



JANUARY 30th

MORNING

**Let us run with patience the race that is set before us,
looking unto Jesus the author and finisher of our faith.**

Heb. 12: 1-2

If any man will come after me, let him deny himself,
and take up his cross daily, and follow me.

Luke 9: 23

Whosoever he be of you that forsaketh not all that he hath,
he cannot be my disciple.

Luke 14: 33

Let us therefore cast off the works of darkness.

Rom. 13: 12

Every man that striveth for the mastery is temperate in all things.
Now they do it to obtain a corruptible crown; but we an incorruptible.

I therefore so run, not as uncertainly; so fight I,
not as one that beateth the air:

but I keep under my body, and bring it into subjection:
lest that by any means, when I have preached to others,
I myself should be a castaway.

I Cor. 9: 25-27

Brethren, I count not myself to have apprehended:

but this one thing I do,
forgetting those things which are behind,
and reaching forth unto those things which are before,
I press toward the mark for the prize
of the high calling of God in Christ Jesus.

Phil. 3:13-14

Then shall we know, if we follow on to know the LORD.

Hos. 6: 3

EVENING

It is good for a man that he bear the yoke in his youth.

Lam. 3: 27

Train up a child in the way he should go:
and when he is old, he will not depart from it.

Prov. 22: 6

We have had fathers of our flesh, which corrected us;
and we gave them reverence: shall we not much rather
be in subjection unto the Father of spirits, and live?
For they verily for a few days chastened us after their own pleasure;
but he for our profit, that we might be partakers of his holiness.

Heb. 12: 9-10

Before I was afflicted I went astray: but now have I kept thy word.

It is good for me that I have been afflicted;
that I might learn thy statutes.

Psa. 119: 67, 71

I know the thoughts that I think toward you, saith the LORD,
thoughts of peace, and not of evil, to give you an expected end.

Jer. 29: 11

Humble yourselves therefore under the mighty hand of God,
that he may exalt you in due time.

I Pet. 5: 6

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