Life Plan-Key Verses

e3 PROFESSIONAL TRAINERS

The Essential Elements for living a life of Excellence!

Core Values - Love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength, and the second is like it also love your neighbor as yourself. All of the Law and the Prophets hang on these two commandments.
Matt 22:36-40 Mark 12:18-31 Luke 10:26-27

Intellectual – Philippians 4:6-8… 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 minds in Christ Jesus. Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praise-worthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you.

Fitness - 1 Cor 9:24-27 Do you not know that in a race all runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Romans 12:1…present your body as a living sacrifice, holy and pleasing to God – this is your act of spiritual worship.

People (Relationships) – Prov 27:17As iron sharpens iron, so one man sharpens another.
1 Cor 15:33…do you not know bad company corrupts good morals?

Your support system – 2 Cor 6:14-16 Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial (Satan)? What does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people."

Ephesians 5:15-16 Be very careful, then how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.

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