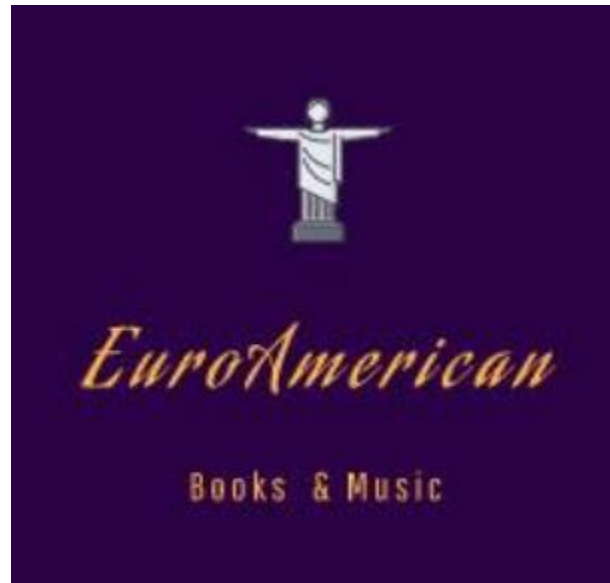


Renewing Mind and Behavior From the New Testament



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ISBN -

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All quotations are from:

The New American Bible, Revised Edition. 2010. World Catholic Press.

The Holy Bible. English Standard Version. 2002. Crossway.

Magnificat: The Order of the Mass - www.magnificat.com

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PREFACE

Being a professor in the behavioral and social sciences, I thought this would be an appropriate approach to daily readings and meditations for Christians on the go. It includes current topics for Christians covered in the Bible. The Bible is timeless. It is for both Catholics and Protestants; differentiated doctrine is not included. Certainly, feel free to delve further into the Bible should any daily reading reach out to

you in a special way. One suggestion: as you read each day, try to refer to the Bible for more depth and choose some verses as your personal favorites. It keeps you close to Jesus. God bless. May Jesus give you the peace and joy He promises.

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PART I - FOUNDATIONS

Day 1, Jan. 1 "One of the scribes came to Jesus and asked Him, 'Which is the first of all the commandments?' Jesus replied, "The first is this: Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself." There is no other commandment greater than these."

Mark 12: 28-31.

Day 2, Jan. 2 "God will fully supply whatever you need in accord with his glorious riches in Christ Jesus. To our God and Father, glory forever and ever. Amen." **Philippians 4: 19-20.**

Day 3, Jan. 3 "Love the Lord, all who are faithful to Him. The Lord protects the loyal, but repays the arrogant in full. Be strong and take heart, all who hope in the Lord." **Psalms 31: 24-25.**

Day 4, January 4 "The law of the Lord is perfect, refreshing the soul. The decree of the Lord is trustworthy, giving wisdom to the simple. The precepts of the Lord are right, rejoicing the heart. The command of the Lord is clear, enlightening the eye." **Psalms 19: 8-9.**

Day 5, Jan. 5 "Remember the commandments and do not be angry with your neighbor; remember the covenant of the Most High and overlook faults. Avoid strife and your sins will be fewer, for the hot-tempered kindle strife; the sinner disrupts friendships and sows discord among those who are at peace." **Sirach 28: 7-9.**

Day 6, Jan. 6 "Thus says the Lord: This is what I commanded my people: Listen to my voice; then I will be your God and you shall be my people."

Walk in the ways that I command you, so that you may prosper."

Jeremiah 7: 23.

Day 7, Jan. 7 "Thus says the Lord God: O my people, I will open your graves and have you rise from them, and bring you back to the land of Israel. Then you shall know that I am the Lord, when I open your graves and have you rise from them, O my people. I will put my spirit in you that you may know that I am the Lord. I have promised, and I will do it, says the Lord." **Ezekiel 37: 12-14.**

Day 8, Jan. 8 "I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Apostle's Creed.

Day 9, Jan. 9 "While they were eating, Jesus took bread, said the blessing and broke it, and giving it to his disciples said, "Take and eat; this is my body." **Matthew 26: 26.**

Day 10, Jan. 10 "Then He took a cup, gave thanks, and gave it to them saying, "Drink from it all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins."

Matthew 26: 27 - 28.

Day 11, Jan. 11 "Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the name of Jesus. Blessed be His most Sacred Heart. Blessed be His most precious blood.

Blessed be Jesus in the most Holy Sacrament of the Altar. Blessed be the Holy Spirit, the Paraclete. **The Divine Praises.**

Day 12, Jan. 12 "Save us, Savior of the World, for by your Cross and Resurrection you have set us free." **Eucharistic prayer.**

Day 13. Jan. 13 "Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our

trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen."

The Lord's Prayer.

Day 14, Jan. 14 "I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do." **Penitential Act.**

Day 15, Jan. 15 "In the beginning was the Word, and the Word was with God and the Word was God." **John 1: 1.**

Day 16, Jan. 16 "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but have eternal life." **John 3: 16.**

Day 17, Jan. 17 "The Lord is my shepherd, There is nothing I lack. In green pastures He maketh me lie down; In still waters He leads me; he restores my soul." **Psalms 23: 1- 3**

Day 18, Jan. 18 "He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised; He is not here. Behold the place where they laid Him" **Mark 16: 6.**

Day 19, Jan. 19 "So then the Lord Jesus, after He spoke to them, was taken up into heaven and took His seat at the right hand of God." **Mark 16: 19**

Day 20, Jan. 20 "Prepare the way of the Lord; make straight His paths. Every valley shall be filled and every mountain and hill shall be made low. The winding roads shall be made straight and the rough ways made smooth; and all flesh shall see the salvation of God." **Luke 3: 4 - 6.**

PART II - SINS AND VIRTUES

1. Pride and Humility

Day 21, Jan. 21 "Let not the wise boast of his wisdom, nor the strong boast of his strength, nor the rich man boast of his riches. But rather, let those who boast, boast of this: that in their prudence they know me."

Jeremiah 9: 22 - 23.

Day 22, Jan. 22 "Pride goes before disaster, and a haughty spirit before a fall." **Proverbs 16: 18.**

Day 23, Jan. 23 "Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another."

Colossians 3: 12 - 13.

Day 24, Jan. 24 "But he who bestows a greater grace; therefore, it says: God resists the proud, but gives grace to the humble. Humble yourself before the Lord, and He will exalt you." **James 5: 6, 10**

Day 25, Jan. 25 "Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation." **Romans 12: 16**

Day 26, Jan. 26 "Love is patient, love is kind. It is not jealous. Love is not pompous. It is not inflated. It is not rude; it does not seek its own interests; it is not quick-tempered, it does not brood over injury. It does not rejoice over wrongdoing but rejoices with the truth."

1 Corinthians 13: 4-6.

Day 27, Jan. 27 "God opposes the proud but bestows favor on the humble. So humble yourselves under the mighty hand of God, that he may exalt you in due time." **1 Peter: 6.**

Day 28, Jan. 28 "For if anyone thinks he is something when he is nothing, he is deluding himself. Each one must examine his own work, and then he will have reason to boast with regard to himself alone, and not with regard to someone else." **Galatians 6: 3 - 4.**

Day 29, Jan. 29 "For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." **Luke 14: 11.**

Day 30, Jan. 30 "You have no idea what your life will be like tomorrow. You are a puff of smoke that appears briefly and then disappears. Instead, you should say, "If the Lord wills it, we shall live to do this or that." **James 3: 14 - 15.**

2. Envy and Kindness

Day 31, Jan. 31 Wait a little, and the wicked will be no more; look for them and they will not be there. But the poor will inherit the earth; they will delight in great prosperity." **Psalms 37: 10 - 11.**

Day 32, Feb. 1 "But rather love your enemies and do good to them. And lend, expecting nothing back." **Luke 6: 35.**

Day 33, Feb. 2 "The wicked plot against the righteous and gnash their teeth at them. But my Lord laughs at them because he sees that their day is coming." **Psalms 37: 12 - 13.**

Day 34, Feb 3 "Whoever cares for the poor lends to the Lord, who will pay back the sum in full." **Proverbs 19: 17.**

Day 35, Feb. 4 "Do not be provoked by evil doers, and do not envy the wicked; for the evil have no future, the lamp of the wicked will be put out."
Proverbs 24: 19 - 21.

Day 36, Feb. 5 "Then I saw that all toil and skillful work is the rivalry of one person with another. This is vanity and a chase after wind."
Ecclesiastes 4: 4.

Day 37, Feb 6 "But if you have bitter jealousy and selfish ambition in you hearts, do not boast and be false to the truth." **James 3: 14.**

Day 38, Feb. 7 "Let us not be conceited, provoking one another, envious of one another." **Galatians 5: 26.**

Day 39, Feb 8 "The Lord does not delay his promise, as some regard delay, but He is patient with you, not wishing that any should perish, but that all should come to repentance. **1 Peter 3: 9**

Day 40, Feb. 9 "Kindly people benefit themselves, but the merciless harm themselves." **Proverbs 11: 17.**

3. Wrath and Patience

Day 41, Feb. 10 "Do not be provoked by evil doers, do not envy those who do wrong." **Psalms 37: 1**

Day 42, Feb. 11 "Long suffering results in great wisdom; a short temper raises folly high." **Proverbs 14: 29.**

Day 43, Feb. 12 "Wait a little, and the wicked will be no more; look for them and they will not be there. But the poor will inherit the earth, will delight in great prosperity." **Psalms 37: 11 - 12.**

Day 44, Feb. 13 "But now you must put them all away: anger, fury, malice, slander, and obscene language out of your mouths."

Colossians 3: 8.

Day 45, Feb. 14 "Rejoice in hope, endure in affliction, persevere in prayer."

Romans 12: 12.

Day 46, Feb. 15 "Let us not grow tired of doing good, for in due time we shall reap our harvest if we do not give up."

Galatians 6: 9

4. Gluttony and Temperance

Day 47, Feb. 16 "So whether you eat or drink, or whatever you do, do it for the glory of God." **1 Corinthians: 31.**

Day 48, Feb. 17 "If you find honey, eat only what you need, lest you have your fill and vomit it up." **Proverbs 25: 16.**

Day 49, Feb 18 "Older men should be temperate, dignified, self-controlled, sound in faith, love, and endurance." **Titus 2: 2.**

Day 50, Feb. 19 "Their end is destruction. Their God is their stomach; their glory is their shame. Their minds are occupied with earthly things." **Philippians 4: 19.**

Day 51, Feb. 20 "For the grace of God has appeared, bringing all, and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age." **Titus 2: 12.**

Day 52, Feb. 21 "Hear, my son, and be wise, and guide your heart in the right way. Do not join with wine bibbers, nor with those who glut themselves on meat." **Proverbs 23: 19 - 20.**

Day 53, Feb. 22 "Do not wear yourself out to gain wealth. Cease to worry about it." **Proverbs 23: 4.**

Day 54, Feb. 23 "But they went on sinning against him, rebelling against the Most High in the desert." They tested God in their hearts, demanding the food they craved." **Psalms 78: 17 - 18.**

Day 55, Feb. 24 "Rejoice in the Lord always. I shall say it again: Rejoice!" **Philippians 4: 4.**

Day 56, Feb. 25 "Be angry, but do not sin; do not let the sun set on your anger." **Ephesians 4: 26.**

5. Lust and Chastity

Day 57, Feb. 26 "I made a covenant with my eyes not to gaze upon a virgin." **Job 31: 1**

Day 58, Feb. 27 "But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart."
Matthew 5 : 28.

Day 59, Feb. 28 "A woman of worth is the crown of her husband, but a disgraceful one is like rot in his bones." **Proverbs 12: 4.**

Day 60, Feb. 29/March 1 "Let us conduct ourselves properly as in the day, not in orgies and drunkenness, not in promiscuity and licentiousness, not

In rivalry and jealousy. But put on the Lord Jesus Christ, and make no provisions for the desires of the flesh." **Romans 12: 12 - 13.**

Day 61, March 2 "Avoid immorality. Every other sin a person commits is outside the body, but the immoral person sins against his own body."

1 Corinthians: 6: 18.

Day 62, March 3 "Beloved, I urge you as aliens and sojourners to keep away from worldly desires that wage war against the soul."

1 Peter: 11.

Day 63, March 4 "Each person is tempted when he is lured and enticed by his own desire. Then desire conceives and brings forth sin, and when sin reaches maturity, it brings forth death." **1 James: 14 - 15.**

Day 64, March 5 "Cleanse me with hyssop that I may be pure. Wash me, and I will be whiter than snow. You will let me hear gladness and joy; the bones you have crushed will rejoice." **Psalms 51: 9 - 10.**

Day 65, March 6 "But as to what is within, give alms and behold, everything will be clean for you." **Luke 11: 41.**

Day 66, March 7 "Do to others as you would have them do to you."

Luke 6: 31.

6. Sloth and Diligence

Day 67, March 8 "Go to the ant, O sluggard, study her ways and learn wisdom." **Proverbs 6: 6.**

Day 68, March 9 "The appetite of the sluggard craves but has nothing, but the appetite of the diligent is amply satisfied." **Proverbs 13: 4.**

Day 69, March 10 "He said, if you listen closely to the voice of the Lord, your God, and do what is right in his eyes: if you heed His commandments and keep all His statutes, I will not afflict you with any of the diseases with which I afflicted the Egyptians, for I, the Lord am your healer." **Exodus 15: 26.**

Day 70, March 11 "I continue my pursuit toward the goal, the prize of God's upward calling in Christ Jesus." **Philippians 4: 14.**

Day 71, March 12 "Blessed is the man who perseveres in temptation, for when he has been proved, he received the crown of life that he promised to those who love him." **James 1: 9.**

Day 72, March 13 "Therefore, my beloved brothers, be firm, steadfast, always fully devoted to the work of the Lord, knowing that in the Lord your labor is not in vain." **1 Corinthians 15: 58.**

Day 73, March 14 "Whatever you do, do from the heart, as for the Lord and not for others, knowing that you will receive from the Lord the due payment of the inheritance; be slaves of the Lord Jesus Christ. " **Colossians 3: 23 - 24.**

Day 74, March 15 "In fact, when we were with you, we instructed you that if anyone was unwilling to work, neither should that one eat." **2 Thessalonians 3: 10.**

Day 75, March 16 "A little sleep, a little slumber, a little folding of the arms to rest - then poverty will come upon you like a robber and want like a brigand." **Proverbs 24: 33 -34.**

7. Greed and Charity

Day 76, March 17 " Let your life be free from the love of money, but be content with what you have, for He has said, " I will never forsake or abandon you." **Hebrews 13: 5.**

Day 77, March 18 "Where there are great riches, there are also many to devour them. Of what use are they to the owner except for a feast of the eyes alone." **Ecclesiastes 5: 10.**

Day 78, March 19 "Give to everyone who asks of you, and from the one who takes what is yours, do not demand it back." **Luke 6: 30.**

Day 79, March 20 "Whoever cares for the poor lends to the LORD, who will pay back the sum in full." **Proverbs 19: 17.**

Day 80, March 21 "I know your works, your love and faith, your service and endurance, and that your last work are greater than your first." **Revelations 2: 19.**

Day 81, March 22 "Consider this, whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully." **2 Corinthians 9: 6 - 7.**

PART III - THE COMMANDMENTS

Day 82, March 23 "I am the Lord your God. You shall not have other gods before me." **Exodus 20: 2.**

Day 83, March 24 "You shall not make for yourself a graven image."
Exodus 20: 4.

Day 84, March 25 "You shall not take the name of the Lord your God in vain." **Deuteronomy 5: 11.**

Day 85, March 26 "But I say to you, "Do not swear at all... Let what you say be simply 'yes or no';" **Matthew 5: 33.."**

Day 86, March 27 "Remember the Sabbath day, to keep it holy." **Exodus 20: 8.**

Day 87, March 28 "The 7th day is a Sabbath of solemn rest." **Mark 2: 27.**

Day 88, March 29 "Honor your father and your mother, that your days may be long in the land which the Lord your God gives you. "
Deuteronomy 5: 16.

Day 89, March 30 "Children, obey your parents in the Lord, for this is right." **Ephesians 6: 1.**

Day 90, March 31 "You shall not kill, and whoever kills shall be liable to judgment." **Matthew 5: 21.**

Day 91, April 1 "Before I formed you in the womb I knew you, and before you were born I consecrated you." **Jeremiah 1: 5.**

Day 92, April 2 "You shall not commit adultery." **Exodus 20: 14.**

Day 93, April 3 "God created man in His own image...male and female He created them." **Genesis 1: 27.**

Day 94, April 4 "You shall not steal." **Matthew 19: 18.**

Day 95, April 5 "If I have defrauded anyone of anything, I restore it fourfold." **Luke 19: 8.**

Day 96, April 6 "You shall not bear false witness against your neighbor." **Exodus 20: 16.**

Day 97, April 7 "The Christian is not to be ashamed then of testifying to our Lord." **2 Timothy 1: 8.**

Day 98, April 8 "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maid servant or his ox, or his ass, or anything that is your neighbor's." **Exodus 20: 17.**

Day 99, April 9 The heart is the seat of moral personality; out of the heart come evil thoughts, murder, adultery, fornication..." **Matthew 15: 19.**

Day 100, April 10 "Through the devil's envy, death entered the world." **Wisdom 2: 24.**

Day 101, April 11 "But now the righteousness of God has been manifested apart from the law, although the law and the prophets bear witness to it, the righteousness of God through faith in Jesus Christ for all who believe." **Romans 3: 21 - 22.**

PART IV - ON PRAYER

Day 102, April 12 "Lord you have searched my heart. You know me. You know when I sit and stand; you understand my thoughts from afar."

Psalm 139: 1-2.

Day 103, April 13 "Come to me all who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart." **Matthew 11: 28- 30.**

Day 104, April 14 "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will enter." **Revelation 3: 20.**

Day 105, April 15 "I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus."

Philippians 1: 6.

Day 106, April 16 "Holy, holy, holy is the Lord of Hosts. Heaven and earth are full of His glory." **Isaiah 6: 3.**

Day 107, April 17 "Ascribe to the Lord the glory of His name; worship the Lord in the splendor of His holiness." **Psalm 29: 2.**

Day 108, April 18 "Our Father who art in heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done, on earth as it is in heaven." **Matthew 6: 9 - 10.**

Day 109, April 19 "Give us this day our daily bread and forgive our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil." **Matthew 6: 11 - 13.**

Day 110, April 20 "Repent therefore, and turn back, that your sins may be blotted out." **Acts 3: 19.**

Day 111, April 21 "A humble contrite heart, O God, You will not spurn."
Psalm 51: 17.

Day 112, April 22 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." **1 John 1: 9.**

Day 113, April 23 "And now we thank you, our God, and praise your glorious name." **1 Chronicles 29: 13.**

Day 114, April 24 "I will give thanks to the Lord with my whole heart. I will recount all of your wonderful deeds." **1 John 1: 9.**

Day 115, April 25 "Oh, give thanks to the Lord; call upon his name; make known His deeds among the peoples!" **Psalm 105: 1.**

Day 116, April 26 "Pray without ceasing." **1 Thessalonians 5: 17.**

Day 117, April 27 "Is anyone among you suffering? Let him pray." **James 5: 13.**

Day 118, April 28 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." **Philippians 4: 6.**

Day 119, April 29 "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." **Mark 11: 24.**

Day 120, April 30 "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you." **Matthew 6: 5 - 7**

Day 121, May 1 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." **Matthew 7: 7.**

PART V - PERSONAL GROWTH

Day 122, May 2 "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." **Romans 12: 2.**

Day 123, May 3 "Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent." **Proverbs 17: 28**

Day 124, May 4 "An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge." **Proverbs 18: 15.**

Day 125, May 5 "...but each has his own gift from God, one of one kind and one of another." **1 Corinthians 7: 7.**

Day 126, May 6 "For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of adoption as sons, by who we cry, "Abba! Father!" **Romans 8: 15.**

Day 127, May 7 "I sought the Lord and he answered me. And delivered me from all my fears." **Psalms 34: 4.**

Day 128, May 8 "Until now you have not asked for anything in my name. Ask and you will receive and your joy will be complete."

John 16: 24.

Day 129, May 9 "He will be a joy and a delight to you, and many will rejoice because of his birth." **Luke 1: 14.**

Day 130, May 10 "Five thanks in all circumstances; for this is God's will for you in Jesus Christ." **1 Thessalonians 5: 18.**

Day 131, May 11 "Give thanks to the Lord for He is good. His love endures forever." **Psalms 136: 1.**

Day 132, May 12 "Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers." **Galatians 6: 10**

Day 133, May 13 "Do not be overcome by evil, but overcome evil with good." **Romans 12: 21.**

Day 134, May 14 "A generous person will prosper. Whoever refreshes others will be refreshed." **Proverbs 11: 25.**

Day 135, May 15 "Give and it will be given to you. A good measure, pressed down, shaken together and running over into your lap. For with the measure you use, it will be measured to you." **Luke 6: 38.**

Day 136, May 16 "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." **Joshua 1: 9.**

Day 137, May 17 "For God gave us a spirit not of fear but of power and love and self control." **2 Timothy 1: 7.**

Day 138, May 18 "I can do all things through Him who strengthens me." **Philippians 4: 13.**

Day 139, May 19 "Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand." **Isaiah 41: 10.**

Day 140, May 20 "For God is working in you, giving you the desire and power to do what pleases him. Do everything without complaining and arguing so that no one can criticize you. Live in a world full of crooked and perverse people." **Philippians 2: 13 - 15.**

Day 141, May 21 "And we know that for those who love God, all things work together for good, for those who are called according to his purpose." **Romans 8: 28**

Day 142, May 22 "Even if my father and my mother have forsaken me, the Lord will take me in." **Psalms 27: 10.**

Day 143, May 23 "My God will supply your every need in accord with his glorious riches in Jesus Christ." **Philippians 4: 19.**

Day 144, May 24 "May the Lord direct your hearts to the love of God and to the steadfast of Christ." **2 Thessalonians 3: 5.**

Day 145, May 25 "Look to the Lord and His strength. Seek His face always." **1 Chronicles 16: 11.**

PART VI - ON EXCELLENCE AND HIGH PERFORMANCE

Day 146, May 26 "God blessed His creation and commanded them to be fruitful and multiply." **Genesis 1: 22.**

Day 147, May 27 "We praise God for His might deeds and His excellent greatness." **Psalms 150: 2.**

Day 148, May 28 "Daniel was preferred above others because he had an excellent spirit in him." **Daniel 6: 3.**

Day 149, May 29 "A slack hand causes poverty, but the hand of the diligent makes rich." **Proverbs 10: 4.**

Day 150, May 30 "We are to think about whatever is true, honorable, just, pure, lovely and commendable." **Philippians 4: 8.**

Day 151, May 31 "In all things showing thyself a pattern of good works; in doctrine showing uncorruptness, gravity, sincerity." **Titus 2: 7.**

Day 152, June 1 "I have more understanding than all my teachers: for thy testimonies are my meditation." **Psalms 119: 99.**

Day 153, June 2 "Therefore, as ye abound in every thing, in faith, and utterance, and knowledge, and in all diligence, and in your love to us, see that ye abound in this grace also." **2 Corinthians 8: 7**

Day 154, June 3 "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light."

1 Peter 2: 9.

Day 155, June 4 "With good will doing service, as to the Lord, and not to men." **Ephesians 6: 7 - 8.**

Day 156, June 5 "So, whether you eat or drink, or whatever you do, do all to the glory of God." **1 Corinthians 10: 31**

Day 157, June 6 "I cry out to God Most High, to God who fulfills his purpose for me.." **Psalms 57: 2.**

Day 158, June 7 "That you may fear the LORD your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long." **Deuteronomy 6: 2.**

Day 159, June 8 "If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. "

Colossians 3: 1 - 3.

Day 160, June 9 " But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever." **1 Timothy 5: 8.**

PART VII - STRUGGLE AND PAIN

Day 161, June 10 "Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it."

1 Corinthians 9: 24

Day 162, June 11 "Whatever you do, work heartily, as for the Lord and not for men;" **Colossians 3: 23.**

Day 163, June 12 "But seek first the kingdom of God and his righteousness, and all these things will be added to you." **Matthew 6: 33.**

Day 164, June 13 "Then I saw that all toil and all skill in work come from a man's envy of his neighbor. This also is vanity and a striving after wind."
1 Ecclesiastes 4: 4.

Day 165, June 14 "Let us not become conceited, provoking one another, envying one another." **Galatians 5: 26.**

Day 166, June 15 "Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you." **Deuteronomy 31: 6.**

Day 167, June 16 "I have fought the good fight, I have finished the race, I have kept the faith. " **2 Timothy 4: 7.**

Day 168, June 17 "When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit." **Psalms 34: 17 - 18.**

Day 169, June 18 "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." **Isaiah 41: 10.**

Day 170, June 19 "Casting all your anxieties on him, because he cares for you." **1 Peter 5: 7.**

Day 171, June 20 "For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope." **Jeremiah 29: 11.**

Day 172, June 21 "I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD." **Psalms 40: 1 - 3.**

Day 173, June 22 "Sorrow is better than laughter, for by sadness of face the heart is made glad. The heart of the wise is in the house of mourning, but the heart of fools is in the house of mirth." **Ecclesiastes 7: 3 - 4.**

Day 174, June 23 "But understand this, that there will be terrifying times in the last days. For people will be self centered and lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, irreligious, callous, implacable, slanderous, licentious, brutal, hating what is good, as they make a pretense of religion, but denying its power. Reject them." **2 Timothy 3: 1 - 5.**

Day 175, June 24 "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves." **Philippians 2: 3.**

Day 176, June 25 "Let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water." **Hebrews 10: 22.**

Day 177, June 26 "How much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to serve the living God." **Hebrews 9: 14.**

Day 178, June 27 "The soul who sins shall die. The son shall not suffer for the iniquity of the father, nor shall the father suffer for the iniquity of the son. The righteousness of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself." **Ezekiel 18: 20.**

Day 179, June 28 "If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." **2 Chronicles 7: 14.**

Day 180, June 29 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." **Hebrews 13: 6.**

Day 181, June 30 "Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on him, because he cares for you." **1 Peter 5: 6 - 7.**

Day 182, July 1 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4: 6 - 7.

Day 183, July 2 "Be watchful, stand firm in the faith, act like men, be strong." **1 Corinthians 13: 14.**

Day 184, July 3 "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." **Philippians 4: 8.**

Day 185, July 4 "The people who walked in the darkness have seen a great light. Upon those who lived in a land of gloom a light has shone."
Isaiah 9: 1.

PART VIII - HEALING

Day 186, July 5 "Then your light will break forth like the dawn, and your healing will spring up quickly; and your vindication will go before you, and the glory of the LORD will guard your back." **Isaiah 58: 8.**

Day 187, July 6 "A wicked messenger falls into trouble, but a trustworthy courier brings healing." **Proverbs 13: 17.**

Day 188, July 7 "Yet I will certainly bring health and healing to it and will indeed heal them. I will let them experience the abundance of peace and truth." **Jeremiah 33: 6.**

Day 189, July 8 "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people." **Matthew 4: 23.**

Day 190, July 9 "The whole crowd was trying to touch Him, because power was coming out from Him and healing them all." **Luke 6: 19.**

Day 191, July 10 "And they departed, and went through the towns, preaching the gospel, and healing every where." **Luke 9: 6.**

Day 192, July 11 "And God has placed these in the church: first apostles, second prophets, third teachers, next miracles, then gifts of healing, helping, managing, various kinds of languages." **1 Corinthians 12: 28.**

Day 193, July 12 "And Moses crieth unto Jehovah, saying, 'O God, I pray Thee, give, I pray Thee, healing to her.'" **Numbers 12: 13.**

Day 194, July 13 "Return to Hezekiah," he said, "and tell the Commander-in-Chief of my people: "This is what the LORD, the God of your ancestor

David, says: "I've heard your prayer and I've observed your tears. Look! I'm healing you. Three days from now, you'll go visit the Lord's Temple."

2 Kings 20: 25.

Day 195, July 14 "A wicked messenger falls into trouble, but a trustworthy courier brings healing." **Proverbs 13: 1.7**

Day 196, July 15 "Pleasant words are honey from a honeycomb, sweet to the soul and healing for the body." **Proverbs 16: 24.**

Day 197, July 16 "And He is pierced for our transgressions, bruised for our iniquities; the chastisement of our peace is on Him, and by His bruise there is healing to us." **Isaiah 53: 5.**

Day 198, July 17 "We hoped for peace, but there was nothing good; for a time of healing, but there was only terror." **Jeremiah 8: 15.**

Day 199, July 18 "On hearing this, Jesus said, "'It is not the healthy who need a doctor, but the sick.'" **Matthew 9: 11 - 12.**

Day 200, July 19 "In the midst of the street of it, and on either side of the river, was there the tree of life, which bore twelve manner of fruits and yielded her fruit every month: and the leaves of the tree were for the healing of the nations." **Rev. 2: 22.**

PART IX - ON FREEDOM

Day 201, July 20 "For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." **Galatians 5: 1.**

Day 202, July 21 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." **2 Corinthians 3: 17.**

Day 203, July 22 "Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. " **1 Peter 2: 16.**

Day 204, July 23 "The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound" **Isaiah 61: 1.**

Day 205, July 24 "Out of my distress I called on the LORD; the LORD answered me and set me free." **Psalms 118: 5.**

Day 206, July 25 "When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

Day 207, July 26 "And you will know the truth, and the truth will set you free." **John 8: 32.**

Day 208 July 27 "At a time when you did not know God, you became slaves to the things that by nature are not gods, but now that you have come to know God, or rather to be known by God, how can you turn back again to the weak and destitute elemental powers?" **Galatians 4: 8 - 9.**

Day 209, July 28 "For sin will have no dominion over you, since you are not under law but under grace." **Romans 6: 14.**

Day 210, July 29 "Because he holds fast to me in love, I will deliver him; I will protect him because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him." **Psalms 91: 14 - 15.**

Day 211, July 30 "In the same way, we also, when we were children, were enslaved to the elementary principles of the world. But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons. And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave, but a son, and if a son, then an heir through God." **Galatians 4: 3 - 7.**

Day 212, July 31 "The word that came to Jeremiah from the LORD, after King Zedekiah had made a covenant with all the people in Jerusalem to proclaim freedom; everyone must free their Hebrew slaves, their male and female servants, so that they should no longer be in servitude." **Jeremiah 34: 8 - 9.**

Day 213, Aug. 1 "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the spirit of life has set you free in Christ Jesus from the law of sin and death." **Romans 8: 1 - 2.**

Day 214, Aug. 2 "For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit." **Romans 8: 3 - 4.**

Day 215, Aug. 3 "And, having been set free from sin, have become slaves of righteousness." **Romans 6: 18.**

PART X - GIFTS OF THE HOLY SPIRIT

Day 216, Aug. 4 "The fruit of the spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self control. Against such there is no law." **Galatians 5: 22-23.**

Day 217, Aug. 5 "For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption through which we cry ' ABBA, Father!"
Romans 8: 14 - 15.

Day 218, Aug. 6 "Fear of the Lord is the beginning of wisdom: prudent are all who practice it. His praise endures forever." **Psalms 111: 10.**

Day 219, Aug. 7 "But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him, a spirit of wisdom, and of understanding. A spirit of counsel and of strength, a spirit of knowledge and a fear of the Lord, and his delight shall be a fear of the Lord. **Isaiah 11: 1-2.**

Day 220, Aug. 8 "He was told, "Your mother and your brothers are standing outside and they wish to see you." He said to them in reply, "My mother and brothers are those who hear the word of God and act on it."

Luke 8: 20 - 21

Day 221, Aug. 9 "Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted. And you yourself a sword will

pierce so that the thoughts of many hearts may be revealed." **Luke 2: 34 - 35.**

Day 222, Aug. 10 "And Jesus said to her, "Woman, how does your concern affect me? My hour has not come." His mother said to the servers, "Do whatever He tells you." **John 2: 4 - 5**

Day 223, Aug. 11 "If I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing."

1 Corinthians 13: 2

Day 224, Aug. 12 "But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." **John 14: 26.**

Day 225, Aug. 13 "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." **Romans 8: 26.**

Day 226, Aug. 14 "You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him." **Romans 8: 9.**

Day 227, Aug. 15. "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come." **John 16: 13.**

Day 228, Aug. 16 "And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness" **Luke 4: 1.**

Day 229, Aug. 17 "When the day of Pentecost arrived, they were all

together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance."

Acts 2: 1 - 4.

Day 230, Aug. 18 "And do not get drunk with wine, for that is debauchery, but be filled with the Spirit." **Ephesians 5: 18.**

Day 231, Aug. 19 "In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory." **Ephesians 1: 13 - 14.**

Day 232, Aug. 20 "For God gave us a spirit not of fear but of power and love and self-control." **2 Timothy 1: 7.**

Day 233, Aug. 21 "And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" **Galatians 4: 6.**

Day 234, Aug. 22 "The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." **John 3: 8.**

Day 235, Aug. 23 "And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God." **1 Corinthians 6: 11.**

PART XI - ON SOCIETY

Day 236, Aug. 24 "Now we know that the law is good, provided that one uses it as law, with the understanding that the law is not meant for a righteous person, but for the lawless and unruly, the godless and sinful, for the unholy and profane, for those who kill their fathers and mothers, for murderers, the unchaste sodomites, kidnappers, liars, perjurers, and whatever else is contrary to sound teaching." **1 Timothy 1 : 8 - 10.**

Day 237, Aug. 25 " Now the works of the flesh are obvious: sexual immorality, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God." **Galatians 5: 19 - 21.**

Day 238, Aug. 26 "Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled." **Hebrews 12: 14 - 15.**

Day 239, Aug. 27 " Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth." **2 Timothy 2: 15.**

Day 240, Aug. 28 " They said, "Therefore render to Caesar the things that are Caesar's, and to God the things that are God's." **Matthew 12: 21.**

Day 241, Aug. 29 "And when the Pharisees saw this, they said to his disciples, "Why does your teacher eat with tax collectors and sinners?" But when he heard it, he said, " Those who are well have no need of a physician, but those who are sick. Go and learn what this means: 'I desire

mercy, and not sacrifice.' For I came not to call the righteous, but sinners."

Matthew 9: 11 - 12.

Day 242, Aug. 30 "So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."

Galatians 6: 10.

Day 243, Aug. 31 "Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

Colossians 4: 5 -6.

Day 244, Sept. 1 "Ah, sinful nation, a people laden with iniquity, offspring of evildoers, children who deal corruptly! They have forsaken the LORD, they have despised the Holy One of Israel, they are utterly estranged. Why will you still be struck down? Why will you continue to rebel?" **Isaiah 1: 1 - 2.**

Day 245, Sept. 2 "Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that her warfare is ended, that her iniquity is pardoned, that she has received from the LORD's hand double for all her sins. A voice cries: "In the wilderness prepare the way of the LORD; make straight in the desert a highway for our God. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. And the glory of the LORD shall be revealed, and all flesh shall see it together, for the mouth of the LORD has spoken." **Isaiah 40: 1 - 5**

Day 246, Sept. 3 "So you also outwardly appear righteous to others, but within you are full of hypocrisy and lawlessness." **Matthew 23: 28.**

Day 247, Sept. 4 "The LORD spoke to Moses in the wilderness of Sinai, in the tent of meeting, on the first day of the second month, in the second

year after they had come out of the land of Egypt, saying, "Take a census of all the congregation of the people of Israel, by clans, by fathers' houses, according to the number of names, every male, head by head. From twenty years old and upward, all in Israel who are able to go to war, you and Aaron shall list them, company by company." **Numbers1: 1 - 3.**

Day 248, Sept. 5 "But I say to you, Love your enemies and pray for those who persecute you." **Matthew 5: 44.**

Day 249, Sept. 6 "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." **Jeremiah 1: 5.**

Day 250, Sept. 7 "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." **Romans 12: 1.**

PART XII - CONFESSION

Day 251, Sept. 8 " For there is one God. There is also one mediator between God and the human race, Christ Jesus, himself human, who gave himself as ransom for all." **1 Timothy 2: 5.**

Day 252, Sept. 9 "Therefore, holy brothers, sharing in a heavenly calling, reflect on Jesus, the apostle and high priest of our confession."

Hebrews 3: 1.

Day 253, Sept. 10 "Therefore, He is always able to save those who approach God through Him, since He lives forever to make intercession for them." **Hebrews 7: 25.**

Day 254, Sept. 11 "...the priest shall make atonement before the Lord in joyous celebration." **Leviticus 19: 22.**

Day 255, Sept. 12 "It is I who wipe out for my own sake, your offenses. Your sins I remember no more." **Isaiah 43: 25.**

Day 256, Sept. 13 "Bless the Lord my soul, and do not forget all his gifts, who pardons all your sins and heals all your ills." **Psalms 103: 2 - 3.**

Day 257, Sept. 14 "Whomever you forgive anything, so do I. For indeed what I have forgiven, if I have forgiven anything, has been for you in the presence of Christ." **2 Corinthians 2: 10.**

Day 258, Sept. 15 "The prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed." **James 5: 15 - 16.**

Day 259, Sept. 16 "For through the law, I died in the law, that I might live for God. I have been crucified with Christ. Yet I live, no longer I, but Christ lives in me." **Galatians 2: 19 - 20.**

Day 260, Sept. 17 "I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven. And whatever you loosed on earth shall be loosed in heaven." **Matthew 16: 19.**

Day 261, Sept. 18 "Again I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father: for where two or three are gathered together in my name, there am I in the midst of them." **Matthew 18: 19 - 20.**

PART XIII - NEW PATHS

Day 262, Sept. 19 "Thy word is a lamp unto my feet, and a light unto my path." **Psalms 119: 105**

Day 263, Sept. 20 "In all thy ways acknowledge him, and he shall direct thy paths." **Proverbs 3: 6.**

Day 264, Sept. 21 "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"
Isaiah 30: 21.

Day 265, Sept. 22 "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there." **Matthew 7: 13.**

Day 266, Sept. 23 "Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls." **Jeremiah 6: 16.**

Day 267, Sept. 24 "They do not know the way of peace, and there is no justice in their tracks; they have made their paths crooked. Whoever treads on them does not know peace." **Isaiah 59: 8.**

Day 268, Sept. 25 "He has walled up my way so that I cannot pass, And He has put darkness on my paths." **Job 19: 8.**

Day 269, Sept. 26 "Teach me to do Your will, for You are my God; Let Your good Spirit lead me on level ground." **Psalms 143: 10**

Day 270, Sept. 27 "All the paths of the Lord are loving kindness and truth to those who keep His covenant and His testimonies." **Psalms 25: 10.**

Day 271, Sept. 28 "Behold, I will do something new, now it will spring forth. Will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert." **Isaiah 43: 19.**

PART XIV - SPIRITUAL COMBAT

Day 272, Sept. 29 "Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.
Matthew 11::29.

Day 273, Sept. 30 "Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity." **1 Timothy 4::12.**

Day 274, Oct. 1 "Have I not commanded you? Be strong and courageous, Do not be frightened, and do not be dismayed for the Lord your God is with you wherever you go." **Joshua 1: 9.**

Day 275, Oct. 2 "For God gave us a spirit not of fear but of power and love and self control." **2 Timothy 1: 7.**

Day 276, Oct. 3 "I can do all things through Him who strengthens me." **Philippians 4: 13.**

Day 277, Oct. 4 "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He will make your paths straight." **Proverbs 3: 5-6.**

Day 278, Oct. 5 "Fear not for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with My victorious right hand." **Isaiah 41: 10.**

Day 279, Oct. 6 "For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places." **Ephesians 6: 12.**

Day 280, Oct. 7 "Behold, I give unto you power to tread on serpents and scorpions, and over all the powers of the enemy; and nothing shall by any means hurt you." **Luke 10: 19.**

Day 281, Oct. 8 "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you." **Psalms 32: 18.**

PART XV - LEADERSHIP AND MISSION

Day 282, Oct. 9 "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come."
John 16: 13

Day 283, Oct. 10 "For God gave us a spirit not of fear but of power and love, and self-control." **2 Timothy 1:7**

Day 284, Oct. 11 "Be watchful, stand firm in the faith, act like men, be strong." **1 Corinthians 16:13**

Day 285, Oct. 12 "And do not get drunk with wine, for that is debauchery, but be filled with the Spirit." **Ephesians 5:18**

Day 286, Oct. 13 "Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause." **Isaiah 1: 17.**

Day 287, Oct. 14 "Until now you have not asked for anything in My name. Ask and you will receive and your joy will be complete." **John 16: 24.**

Day 288, Oct. 15 "Give thanks in all circumstances; for this is God's will for you in Jesus Christ." **1 Thessalonians 5: 18.**

Day 289, Oct. 16 "Therefore, as we have the opportunity, let us do good to all people, especially to those who belong to the family of believers."
Galatians 6: 10.

Day 290, Oct. 17 "Give and it will be given to you. A good measure, pressed down, shaken together and running over into you lap. For with the measure you use, it will be measured to you." **Luke 6: 38.**

Day 291, Oct. 18 "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." **James 1: 12**

Day 292, Oct. 19 "Where there is no vision people lose restraint, but happy is the one that follows instruction." **Proverbs 29: 18.**

Day 293, Oct. 20 "The one who conquers and who keeps my ways until the end, to him I will give authority over the nations." **Revelation 2; 26.**

Day 294, Oct. 21 "The last word. When all is heard, fear God and keep his commandments, for this concerns all humankind, because God will bring to judgement every work, with all its hidden qualities, whether good or bad." **Ecclesiastes 12: 13 - 14.**

Day 295, Oct. 22 "In their hearts humans plan their course, but the Lord establishes their steps." **Proverbs 16: 9.**

Day 296, Oct. 23 "I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give me the spirit of wisdom and revelation, so that I may know him better." **Ephesians 1: 17.**

PART XVI - BEATITUDES

Day 297, Oct. 24 "When He saw the crowds, He went up the mountains, and after He had sat down, the disciples came to Him. He began to teach them saying: **Mathew 5: 1 - 2.**

Day 298, Oct. 25 "Blessed are the poor in spirit, for theirs is the Kingdom of heaven." **Matthew 5: 3.**

Day 299, Oct. 26 "Blessed are they who mourn, for they will be comforted." **Matthew 5: 4.**

Day 300, Oct. 27 "Blessed are the meek, for they will inherit the land." **Matthew 5: 5.**

Day 301, Oct. 28 "Blessed are they who hunger and thirst for righteousness, for they will be satisfied." **Matthew 5: 6.**

Day 302, Oct. 29 "Blessed are the merciful, for they will be shown mercy." **Matthew 5: 7**

Day 303, Oct. 30 "Blessed are the clean of heart, for they will see God." **Matthew 5: 8.**

Day 304, Oct. 31 "Blessed are the peacemakers, for they will be called children of God." **Matthew 5: 9.**

Day 305, Nov. 1 "Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven." **Matthew 5: 10.**

Day 306, Nov. 2 "Blessed are you when they insult you and persecute you, and utter every kind of evil against you falsely because of me.
Matthew 5: 11

Day 307, Nov. 3 "Rejoice and be glad, for your reward will be great in heaven." **Matthew 5: 12.**

Day 308, Nov. 4 "You are the salt of the earth, but if salt loses its taste with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled under foot." **Matthew 5: 13.**

Day 309, Nov. 5 "You are the light of the world. A city set a mountain cannot be hidden." **Matthew 5: 14.**

Day 310, Nov. 6 "I have said this to you, that in me. You may have peace. In the world you have tribulation; but be of good cheer. I have overcome the world." **John 16: 33.**

Day 311, Nov. 7 "Do not think that I come to abolish the law or the prophets. I have come not to abolish but to fulfill." **Matthew 5: 17.**

Day 312, Nov. 8 "Therefore, whoever breaks one of the least of these commandments, and teaches others to do so, will be called least in the kingdom of heaven." **Matthew 5: 18**

Day 313, Nov. 9 "But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven." **Matthew 5: 19.**

Day 314, Nov. 10 "You have heard that it was said, "you shall not commit adultery." But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart."

Matthew 5: 27 -28.

Day 315, Nov. 11 "If your right eye causes you to sin, tear it out and throw it away." **Matthew 5: 29.**

Day 316, Nov. 12 "When Jesus had said this, He raised His eyes to heaven and said, "Father, the hour has come. Give glory to Your Son, so that Your Son may glorify You." **John 17: 1.**

PART XVII - LEARNING

Day 317, Nov. 13 "Let the wise hear and increase in learning, and the one who understands obtain guidance;" **Proverbs 1: 5.**

Day 318, Nov. 14 "The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction." **Proverbs 1: 7.**

Day 319, Nov. 15 " But as for you, teach what accords with sound doctrine." **Titus 2: 1.**

Day 320, Nov. 16 "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." **Colossians 3: 16.**

Day 321, Nov. 17 "Train up a child in the way he should go; even when he is old he will not depart from it." **Proverbs 22: 6.**

Day 322, Nov. 18 "For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope." **Romans 15: 4.**

Day 323, Nov. 19 "As for these four youths, God gave them learning and skill in all literature and wisdom, and Daniel had understanding in all visions and dreams." **Daniel 1: 17.**

Day 324, Nov. 20 "See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ."

Colossians 2: 8.

Day 325, Nov. 21 "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

Matthew 11: 29.

Day 326, Nov. 22 "Children, obey your parents in everything, for this pleases the Lord." **Colossians 3: 20.**

Day 327, Nov. 23 "The Jews therefore marveled, saying, "How is it that this man has learning, when he has never studied?" **John 7: 15.**

Day 328, Nov. 24 "For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

Jeremiah 29: 11.

Day 329, Nov. 25 "So Jesus answered them, "My teaching is not mine, but his who sent me." **John 7: 16.**

Day 330, Nov. 26 "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." **Proverbs 3: 5 - 6.**

Day 331, Nov. 27 "And every day, in the temple and from house to house, they did not cease teaching and preaching that the Christ is Jesus."

Acts 5: 42.

Day 332, Nov. 28 "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." **Hebrews 4: 12.**

Day 333, Nov. 29 "And they were bringing children to him that he might touch them, and the disciples rebuked them. But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder

them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it." **Mark 10: 13 - 15**

Day 334, Nov. 30 "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."
2 Corinthians 12: 9.

Day 335, Dec. 1 "Teach me good judgment and knowledge, for I believe in your commandments." **Psalms 119: 66.**

Day 336, Dec. 2 "The revelation of Jesus Christ, which God gave him to show to his servants the things that must soon take place. He made it known by sending his angel to his servant John, who bore witness to the word of God and to the testimony of Jesus Christ, even to all that he saw. Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear, and who keep what is written in it, for the time is near." **Revelations 1: 1 - 3.**

PART XVIII - FAMILY

Day 337, Dec. 3 "Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you."

Exodus 20: 12.

Day 338, Dec. 4 "Husbands, love your wives, as Christ loved the church and gave himself up for her." **Ephesians 5: 25**

Day 339, Dec. 5 "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh." **Genesis 2: 24.**

Day 340, Dec. 6 "However, let each one of you love his wife as himself, and let the wife see that she respects her husband." **Ephesians 5: 23.**

Day 341, Dec. 7 "He must manage his own household well, with all dignity keeping his children submissive;" **1 Timothy 3: 4.**

Day 342, Dec. 8 "The LORD our God be with us, as he was with our fathers. May he not leave us or forsake us," **1 Kings 8: 57.**

Day 343, Dec. 9 "But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever." **1 Timothy 5: 8.**

Day 344, Dec. 10 "Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table." **Psalms 128: 3.**

Day 345, Dec. 11 "Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate." **Psalms 128: 3 - 5.**

Day 346, Dec. 12 " For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named,"
Ephesians 3: 14.

PART XIX - CONNECTIONS

Day 347, Dec. 13 "Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."
1 Peter 5: 8.

Day 348, Dec. 14 "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ' It is more blessed to give than to receive.' "
Acts 20: 35.

Day 349, Dec. 15 " And the devil who had deceived them was thrown into the lake of fire and sulfur where the beast and the false prophet were, and they will be tormented day and night forever and ever."
Revelations 20: 10.

Day 350, Dec. 16 "And every tongue confess that Jesus Christ is Lord, to the glory of God the Father." **Philippians 2: 11.**

Day 351, Dec. 17 " For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek." **Romans 1: 16.**

Day 352, Dec. 18 " For the Father judges no one, but has given all judgment to the Son," **John 5: 22.**

Day 353, Dec. 19 “After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go.” **Luke 10: 1.**

Day 354, Dec. 20 “And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.” **Matthew 16: 18.**

Day 355, Dec. 21 “But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” **Acts 1: 8.**

Day 356, Dec. 22 “So that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,” **Philippians 2: 10.**

PART XX - RETURN OF JESUS

Day 357, Dec. 23 "Therefore you also must be ready, for the Son of Man is coming at an hour you do not expect." **Matthew 24: 44.**

Day 358, Dec. 24 "Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord." **1 Thessalonians 4: 17**

Day 359, Dec. 25 "In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also." **John 14: 2 - 3.**

Day 360, Dec. 26 "I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?" **Luke 18: 8.**

Day 361, Dec. 27 "So Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him." **Hebrews 9: 28.**

Day 362, Dec. 28 "And I saw a beast rising out of the sea, with ten horns and seven heads, with ten diadems on its horns and blasphemous names on its heads. And the beast that I saw was like a leopard; its feet were like a bear's, and its mouth was like a lion's mouth. And to it the dragon gave his power and his throne and great authority." **Revelation 13: 1 - 4.**

Day 363, Dec. 29 "For then there will be great tribulation, such as has not been from the beginning of the world until now, no, and never will be." **Matthew 24: 21.**

Day 364, Dec. 30 “Because you have kept my word about patient endurance, I will keep you from the hour of trial that is coming on the whole world, to try those who dwell on the earth.” **Revelation 3: 10.**

Day 365, Dec. 31 “Let no one deceive you in any way. For that day will not come, unless the rebellion comes first, and the man of lawlessness is revealed, the son of destruction,” **2 Thessalonians 2: 3.**

Day 366, “For the Son of Man is going to come with his angels in the glory of his Father, and then he will repay each person according to what he has done.” **Matthew 16: 27.**

And one more for Day 366, New year's Eve “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

2 Corinthians 5: 17

PART XXI - FAVORITE PRAYERS

Anima Christi - St. Ignatius de Loyola

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me,
and bid me come unto Thee,
That with Thy saints I may praise
Thee forever and ever. Amen.

Offering of St. Ignatius

Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me. I surrender it all to You to be disposed of according to Your will. Give me only Your love and Your grace; with these I will be rich enough and will desire nothing more. Amen

Also by St. Ignatius: "Work like everything depends on you,
And pray like everything depends on God."

By St. Padre Pio: "Pray, hope and don't worry."

Prayer of Our Daily Neglects

Eternal Father, I offer You the Sacred Heart of Jesus, with all its love, all its suffering, and all its merits.

First: to expiate all the sins I have committed this day and during my life. -
Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and forever world without end.

Second: to purify the good I have done badly this day and during all my life. Glory be...

Third: to supply for the good I ought to have done and that I have neglected to do this day and during all my life. Glory be...

Prayer of Divine Healing - Friar Ehimen Okaka

[and a favorite of St. Pope JP II]

Dear Jesus, You are my healer. I reach my broken hands to You in hope that you will restore my health. There is no one who has the power to fix what is broken in me, except for You. I trust that You will take away my pain. Only You know what I am made of. You're perfect hands stitched me together in my mother's womb. You have the divine knowledge to see inside where my human body is failing. I plead with You, Creator, to grant me a miracle and fix my DNA what is errored. I beg for a miracle that you will rid my body of the microscopic invaders that are making it malfunction, in Jesus' name, AMEN.

The Divine Praises - Catholic

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy Sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

As a Catholic, I have to add this one, my most frequent, prayed to our greatest saint who intercedes for us to her son, Jesus -

The Hail Mary

"Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. AMEN
[all in the bible]

BIO

About Dr. Michael J. Baglino, Ed. D.

Dr. Baglino [AKA Michael Matone] is a retired college teacher, most recently an adjunct professor in behavioral science at Palm Beach State College, Florida. He is a graduate of both Winona State University, MN and Florida International University, Miami. Michael is also a retired entertainer [singer/actor], performing primarily as a Frank Sinatra tribute artist under the name 'Michael Matone'. The author of 5 books, he is a professional member of the Society of Catholic Social Scientists and a regular contributor to **www.Catholic365.com** and **www.catholicjournal.us**. The Baglino family, wife and children, all live in South Florida. Finally, he is available as a guest speaker.

See **www.michaelbaglino.com/speaker/**

Currently, he is a 4th degree Knight of Columbus, church lector, Eucharistic Minister. He is cognizant that we all fall short of the Glory of God.

Books by Dr. Michael J. Baglino, Ed. D.

You Only Live Thrice
From Gramsci to Freud
More from a Florida Catholic
The Dr. B. Reader on the Ologies
Europe Meets Florida
www.michaelbaglino.com

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Pageless Addendum/Epilogue from
www.CatholicJournal.us

‘Favorite Catholic Books of All Time’

[#1] Fyodor Dostoevsky, *Crime and Punishment*

Not necessarily Catholic but Christian nonetheless. Plus, hardly a grand epic which you might expect, this is rather a murder mystery with the protagonist committing the murder[s] in chapter one. Dostoevsky presents a psychological thriller with ongoing diatribes of the then contemporary emerging philosophies of the day. Replete with Christian themes, Dostoevsky maintains that perseverance and persistence, commitment and hard work is our calling for true success in life. A message all from St. Petersburg to Siberia. And that adherence to God’s commandments is what is required of us regardless of socio-economic circumstances. No excuses. But what really fascinated me was that I was there. I was there in Russia itself in 1861, in that small hidden neighborhood, in those streets, in Raskolnikov’s mind. Dostoevsky had that ability, and he has been copied ever since. Genius. And it was fun reading all those long Russian names. I felt so sophisticated.

[#2] Victor Hugo, *Les Miserables*

Well, this was an epic. It spanned generations and Hugo's research impressive. He wrote of European politics, French politics, the French Revolution, political ideologies, the Catholic church and religious history. He further researched military history and the Battle of Waterloo, cultural descriptions of both rich and poor, the penal system, the banking system, the police system, even the Parisian sewer system and its history. He said baboons lived down there; how in the world did that happen? The major theme was protagonist's Jean Valjean's struggle for redemption. Certainly a more difficult struggle than ours. A romanticist for sure, Victor Hugo captured my heart as well as my mind and interest. My conclusion was, no college education is complete without reading the 1032 page masterpiece, 'Les Miserables'. Forget those silly musicals.

[#3] Fr. Walter Cizek, *He Leadeth Me*

Talk about inspiration and spirituality, Father Walter Cizek offers an accounting of his experiences in the Gulags of the Soviet Union as a testament to God's providence and graces of God through devotion and perseverance, endurance. He strove to do the will of God regardless of the circumstances as he was forced to live in the Soviet Union for 39 years. Fr. Cizek states, "And the greatest grace God can give such a man is to send him a trial he cannot bear with his own powers—and

then sustain him with his grace so he may endure to the end and be saved.” Yes, quite inspiring and spiritual!

[#4] Fr. Walter Cizek, *With God in Russia*

Whereas the content in the above book by Father Cizek is about 75% spiritual and 25% describing his daily life, this accounting is 75% daily life and 25% spiritual. Same story with a different emphasis. The earthly reality of life in the Gulags and Russia proper is fascinating. And although Fr. Cizek was an unfortunate visiting alien so to speak, he still was able to win awards as best worker both in jail and in Russian society. Why? Because God was with him. He followed Jesuit founder St. Ignatius: “ Work like everything depends on you and pray like everything depends on God.” President Kennedy finally fenagled some political miracles to free him and Fr. Cizek returned to the United States in 1963. Great stuff!

[#5] Alexandr Solzhenitsyn, *The Gulag Archipelago, Abridged*

Again, not so Catholic but Christian nonetheless. Thank God there is an abridged version. As appearing on the back cover, “It is impossible to name a book that had a greater effect on the political and moral consciousness of the late 20th century.” And what do you do? For us today it is pray, hold on to your families, support your churches and communities. For him it was being caught between serving a repressive

state or a life in the Siberian Gulags. Well, through the insights and knowledge of Solzhenitsyn, we can witness the progression of the deep/administrative state at the hands of the lies from the Democrat Party of the United States and worldwide Marxism. "Live not by lies", says Solzhenitsyn because it can happen here. It's happening.

[#6] St. Louis de Montefort, *True Devotion to Mary*

This is considered one of the greatest books ever written on Marian spirituality. St. Pope John Paul the Great himself says it had a great effect on his own personal walk and devotive life. It was his life's decisive turning point. This is a book guiding one's journey toward holiness and as stated at the outset "The more we honor the Blessed Virgin, the more we honor Jesus Christ." De Montefort includes guides to preparation, practice and consecration toward devotion.

Here is a lucky 7, though I never actually read it. Rather I took an on-line course from Hillsdale College.

[#7] Dante Alighieri, *The Divine Comedy: Inferno, Purgatorio, Paradiso*. If you can read it, God Bless. But it was a fascinating course. The first people he saw in hell were politicians. Written 1306-1321.

The following I read recently and probably replaces other Catholic classics out there. Yes, I still read but believe the relevance of these

three contemporary Catholic authors a blessing. Besides, they're easier to read.

[#8] Carvajal, Francis Fernandez. *Overcoming Lukewarmness: Healing Your Soul's Sadness*.

Read it twice. The first time is a pick me up. The second is when you fall back. Rev. Carvajal calls it a rejuvenation from the sleepiness of the soul. He says lukewarmness is a tired illness and a general negligence that loves the wide road. Prepare to be taught how to defeat that 'noonday devil' and rekindle the joy of following Christ. We all have a duty to live a full life, not necessarily a comfortable life, but a full life of joy with Christ in front of us.

[#9] Chaput, Charles J. *Strangers in a Strange Land: Living the Catholic Faith in a Post Christian World*.

Since I have always essentially been a social science teacher, to me this book by the Archbishop of Philadelphia is sociologically based. Our culture and our faith are at odds and it is a challenging experience. To Archbishop Chaput we are resident aliens who are called to resist the new priestly class of psychologists and sociologists; resist the growing administrative state; resist the secularization of our culture especially emanating from our universities who are all wrapped up in malice and spite; and resist the momentum of consumerism and materialism.

Finally, we are aliens who are being confronted with the creation of an alternate religion and moral system, ideological in nature.

[#10] Eason, Deacon Richard. *Spiritual Lightning: Answering Your Call from Jesus to Master His Values*.

The most recent book I've read and an EWTN 2024 gem, Deacon Richard Eason certainly covers it all in capturing the spiritual transformation to which we all aspire. *Spiritual Lightning* discusses attaining peace and spiritual maturity, maintaining grace, and following saintly examples in our strivings toward Heaven. So I guess you can call this a primer on how to get to Heaven. And as the author says, "Jesus entered earthly life for the purpose of leading all souls to Heaven with no soul left behind." Each chapter includes a summary of reflection that allows the reader to keep the fire burning.