

People without anxiety have no clue how desperate it makes people feel. Counselors need to be fully aware about the gravity of anxiety, or they will not be able to help those who suffer with it. Here is the bottom line: A person can only endure high anxiety for a very short time before needing to take some kind of action. People sense very strongly that they must do something right away when anxiety strikes. *Installing God's Word* can be a plan of action that has no chance of bad side effects, only good ones. Give it a trial run.

Choose from *The Beatitudes*, listed below. Jesus gave them to help us during our most trying times, and that includes when we are anxious. For Immediate Anxiety, take a look at *Beatitude #1* or *#3*, or you may be directed to any of the others. For Persistent Anxiety, set aside some time at the beginning of each day, and line up a *Beatitude* to install every day of the week. There is a broad selection of verses listed below, following *The Beatitudes*, which you can also choose from. Week by week, this can become a steady source of power to overcome Persistent Anxiety. Having this plan close by, you will be ready to *Install God's Word* as soon as you awaken. (My preference is to begin installing while I'm cooling down after morning exercises.) When you begin your day in this way, you will be ready whenever immediate anxiety pops up.

### *The Beatitudes: Jesus' Promise to Assist You in Times of Trouble*

1. *God's blessing rests on those who are spiritually broken. The Kingdom of the Heavens is for them, and it makes everything new.*  
Personalized. Dear Father, I am spiritually broken. Welcome me into your Kingdom. Fill my life with your presence, which makes everything new.
2. *God's blessing rests on those who are overcome with sadness. His immediate comfort is always near.*  
Personalized. Dear Father, I am overcome with sadness. Please provide your presence to comfort me.
3. *God's blessing rests on those who do not give up when they are treated unfairly. He will help them win in the end.*  
Personalized. Dear Father, it hurts so much to be treated unfairly. Please surround me with your presence, and help me not to give up.
4. *God's blessing rests on those who strive to live correctly. His guidance will bring them peace as they make daily decisions.*  
Personalized. Dear Father, you know how sincerely I want to follow you. Please keep me in your presence, so that I can be at peace as I make decisions today.
5. *God's blessing rests on those who are seriously drained from being merciful. His loving presence will keep them filled up.*

Personalized. Dear Father, you know how much I want to spread your mercy. Please fill me with your loving presence, so that I will have enough mercy for others.

6. *God's blessing rests on those who deeply long to have a pure heart. As they keep their eyes on Him, He will help them to be pure.*

Personalized. Dear Father, you know that my desire is to have a pure heart. Please help me to keep my eyes on you, and guide me to be pure.

7. *God's blessing rests on those who are devoted to peace. His children are peacemakers, and He will join them in their efforts.*

Personalized. Dear Father, you know that I am devoted to bringing peace, but it is so elusive. Please be my guide me so I can become a better peacemaker.

8. *God's blessing rests on those who are persecuted for doing what is right. The Kingdom of the Heavens is for them, and it makes everything new.*

Personalized. Dear Father, please stay with me when persecuted for doing what is right. Help me to dwell in the Kingdom of the Heavens, where your presence makes everything new.

*The Beatitudes* are found in *Matthew 5:3-10*. See the 2008 book, *A Far Better Life*, by James G. Friesen, in Chapter 2, to gain an understanding of this translation.

## Selecting a Passage

Go to verses you are familiar with. Use passages you have memorized, or use scripture in song. When you find new verses, install them on the spot. Reading through *Psalms*, or any book of the *Bible*, can give God a chance to rivet your attention on the right verse. Here are some key scriptures that install nicely. You can stick with the scripture in its translated form, you can use the personalized form, you can use both or you can personalize the Word as you are led.

## Verses for Reassurance from *Psalms*

1. *Ps. 1:1-3. "Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers."*

Personalized. Dear father, help me to not turn aside from you. Help me to delight in your Word, and to meditate on it. Nurture me with your living water, and help me to bear your fruit.

2. *Ps. 4:8. "I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety."*

Personalized. Dear Father, help me to fall sleep in your peace, and stay there, safe and sound, all night long.

3. *Ps. 16:8-11. "I have set the Lord always before me, because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices. My body also will rest secure. . . . You have made known to me the path of life; you will fill me with joy in your presence with eternal pleasures at your right hand."*

Personalized. Dear Father, let me always live life unshaken, because of your presence. Let my heart rejoice, and let my body rest securely, because you have shown me the path of life. You will fill me with the eternal joy of your presence.

4. *Ps. 23:1-4. "The Lord is my shepherd, I shall lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, and he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

Personalized. Lord, because you are my shepherd, I know that I will lack nothing. You will lead me to rest in green pastures beside quiet waters, and will restore my soul. You will guide me along the right path, to honor you. Even during the darkest of times, I trust in your presence for guidance, for rescue and for comfort.

5. *Ps. 23:6. "Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."*

Personalized. Good Shepherd, I trust that your goodness and love will be with me every day of my life, and I will live with you forever.

6. *Ps. 27:10, 13. "Though my father and mother forsake me, the Lord will receive me. I am still confident of this: I will see the goodness of the Lord in the land of the living."*

Personalized. Even if my father and mother abandon me, you, Lord, will welcome me into your family. Of this I am certain, Lord: I will enjoy your goodness while I am still alive.

7. *Ps. 33:4. "For the word of the Lord is right and true; he is faithful in all he does."*

Personalized. Your word is trustworthy, Lord, and I can count on your faithfulness.

8. *Ps. 34:7-8. "The angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the man who takes refuge in him."*

Personalized. Lord, your angels constantly protect me when I am in awe of you. You are my certain escape from evil. Help me to count on you to bless and protect me.

9. *Ps. 37:39-40. "The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble. The Lord helps them and delivers them; he*

*delivers them from the wicked and saves them, because they take refuge in him."*

Personalized. Lord, please be my salvation as I walk in your way. Be my fortress in time of trouble. Help me and rescue me from wicked people, and let me find my refuge in you.

10. Ps. 46:1. *"God is our refuge and strength, an ever-present help in trouble."*

Personalized. Lord, help me to trust in you to be my fortress and strength, ever close to me when I am surrounded by trouble.

11. Ps. 55:16-18. *"But I call to God and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He ransoms me unharmed from the battle waged against me, even though many oppose me."*

Personalized. When I call to you, Lord, you save me. I can count on you to bring me through fierce battles, unharmed, despite being outnumbered.

12. Ps. 55:22. *"Cast your burden upon the Lord and he will sustain you; He will never allow the righteous to be shaken."*

Personalized. Father, help me to give you my load. Strengthen me, keep me going, and never allow me to be shaken.

13. Ps. 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."*

Personalized. That verse is already personalized!

14. Selections from Ps. 91. *"<sup>4</sup> He will cover you with his feathers and under his wings you will find refuge; his faithfulness will be your shield. <sup>9-11</sup> If you make the Most High your dwelling – even the Lord, who is my refuge – then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. <sup>14-15</sup> '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.'"*

Personalized. Shelter me under your wing, Lord, and be my shield. Help me to put you first in my life, so no disaster will come near my dwelling. Thanks for commanding your angels to protect me in everything, big and small. I love your promise, to rescue and protect me because I belong to you. Thanks for answering when I call out to you in times of trouble; you always rescue me and restore me.

15. Ps. 103:11-13. *"For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who worship him."*

Personalized. God's great love for me is bigger than the sky above. He has removed my sins farther from me than the east is from the west. As a

father pours out compassion on his children, please pour out your compassion on me as I worship you Lord.

16. Ps. 104:33-34. *"I will sing to the lord all my life; I will sing praise to my God as long as I live. May my meditation be pleasing to him as I rejoice in the Lord."*

Personalized. Songs to you, Lord, shall forever be on my lips. I will sing praises to you, my God, for as long as I shall live. May my meditations be pleasing to you, as I rejoice in you.

17. Ps. 138:7. *"Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me."*

Personalized. Father, I trust you to help me walk through trouble, and preserve my life. I trust you to stretch out your hand save me from my foes.

18. Ps. 139:23-24. *"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*

Personalized. Please search my heart deeply, O God, and find my deepest anxieties. Help me with my most hidden offenses, so that I can follow you with every step.

19. Ps. 145:8-9. *"The Lord is gracious and compassionate; slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made."*

Personalized. You, Lord, are full of grace and compassion, slow to anger and rich in love. You are always good to me, constantly sending compassion my way.

20. Ps. 145:13-14. *"Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is faithful to all his promises and loving toward all he has made. The Lord upholds all those who fall and lifts up all who are bowed down."*

Personalized. Your kingdom rules throughout history, and your reign extends everywhere. You are faithful to keep all of your promises to me, and your love for me is guaranteed. I know you will uphold me when I fall, and lift me when I am overburdened.

## Strength for the Day

John 15:5-8. *"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."* You can divide up the first 17 verses from this chapter, and install them over the course of a few days.

## Jesus Loved Children

Matthew 18:1-6 "At that time the disciples came to Jesus and asked, 'Who is the greatest in the kingdom of heaven?' He called a little child and had him stand among them. And he said, 'I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven. And whoever welcomes a little child like this in my name welcomes me. But if anyone causes one of these little ones who believe in me to sin, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea.'"

Mark 10:13-16 "People were bringing little children to Jesus to have him touch them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. I tell you the truth; anyone who will not receive the kingdom of God like a little child will never enter it.' And he took the children in his arms, put his hands on them and blessed them."

Luke 18:15-17 "People were also bringing babies to Jesus to have him touch them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. I tell you the truth; any-one who will not receive the kingdom of God like a little child will never enter it.'"

### *A classic "shepherd" passage, about what Jesus will be like*

Isaiah 40:11 "He will feed His flock like a shepherd: He will gather the lambs in His arms, He will carry them in His bosom and will gently lead the ewes that have their young."

Personalized. Lord, be my shepherd. Gather me in your arms, carry me close to your heart and gently guide me as a helper.

### **A Passage Jesus Explained to Nicodemus** (see John 3:5)

Ezekiel 36:25-28 "I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. 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. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. You will live in the land I gave your forefathers; you will be my people, and I will be your God."

Personalized. Lord, wash me with pure water so I will be clean. Give me a new heart and put your spirit in me to help me to follow your teachings. I trust in your covenant: I will be your child, and you will be my God.

## Jesus will be Tender, Safe and Powerful

*Micah 5:4-5 "He will stand and shepherd his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they will live securely because then his greatness will reach to the ends of the earth. And he will be their peace."*

Personalized. Jesus, stand with me as my shepherd, in the strength of the Lord. Your greatness extends to the ends of the earth, and you are my peace.

## A Prophet Tells Us How God Says We Are Supposed to Live

*Micah 6:8 "He has showed you, O man, what is good (how you are supposed to live). And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."*

Personalized. Thank you so much, Lord, for showing me how to live. Help me to act justly, to love mercy and to walk humbly with you.

## An Apostle Speaks from His Heart about Living

*2 Peter 1:3-11 (Speaking of Jesus our Lord) "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins. Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ."*

Personalized. Day 1. Father, help me to participate in the divine nature and escape corruption today. Day 2. Father, please build me up in faith, goodness, knowledge, self-control, perseverance, godliness, brotherly kindness and love. Day 3. Dear Father, help me to increase in these qualities, and not to lose sight that you have cleansed me.

Perhaps the above examples of personalizing scriptures will help you when you install other scriptures, like these.

### **A Few Gems from *Philippians*:**

*Phil. 1:9-11* “And this is my prayer: that your love may abound more and more in the knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ – to the glory and praise of God.”

*Phil. 2:1-4* “If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.”

*Phil. 2:12-16* “. . . Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose. Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life.”

*Phil. 3:7-10* (The Apostle Paul, just before his execution) “Whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the priceless privilege of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, so that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God and is by faith. I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings. . . .”

*Phil. 4:4-9* “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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 your 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 – fix your minds on these things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.”

## Just Two More Gems from Paul

Eph. 2:10 "We are God's masterpiece, created in Christ Jesus to be a force for good in this world. This is how He designed us." (Translating this verse is not easy.)

2 Cor. 4:6-9 ". . . God, who said, 'Let light shine out of darkness' made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in jars of clay to show that this exceedingly great power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

## Courage from *Deuteronomy*

Deut. 3:22. "Do not be afraid of them; the Lord your God himself will fight for you."  
Deut. 31:6. "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you he will never leave you nor forsake you."

## Promises from *Jeremiah*

Jer. 29:11-13. "'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. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.'"

Jer. 33:11. "Give thanks to the Lord Almighty, for the Lord is good; his love endures forever."

## A Passage to Personalize (Read this promise with your name in it)

2 Chron. 20. <sup>5</sup> (Jehoshaphat) stood before the Lord and asked, <sup>6</sup> "O Lord, God of our fathers, are you not the God who is in heaven? And do you not rule over all the kingdoms of the nations? Power and might are in your hand, and no one can withstand you. . . . <sup>9</sup> If calamity comes upon me I will stand in your presence, and you will hear me and save me. . . . <sup>12</sup> I do not know what to do, but my eyes are upon you."

<sup>15</sup> Then the Lord replied, "(Jehoshaphat,) do not be afraid or discouraged for the battle is not yours but mine. . . . <sup>17</sup> Take up your position; stand firm and see the deliverance I will give you. Do not be afraid; do not be discouraged. I will be with you. . . ."

30 And the kingdom of (Jehoshaphat) was at peace, for God had given (Jehoshaphat) rest on every side.

*Consider the above passages to be excerpts from a greater story. Please diligently install many of the other truths in the greatest story ever told.*

Looking for more verses? Here are some from the global ministries pastor at my church.

## MY MONTHLY VERSES, from Brian Morehead

### PURSUING GOD

1. Love and worship God the Father, Son, and Holy Spirit. *Matthew 22:37-40.*
2. Be thankful for what God has given me. *Job 1:21.*
3. Listen to God, to the spirit and to the Word of God. *John 14:16.*
4. Have joy in my life. *Philippians 2:3, 2Cor 10:4-7.*
5. Grow in wisdom and knowledge. *Romans 16:19.*
6. Have zeal for what I am doing. *Romans 12:11-12.*
7. Have personal integrity. *2 Thessalonians 3:13.*
8. Have self-control. *Romans 6:6.*

### SERVING SACRIFICIALLY

9. Serve people. *Matthew 7:12.*
10. Initiate action. *Acts 20:35.*
11. Maintain health. *1 Corinthians 6:19.*
12. Aspire to excellence. *1 Corinthians 9:24-27.*
13. Have financial abundance. *1 Timothy 6:6.*
14. Do not grasp at leadership. God will authenticate your authority. *Genesis 41.*

### LOVING PEOPLE

15. Have a forgiving nature. *Matthew 18:21-22.*
16. Be Loyal. *Proverbs 17:17.*
17. Love my wife and family. *Genesis 2:24.*
18. Work well with others. *John 13:34-35.*
19. Have compassion for the weak. *Matthew 25:35.*
20. Be slow to anger. *Proverbs 29:11.*
21. Have patience. *Psalms 40:1-3.*
22. Be humble. *Philippians 2:3.*
23. Do not covet my neighbors' house or anything they have. *Matthew 6:33.*

- 24. Be a teacher and a mentor. *2 Timothy 2:2.*
- 25. Deepen your relationships. *Proverbs 27:17.*

## SHARING CHRIST

- 26. Share the hope that is within me. *Luke 15:7.*
- 27. Be adaptive. *1 Corinthians 9:22.*
- 28. Have faith that God can use me and have the persistence to let it happen. *2 Thessalonians 3:5.*
- 29. Plan and strategize. *Proverbs 16:3.*
- 30. Build relationships with non-believers. *John 4:9.*

Thanks, so much, Brian, for permitting me to post your verses. Readers, you can add the following passage for months with 31 days.

## RECEIVING GOD'S BLESSING

- 31. Expect God to bless you as you walk with Him. *Jeremiah 29:11-13.*

*Jot down your verses, so that you will be ready for each new day. You can choose the verses that you want to direct your life.*