

A close-up photograph of a white ceramic coffee cup filled with a latte. The coffee has a thick layer of white foam with intricate latte art patterns in shades of brown and tan. The cup sits on a matching white saucer. The background is a soft, out-of-focus light gray. The word "Godliness" is overlaid in the center of the image in a bold, black, sans-serif font.

**Godliness**

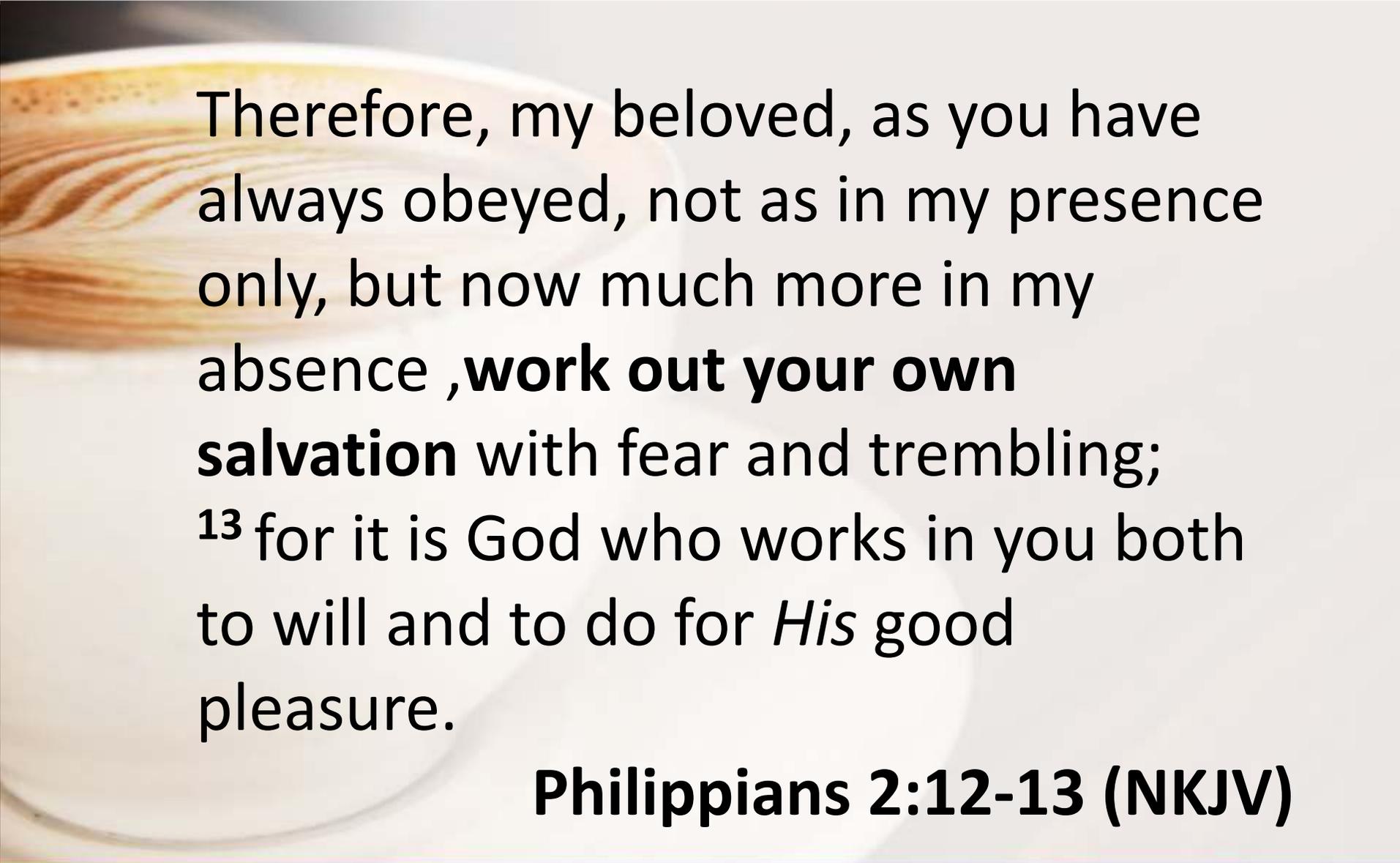
<sup>24</sup> and when He had given thanks, He broke *it* and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” <sup>25</sup> In the same manner *He* also *took* the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me.” <sup>26</sup> For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

**1 Corinthians 11:24-29**

## Examine Yourself

<sup>27</sup> Therefore whoever eats this bread or drinks *this* cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.

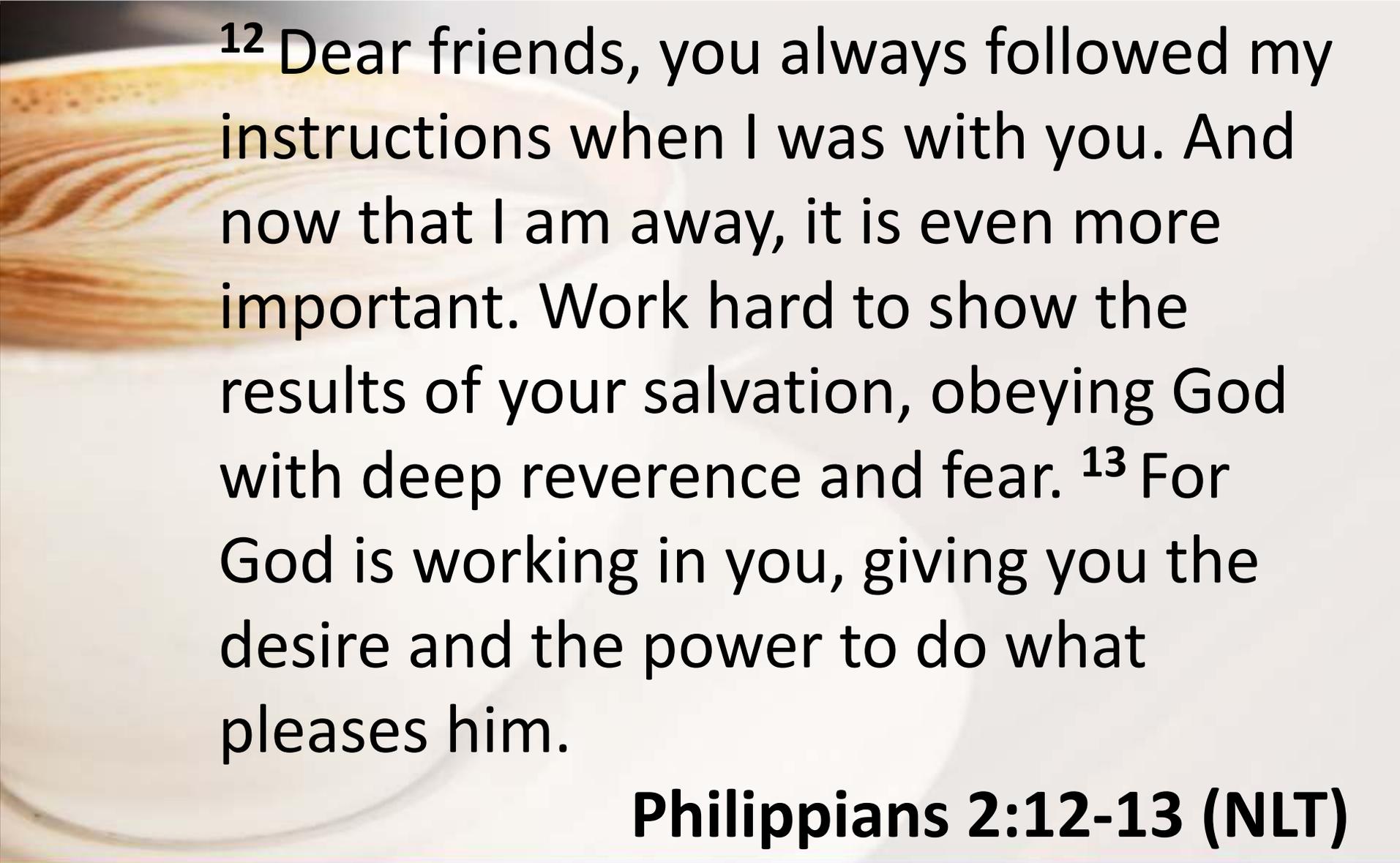
<sup>28</sup> But let a man examine himself, and so let him eat of the bread and drink of the cup. <sup>29</sup> For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body.



Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence ,**work out your own salvation** with fear and trembling;  
<sup>13</sup> for it is God who works in you both to will and to do for *His* good pleasure.

**Philippians 2:12-13 (NKJV)**

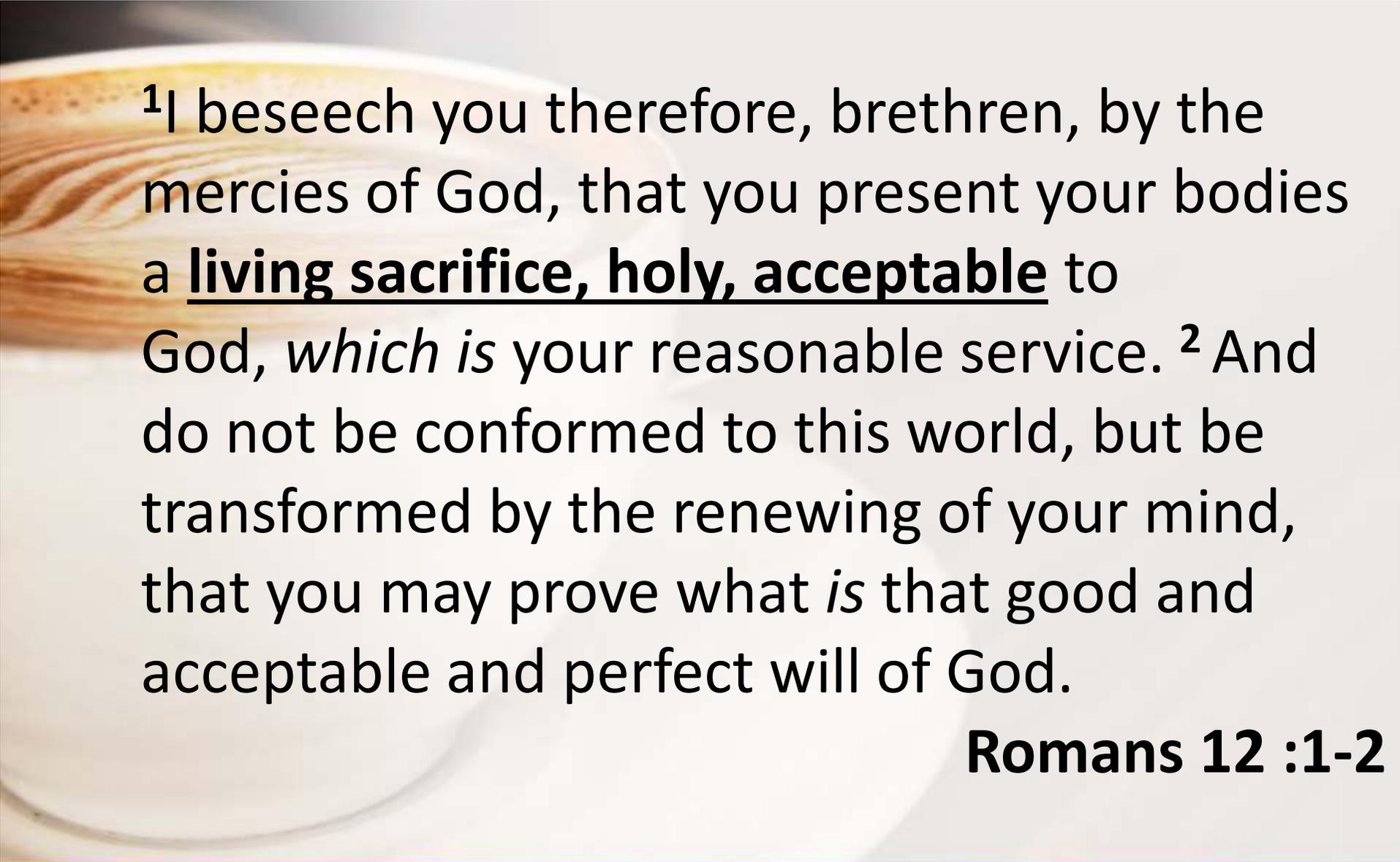


A background image of a white coffee cup with latte art, showing a heart shape and wavy patterns in the foam. The cup is on a light-colored surface.

<sup>12</sup> Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. <sup>13</sup> For God is working in you, giving you the desire and the power to do what pleases him.

**Philippians 2:12-13 (NLT)**

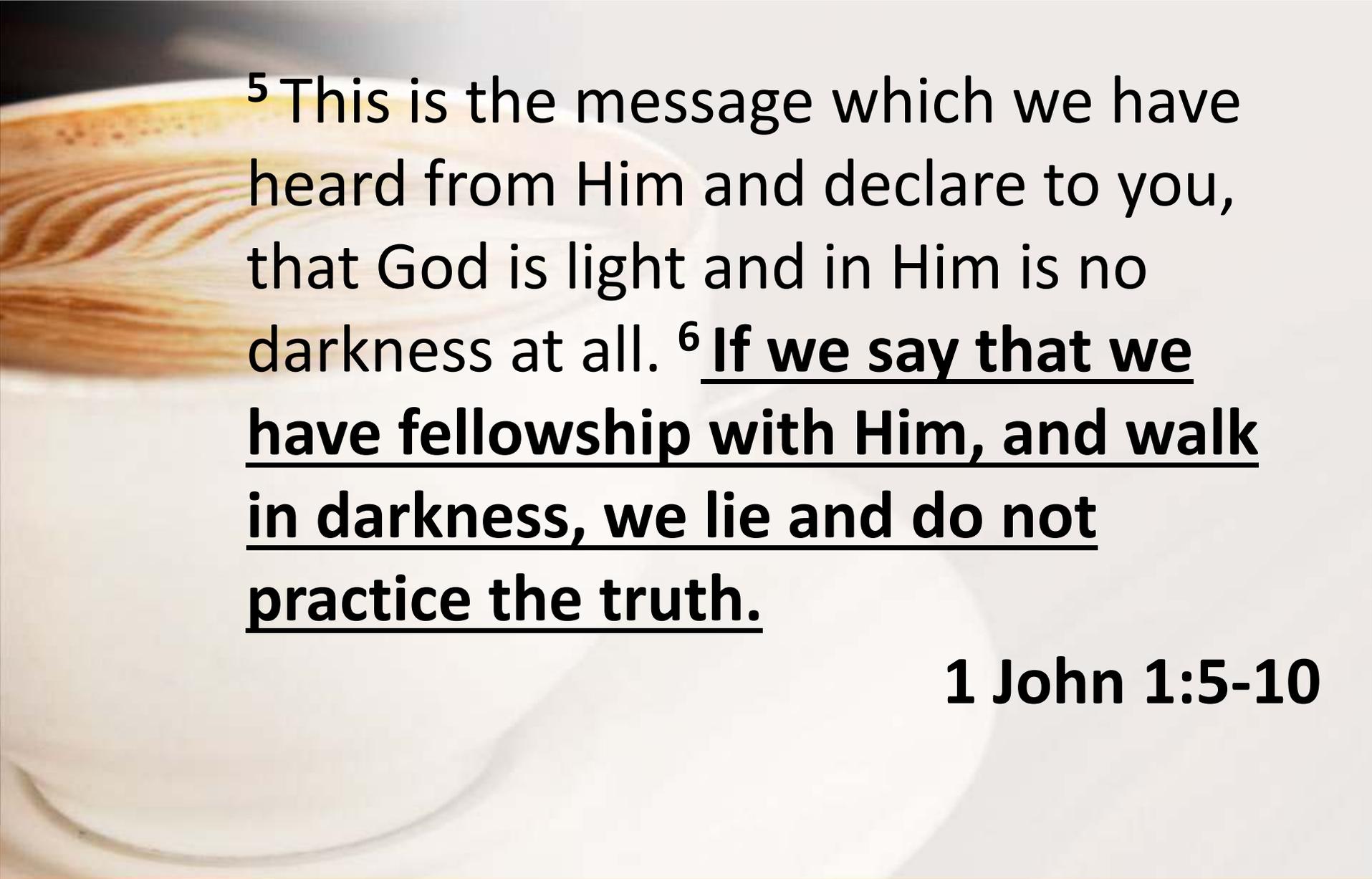
A solid orange horizontal bar at the bottom of the slide.



<sup>1</sup>I beseech you therefore, brethren, by the mercies of God, that you present your bodies a **living sacrifice, holy, acceptable** to God, *which is* your reasonable service. <sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

**Romans 12 :1-2**

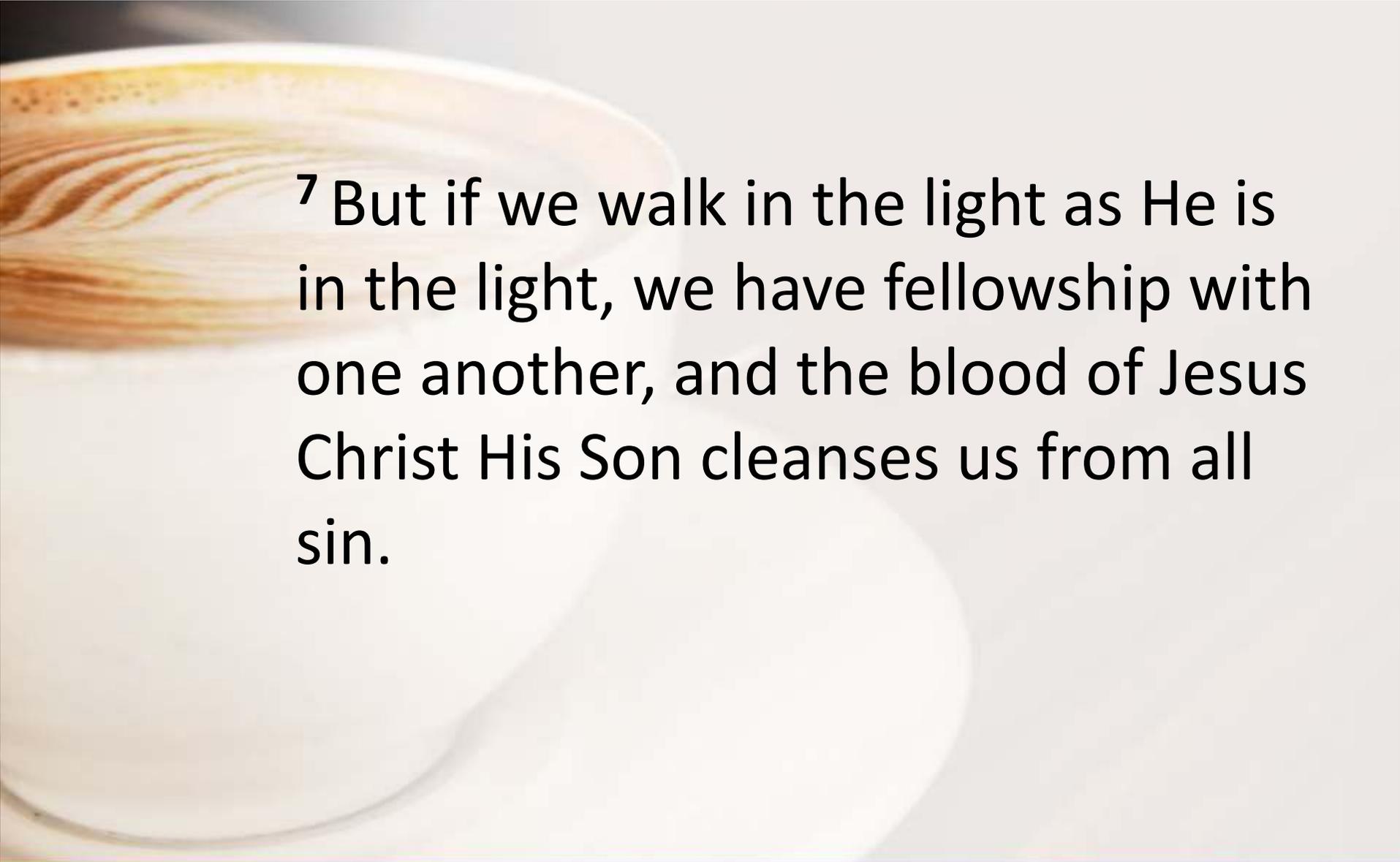




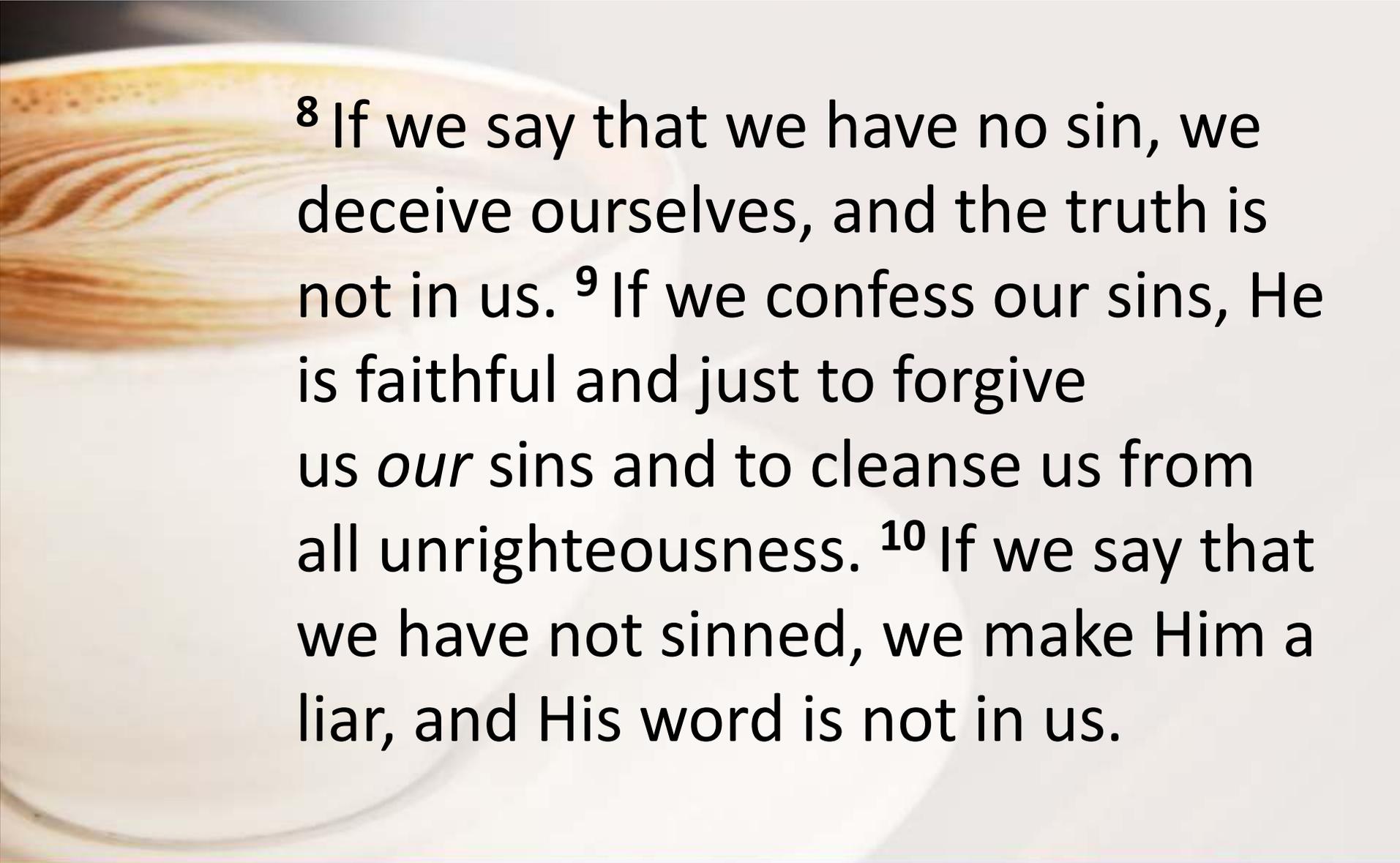
<sup>5</sup> This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. <sup>6</sup> **If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth.**

**1 John 1:5-10**

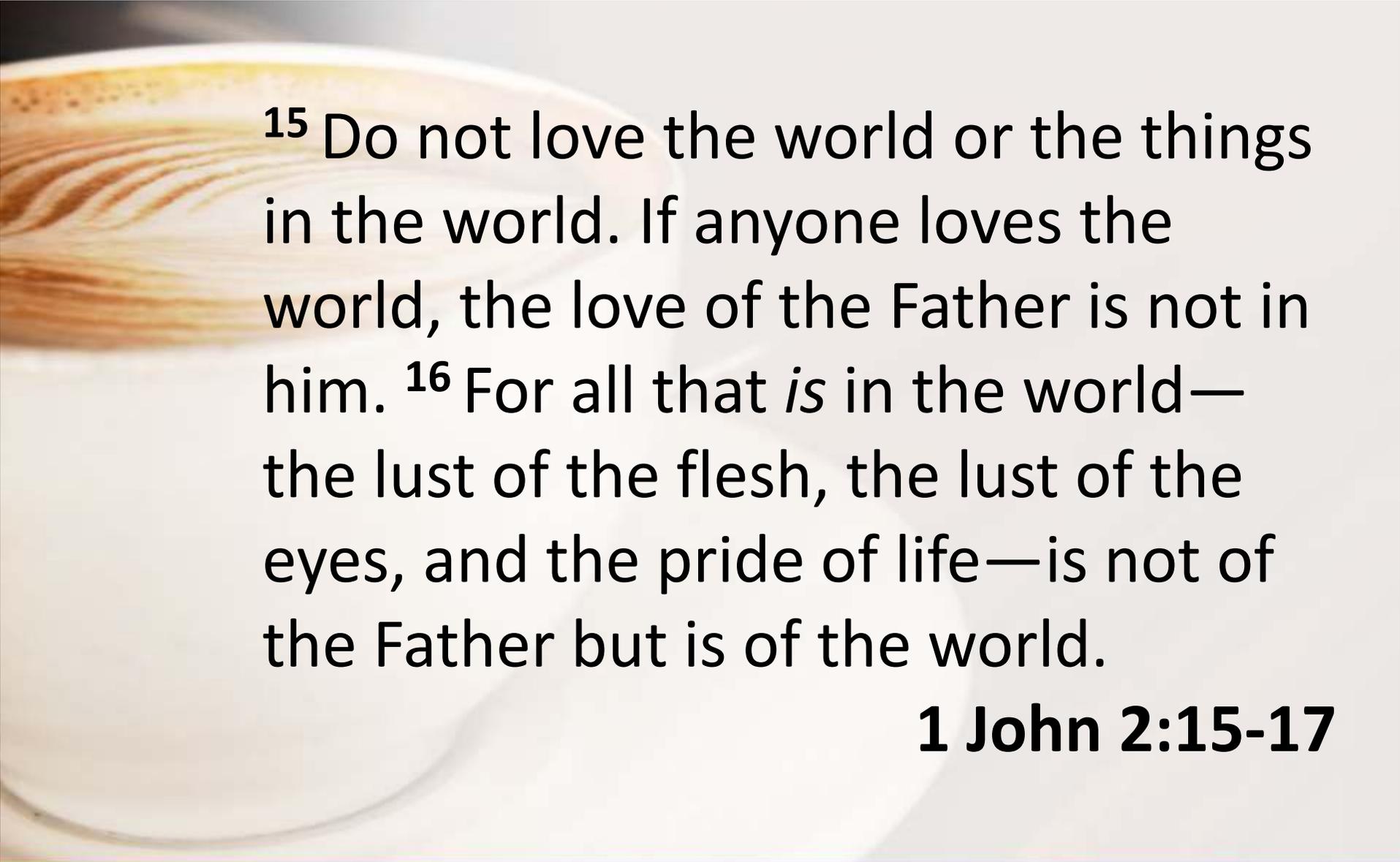
**light and darkness**



<sup>7</sup> But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.



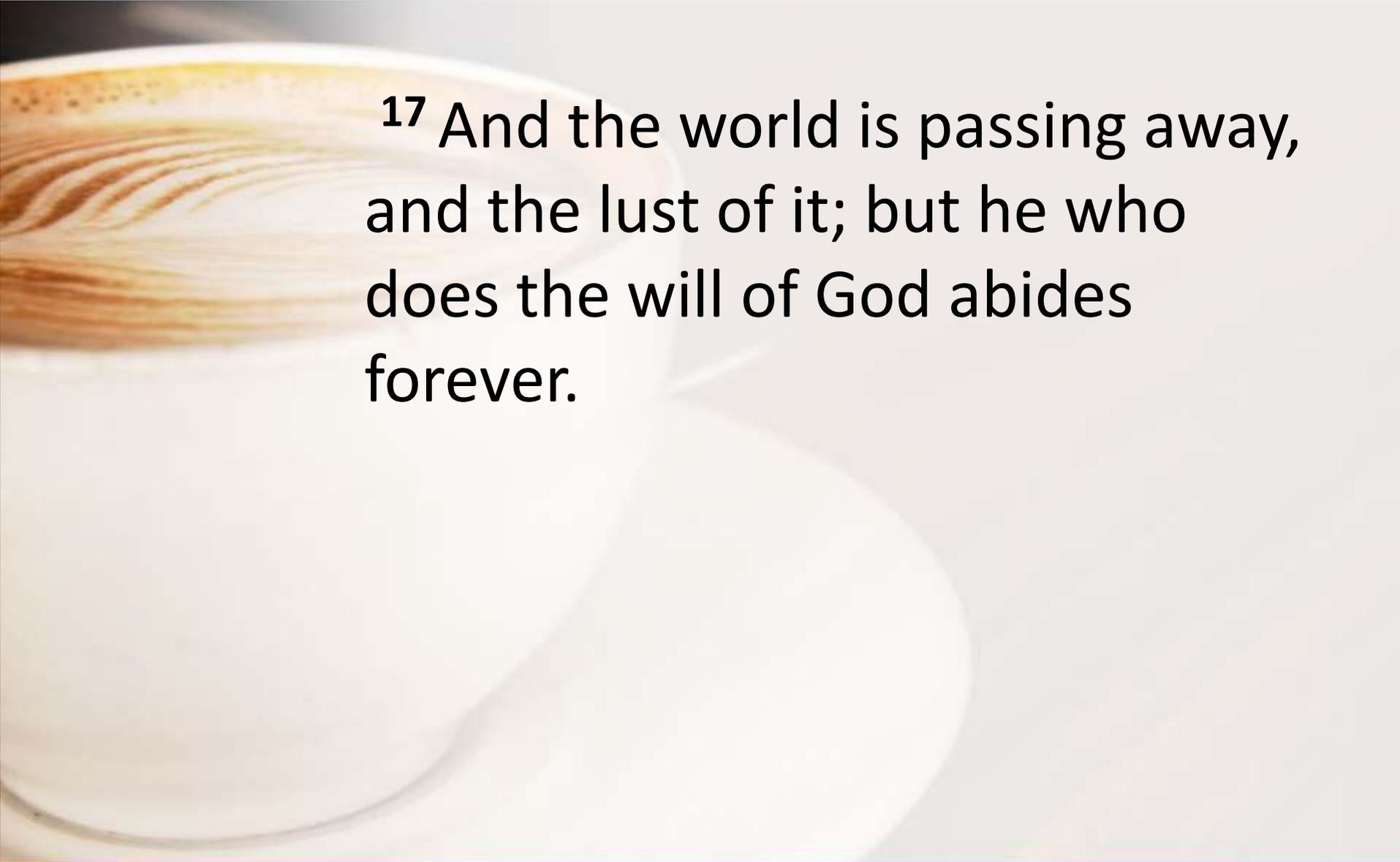
<sup>8</sup> If we say that we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness. <sup>10</sup> If we say that we have not sinned, we make Him a liar, and His word is not in us.



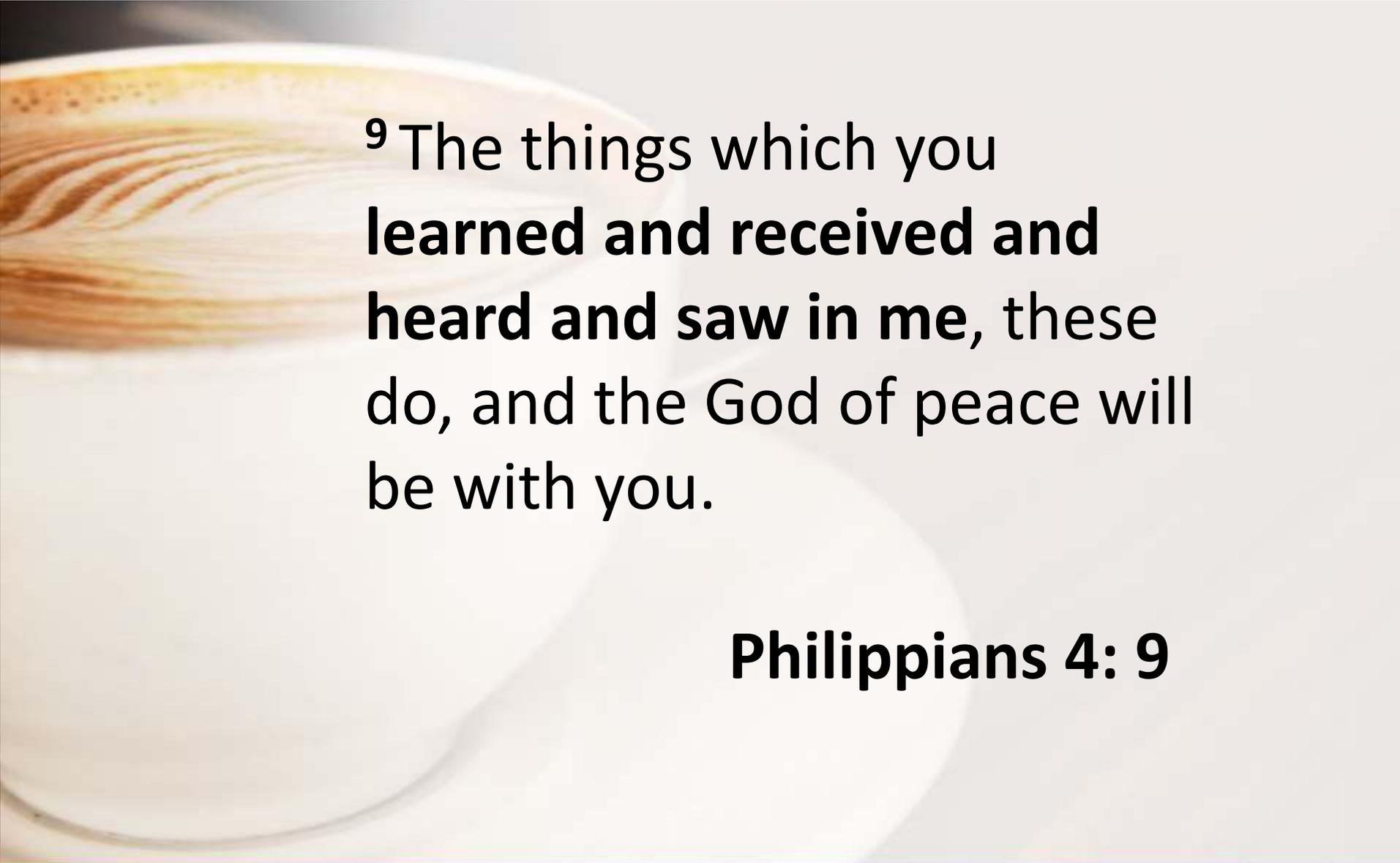
<sup>15</sup> Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. <sup>16</sup> For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.

**1 John 2:15-17**



A close-up photograph of a white ceramic coffee cup filled with a latte. The coffee has a thick layer of foam with intricate latte art patterns. The cup sits on a matching white saucer. The background is a soft, out-of-focus grey. The bottom of the image features a solid orange horizontal bar.

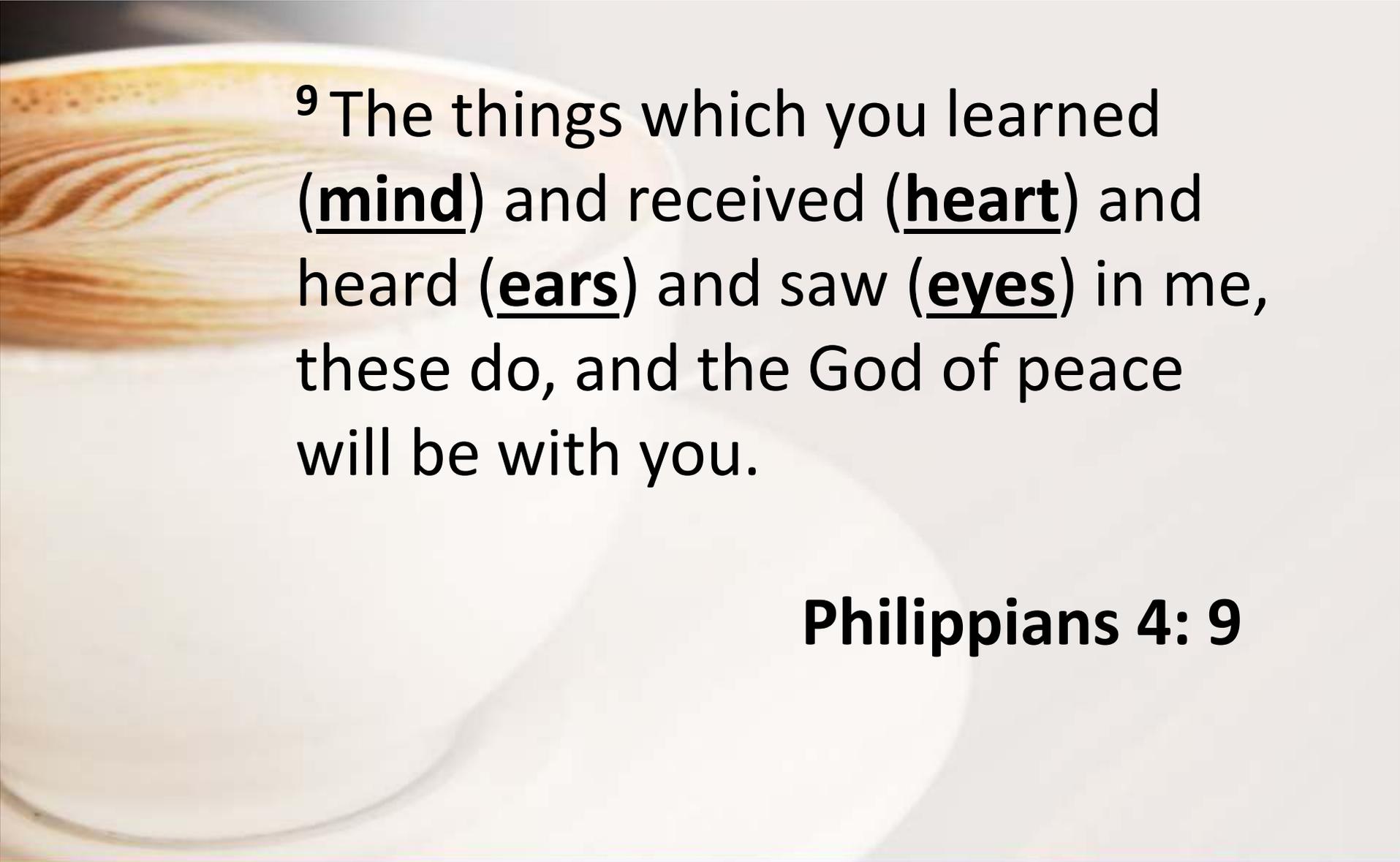
**17** And the world is passing away,  
and the lust of it; but he who  
does the will of God abides  
forever.



<sup>9</sup> The things which you  
**learned and received and  
heard and saw in me**, these  
do, and the God of peace will  
be with you.

**Philippians 4: 9**

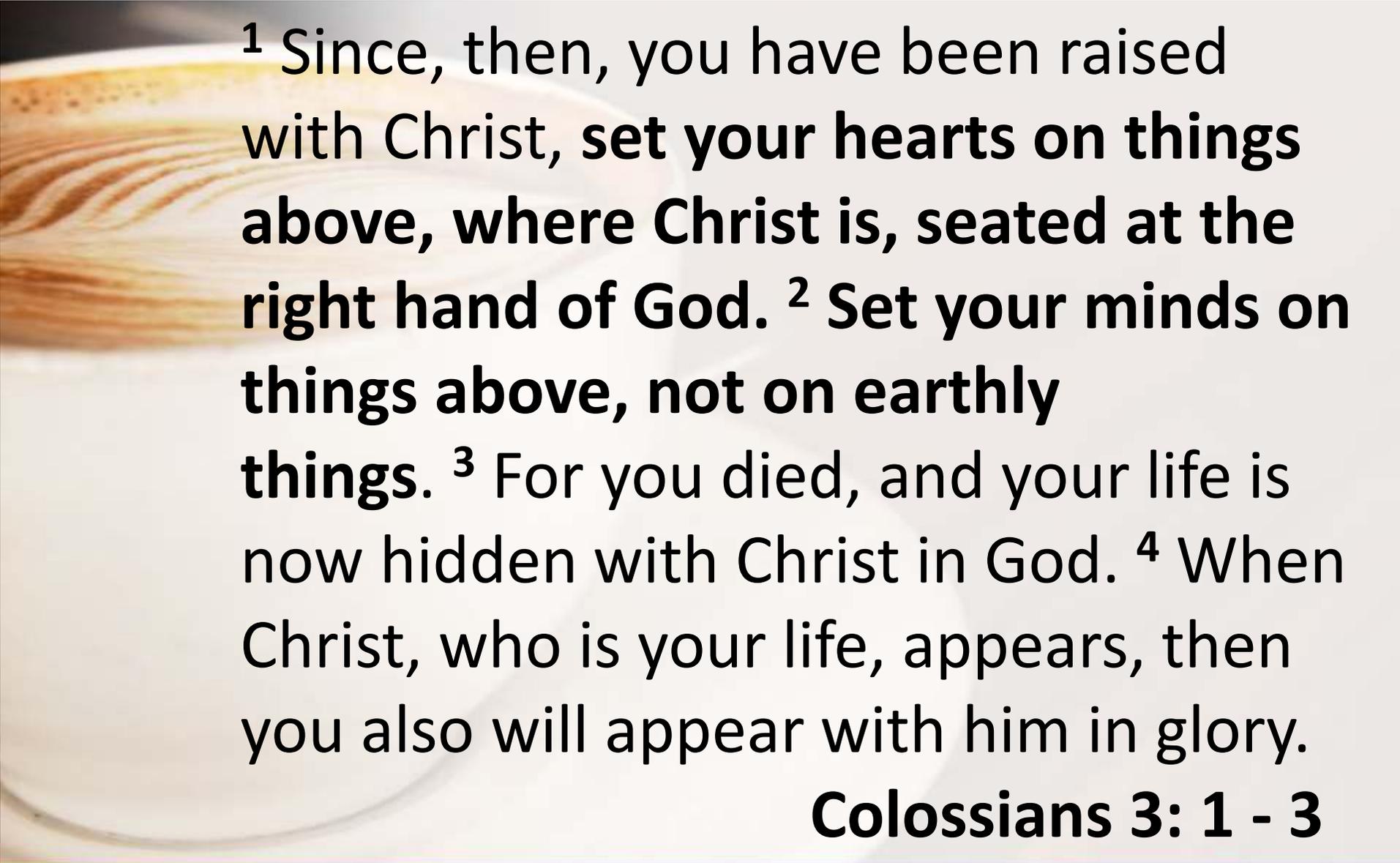




<sup>9</sup> The things which you learned (mind) and received (heart) and heard (ears) and saw (eyes) in me, these do, and the God of peace will be with you.

**Philippians 4: 9**

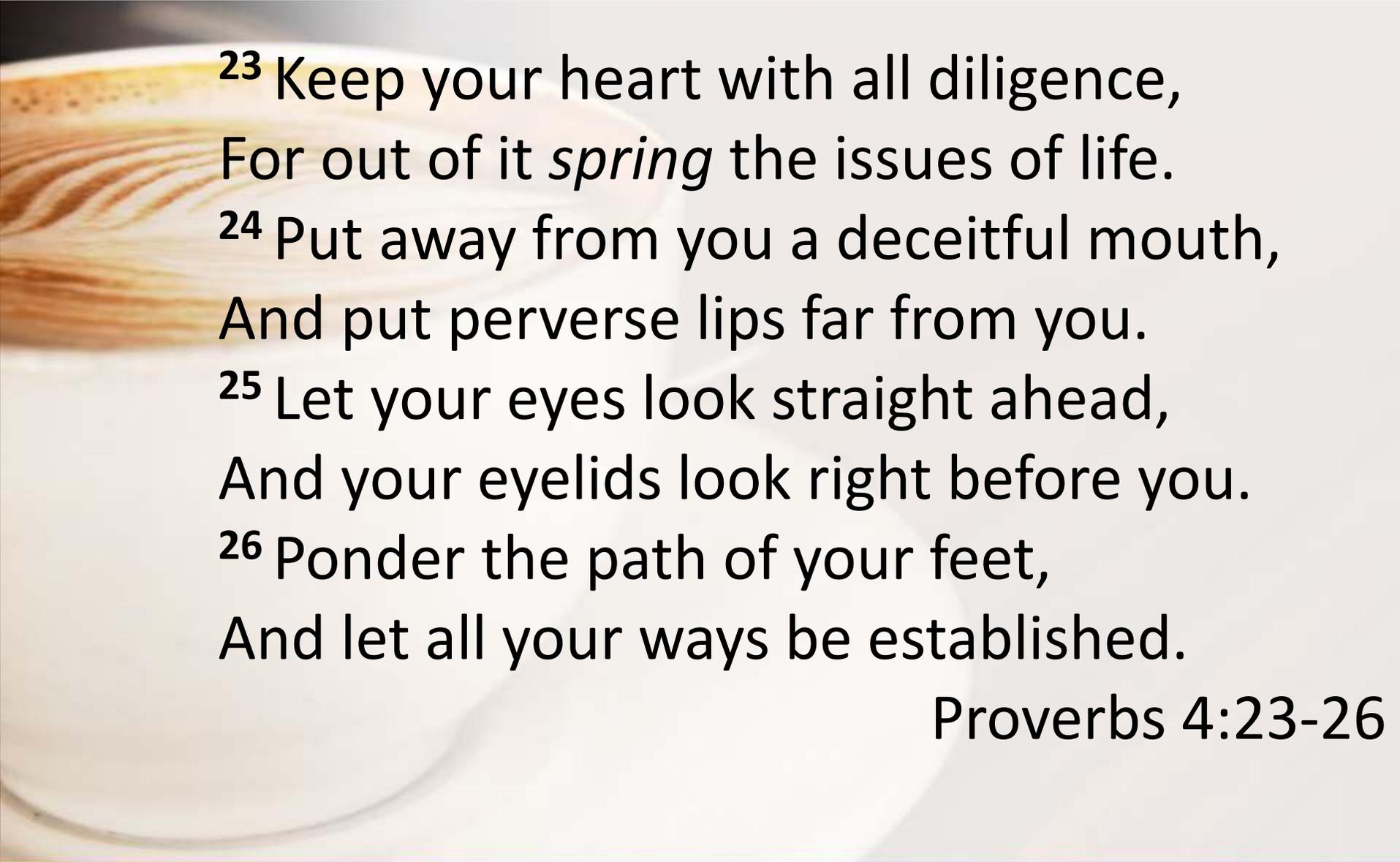




<sup>1</sup> Since, then, you have been raised with Christ, **set your hearts on things above, where Christ is, seated at the right hand of God.** <sup>2</sup> **Set your minds on things above, not on earthly things.** <sup>3</sup> For you died, and your life is now hidden with Christ in God. <sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.

**Colossians 3: 1 - 3**

**Guard your Heart and Mind**

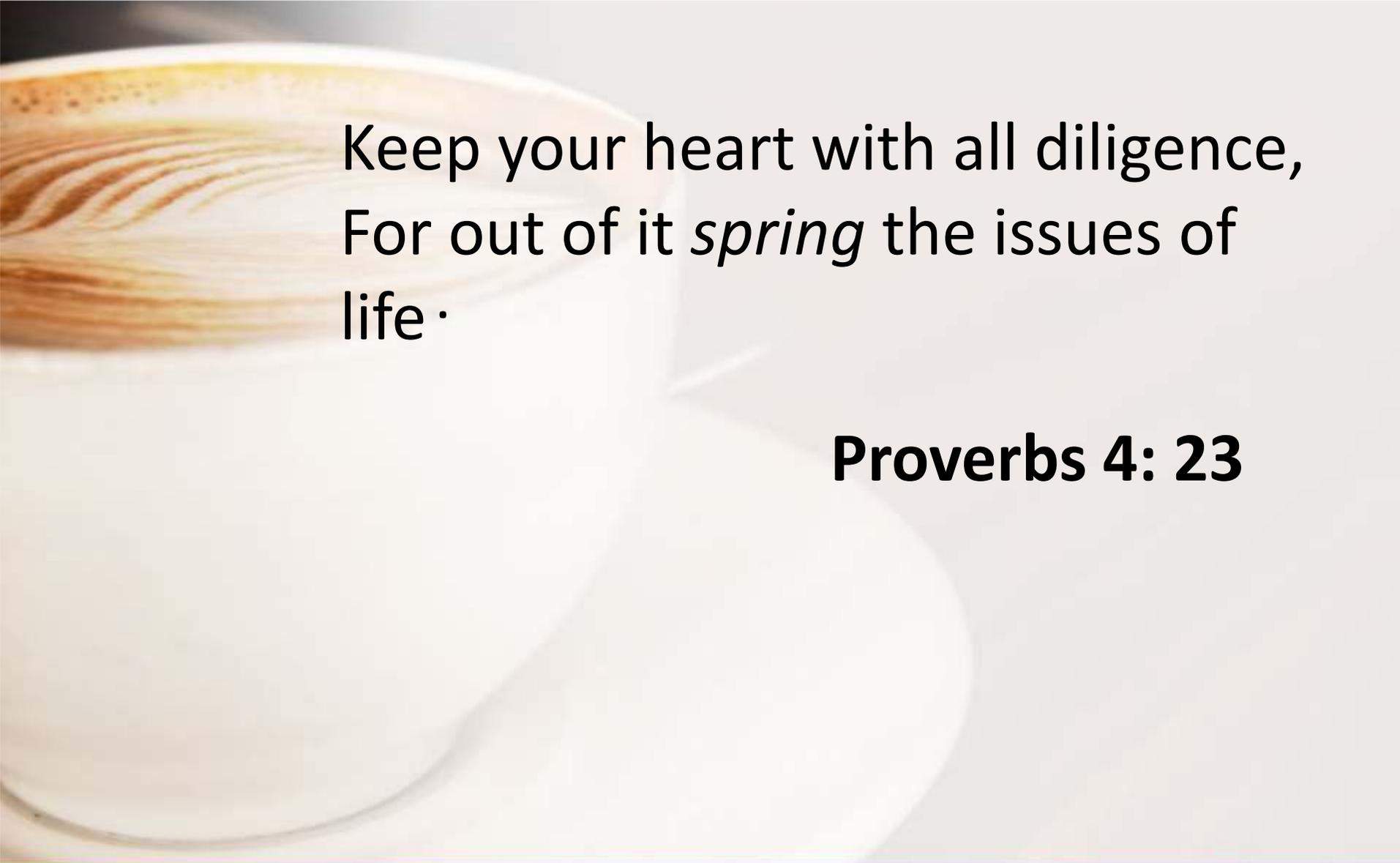


<sup>23</sup> Keep your heart with all diligence,  
For out of it *spring* the issues of life.  
<sup>24</sup> Put away from you a deceitful mouth,  
And put perverse lips far from you.  
<sup>25</sup> Let your eyes look straight ahead,  
And your eyelids look right before you.  
<sup>26</sup> Ponder the path of your feet,  
And let all your ways be established.

Proverbs 4:23-26



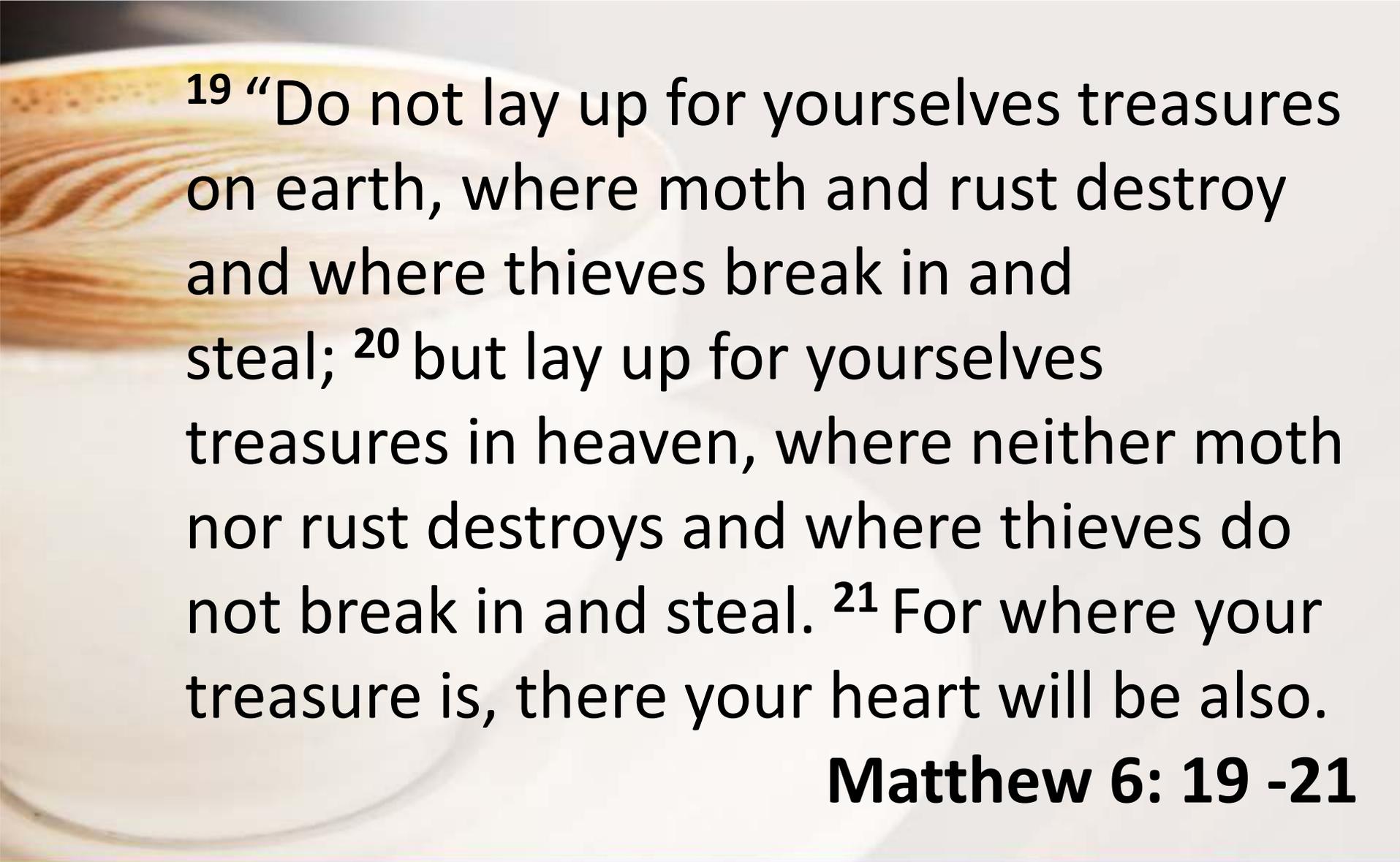
- 
- 1) Keep your **heart**.
  - 2) Pure **lips**.
  - 3) Guard your **eyes**.
  - 4) The **Ponderings** of your mind.



Keep your heart with all diligence,  
For out of it *spring* the issues of  
life ·

**Proverbs 4: 23**

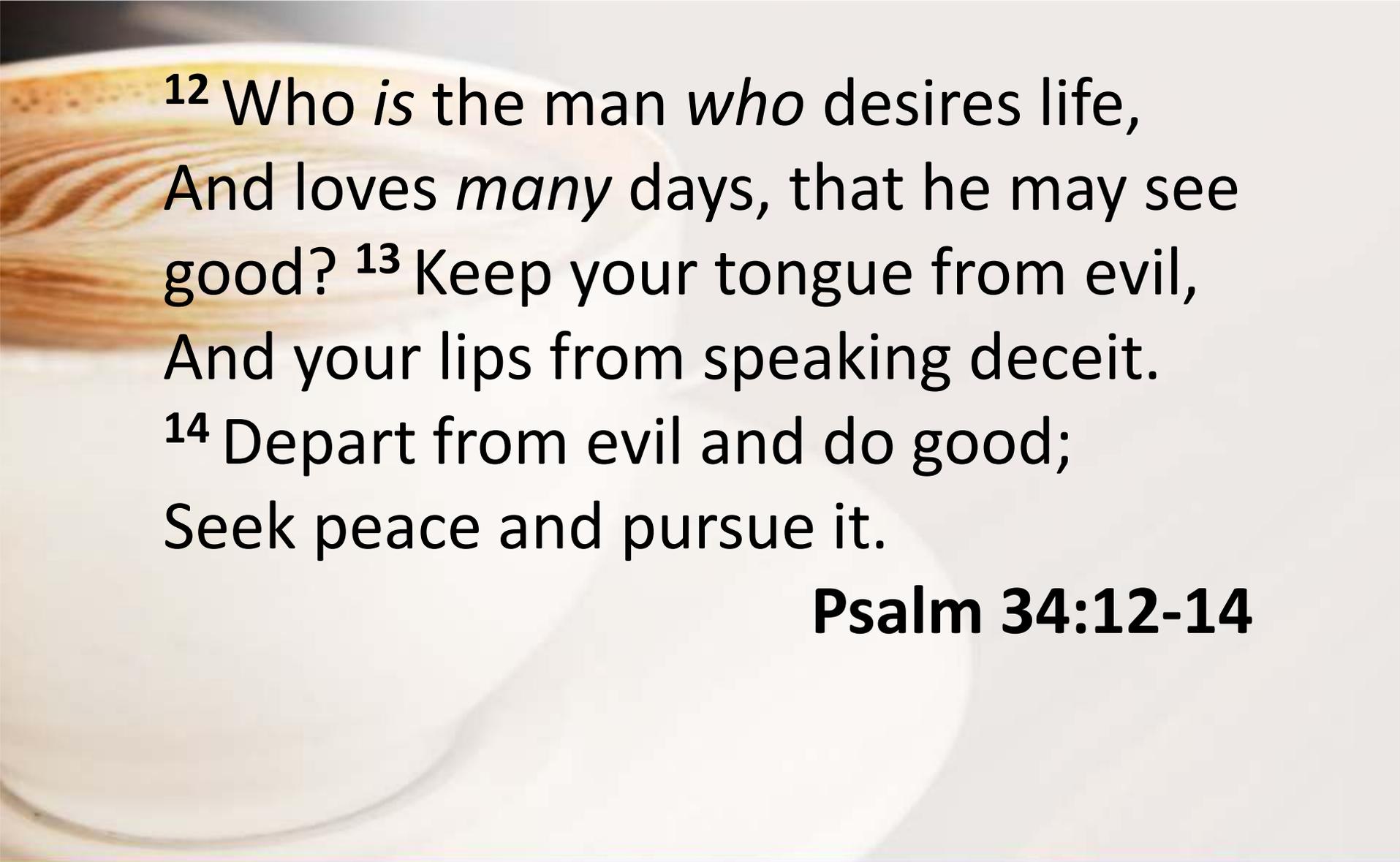
**Keep your heart.**



<sup>19</sup> “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.

**Matthew 6: 19 -21**

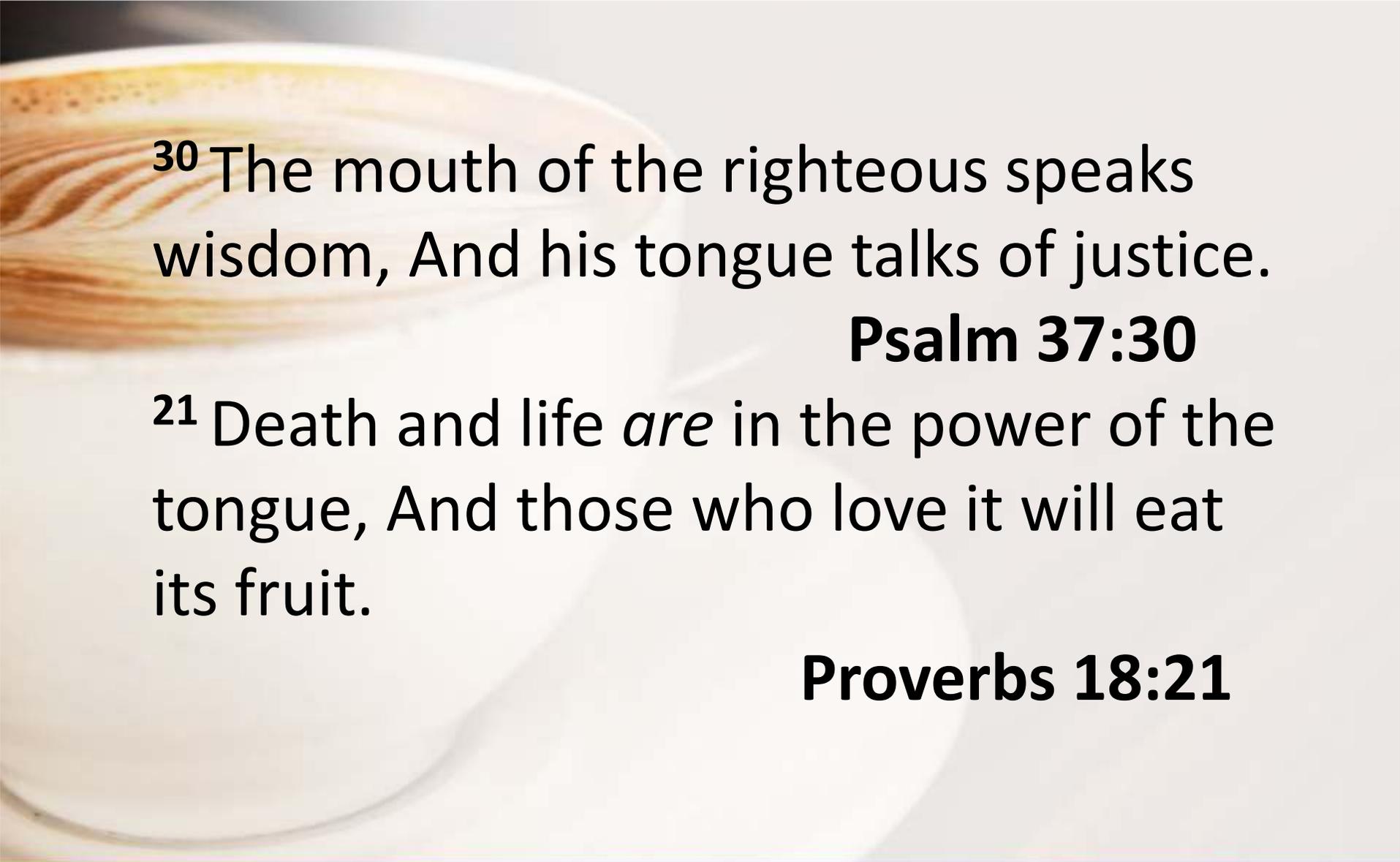




<sup>12</sup> Who *is* the man *who* desires life,  
And loves *many* days, that he may see  
good? <sup>13</sup> Keep your tongue from evil,  
And your lips from speaking deceit.  
<sup>14</sup> Depart from evil and do good;  
Seek peace and pursue it.

**Psalm 34:12-14**

**Guard your tongue**

A close-up photograph of a white ceramic coffee cup filled with a latte. The coffee has a thick, golden-brown foam on top with intricate latte art patterns. The cup is set against a light, neutral background.

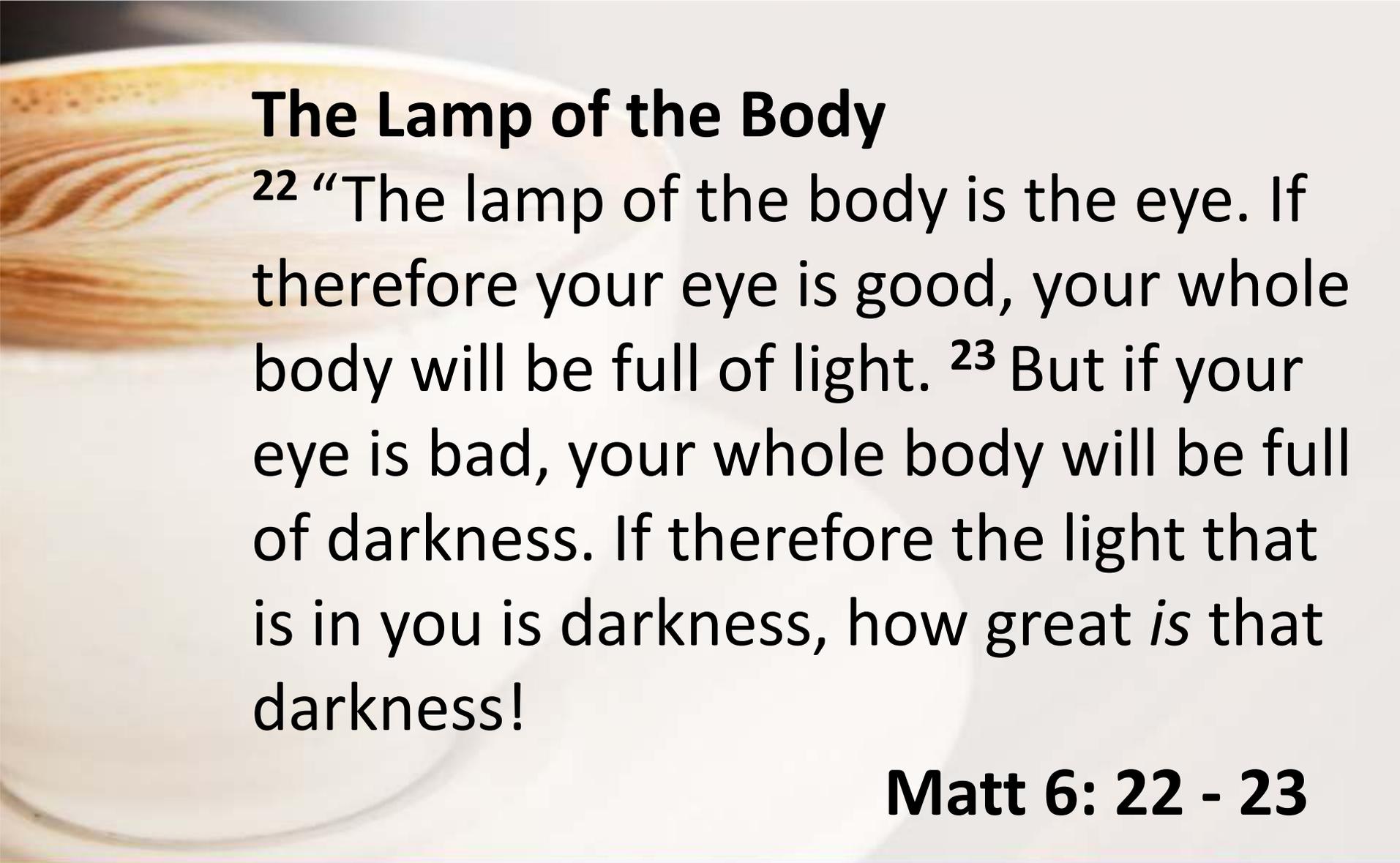
<sup>30</sup> The mouth of the righteous speaks wisdom, And his tongue talks of justice.

**Psalm 37:30**

<sup>21</sup> Death and life *are* in the power of the tongue, And those who love it will eat its fruit.

**Proverbs 18:21**

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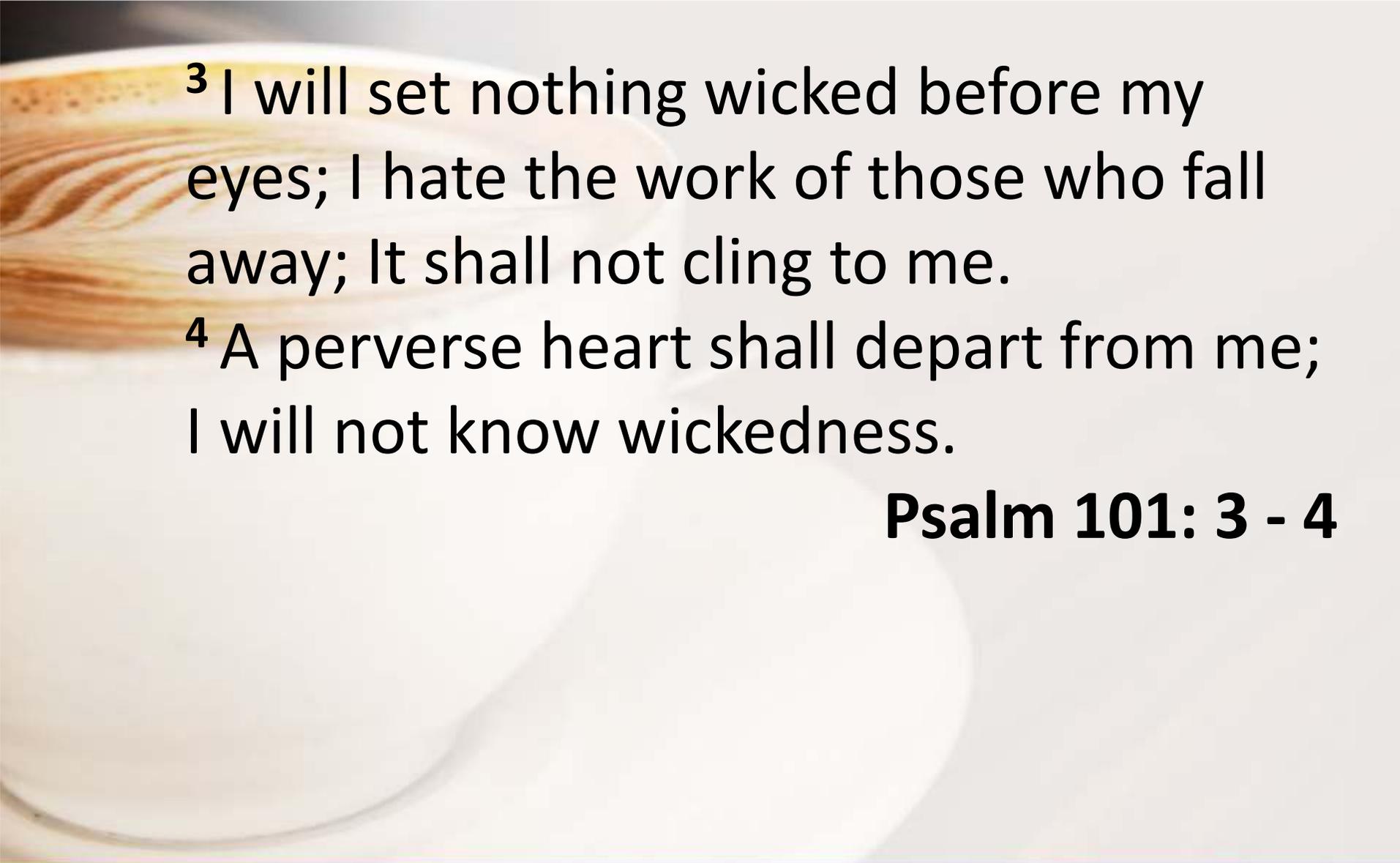


## **The Lamp of the Body**

<sup>22</sup> “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. <sup>23</sup> But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great *is* that darkness!

**Matt 6: 22 - 23**

**Guard your eyes**

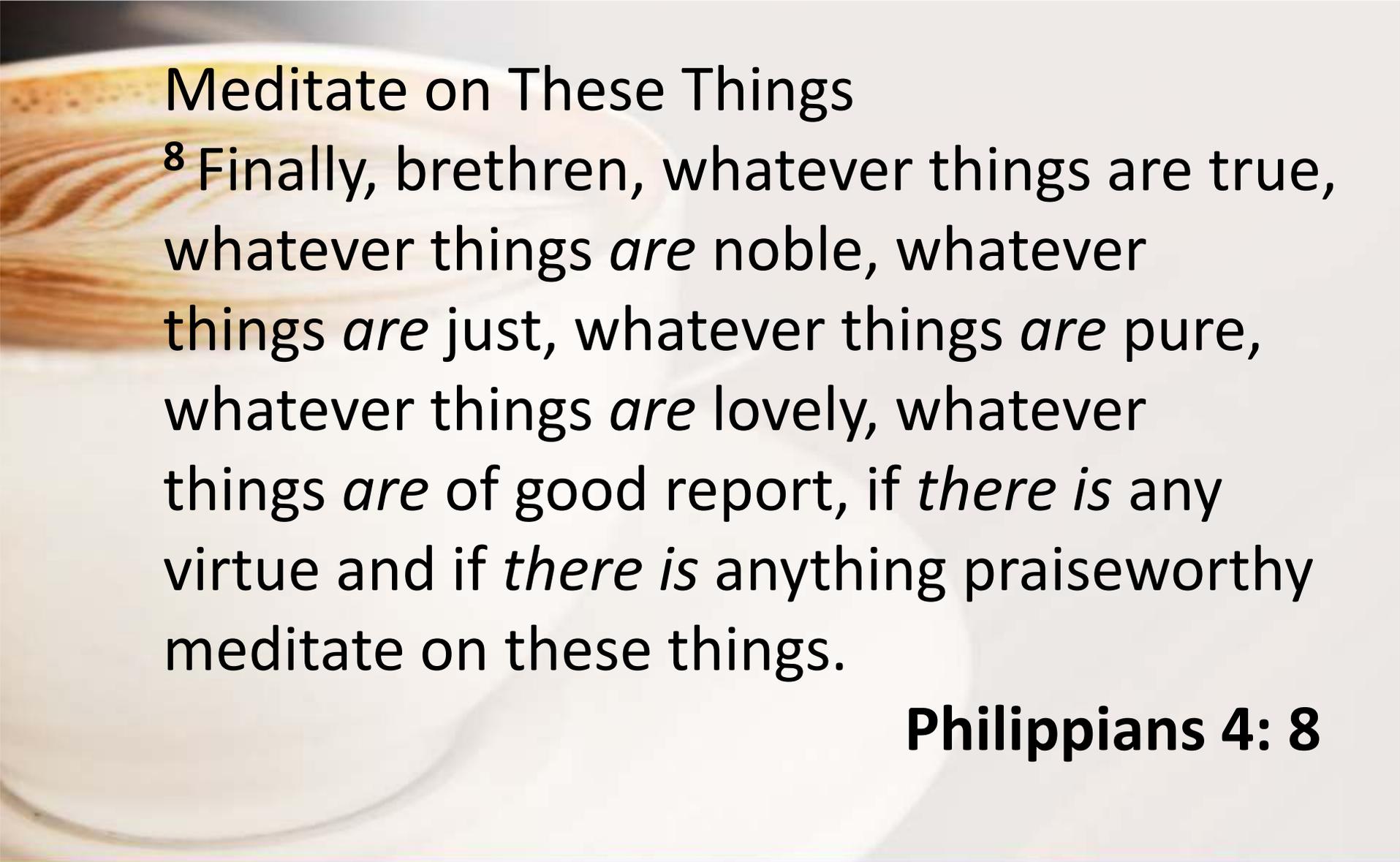


<sup>3</sup> I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me.

<sup>4</sup> A perverse heart shall depart from me; I will not know wickedness.

**Psalm 101: 3 - 4**



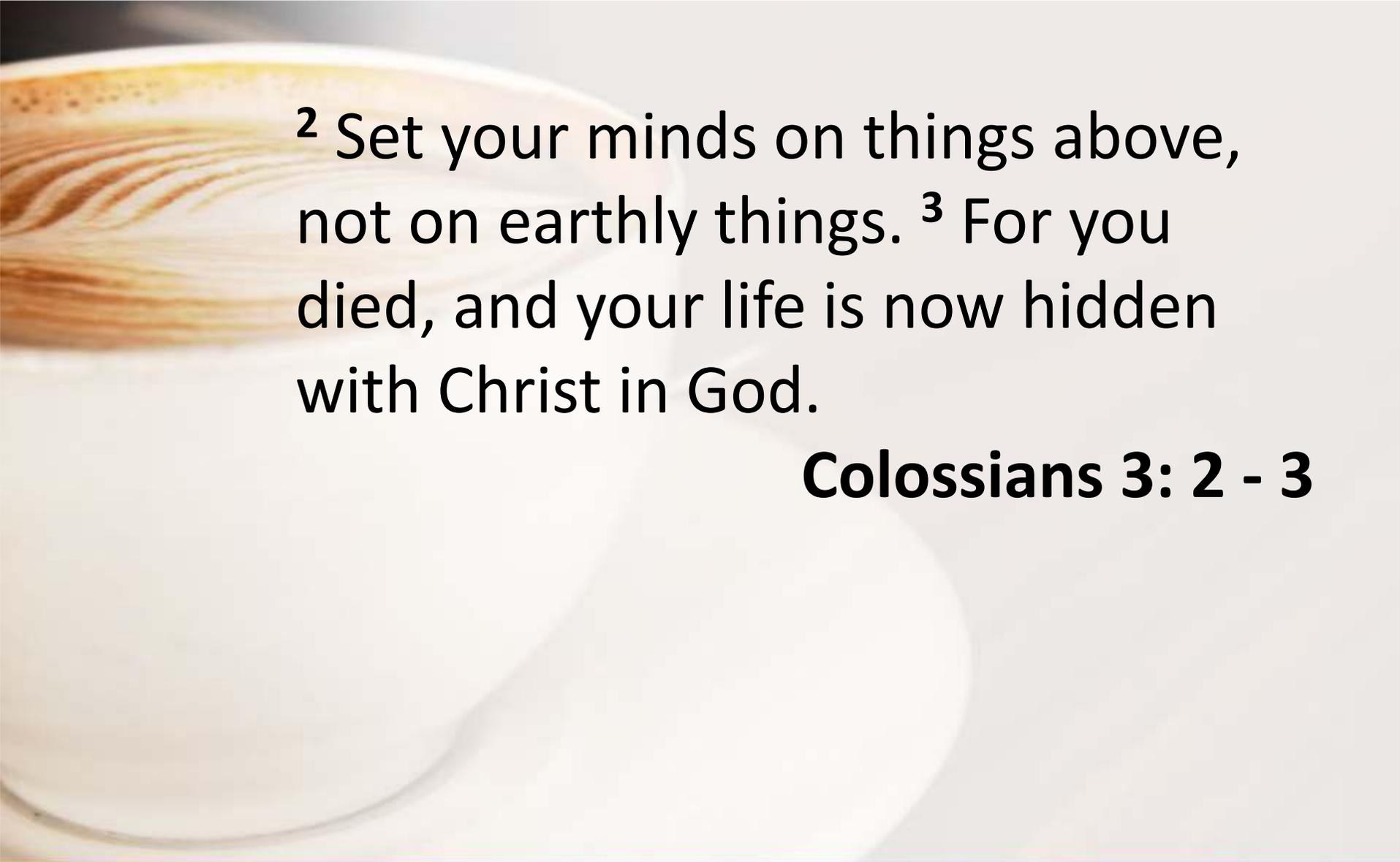


## Meditate on These Things

<sup>8</sup> Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy meditate on these things.

**Philippians 4: 8**

**Guard your mind**



<sup>2</sup> Set your minds on things above,  
not on earthly things. <sup>3</sup> For you  
died, and your life is now hidden  
with Christ in God.

**Colossians 3: 2 - 3**

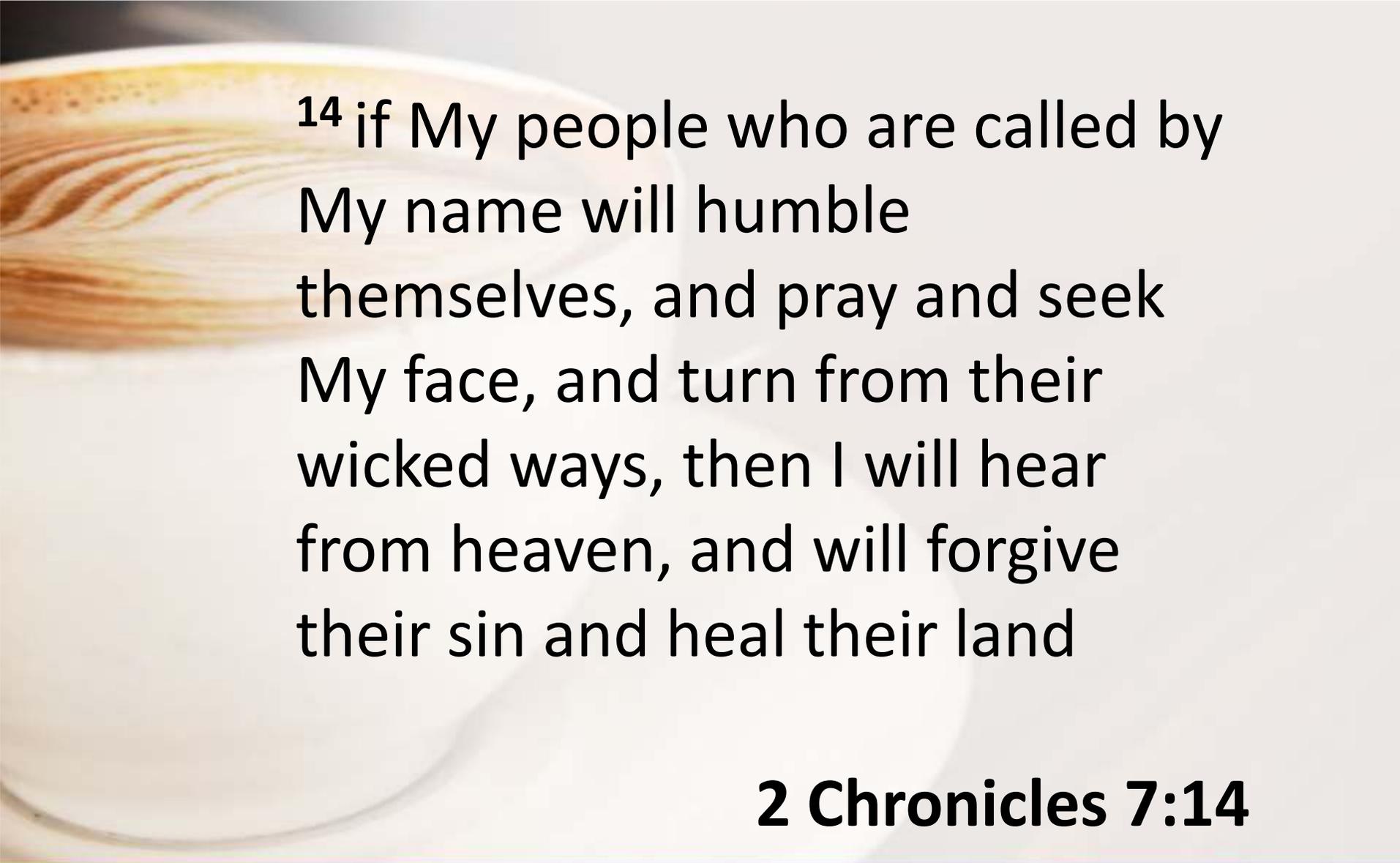


A close-up photograph of a white ceramic coffee cup filled with a latte. The coffee has a thick layer of white foam with intricate latte art patterns. The cup sits on a matching white saucer. The background is a soft, out-of-focus light gray.

<sup>17</sup> So then faith *comes* by hearing, and hearing by the word of God.

Romans 10:17

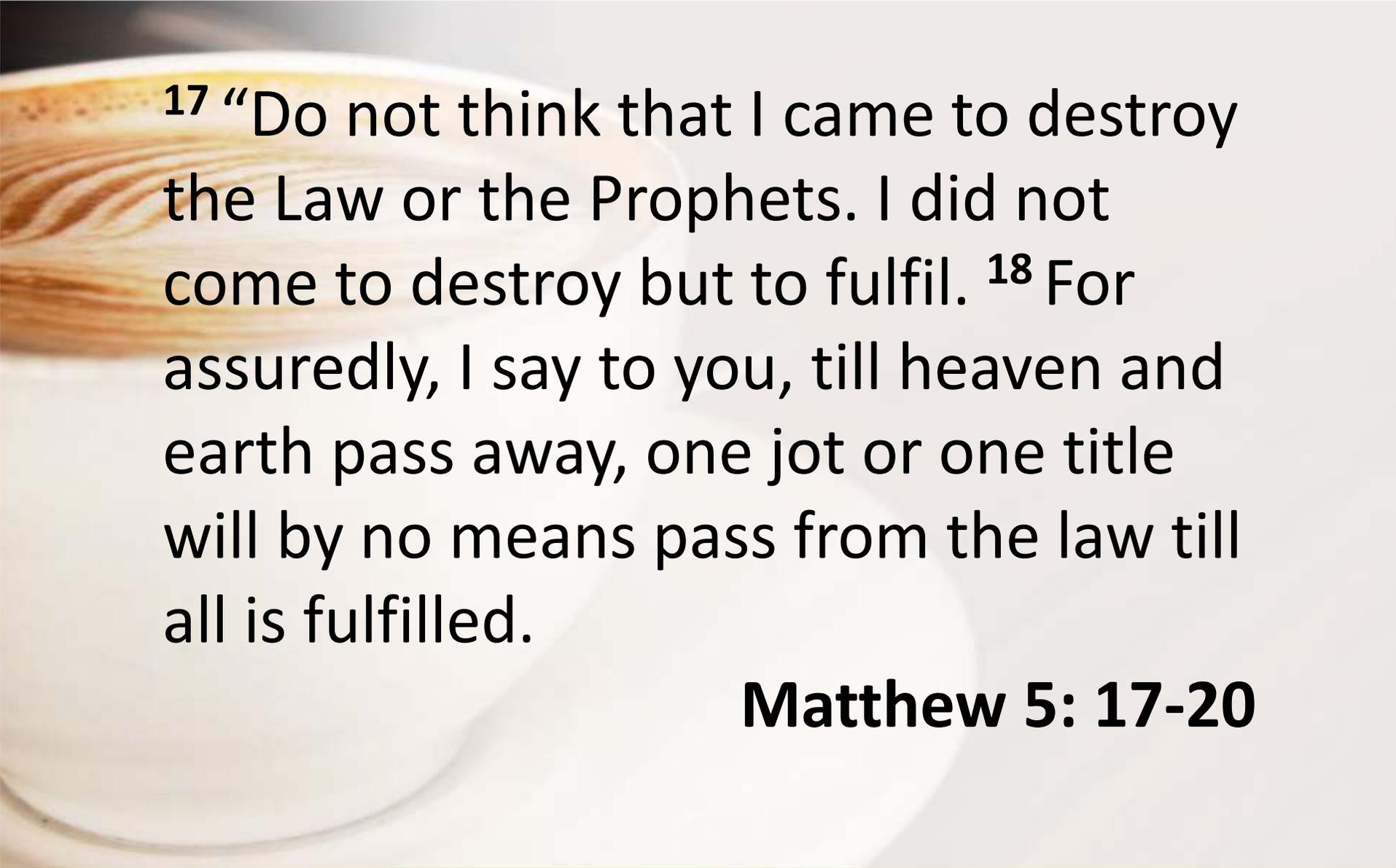
Guard your ears



<sup>14</sup> if My people who are called by  
My name will 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**

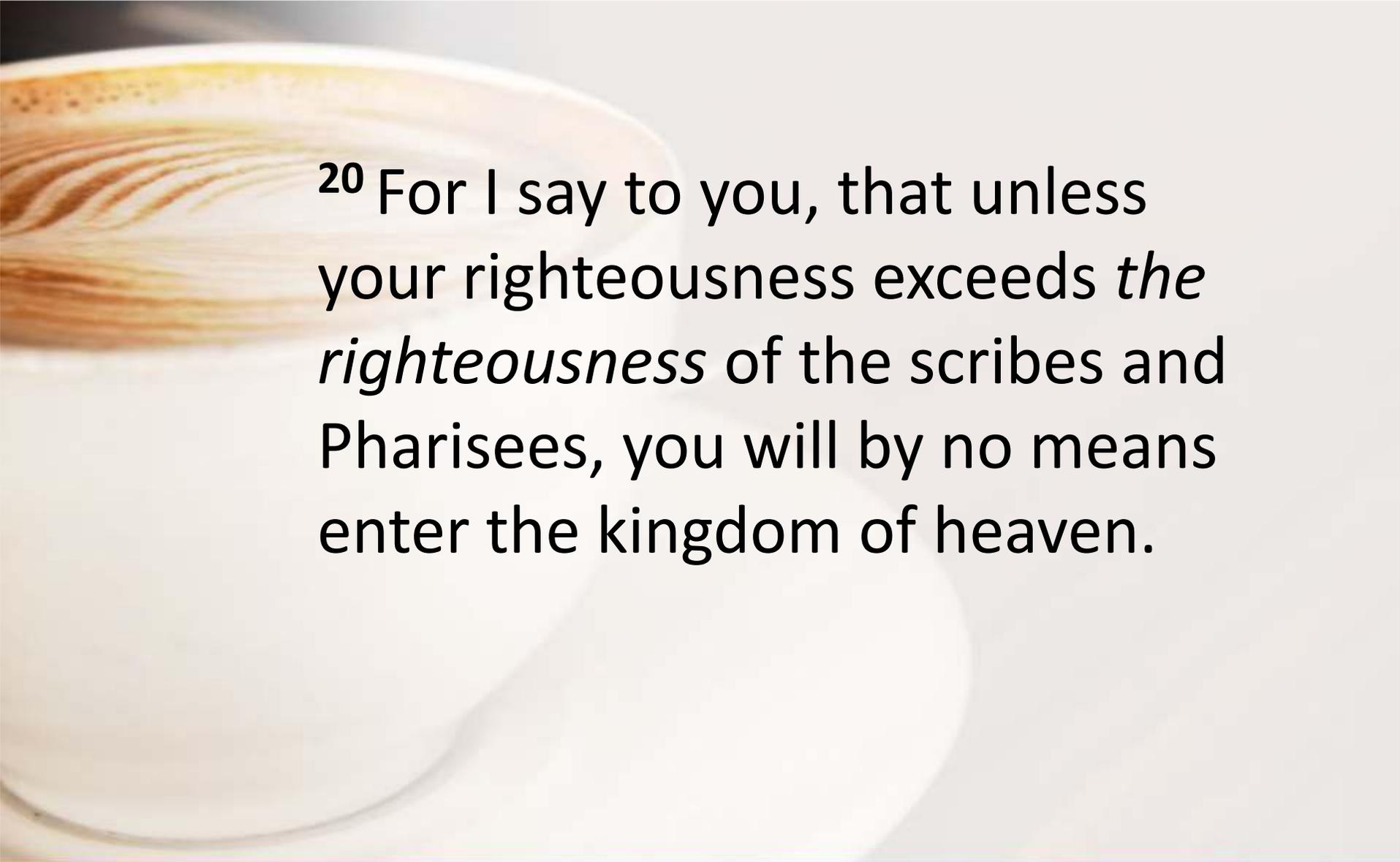
**Repentance**



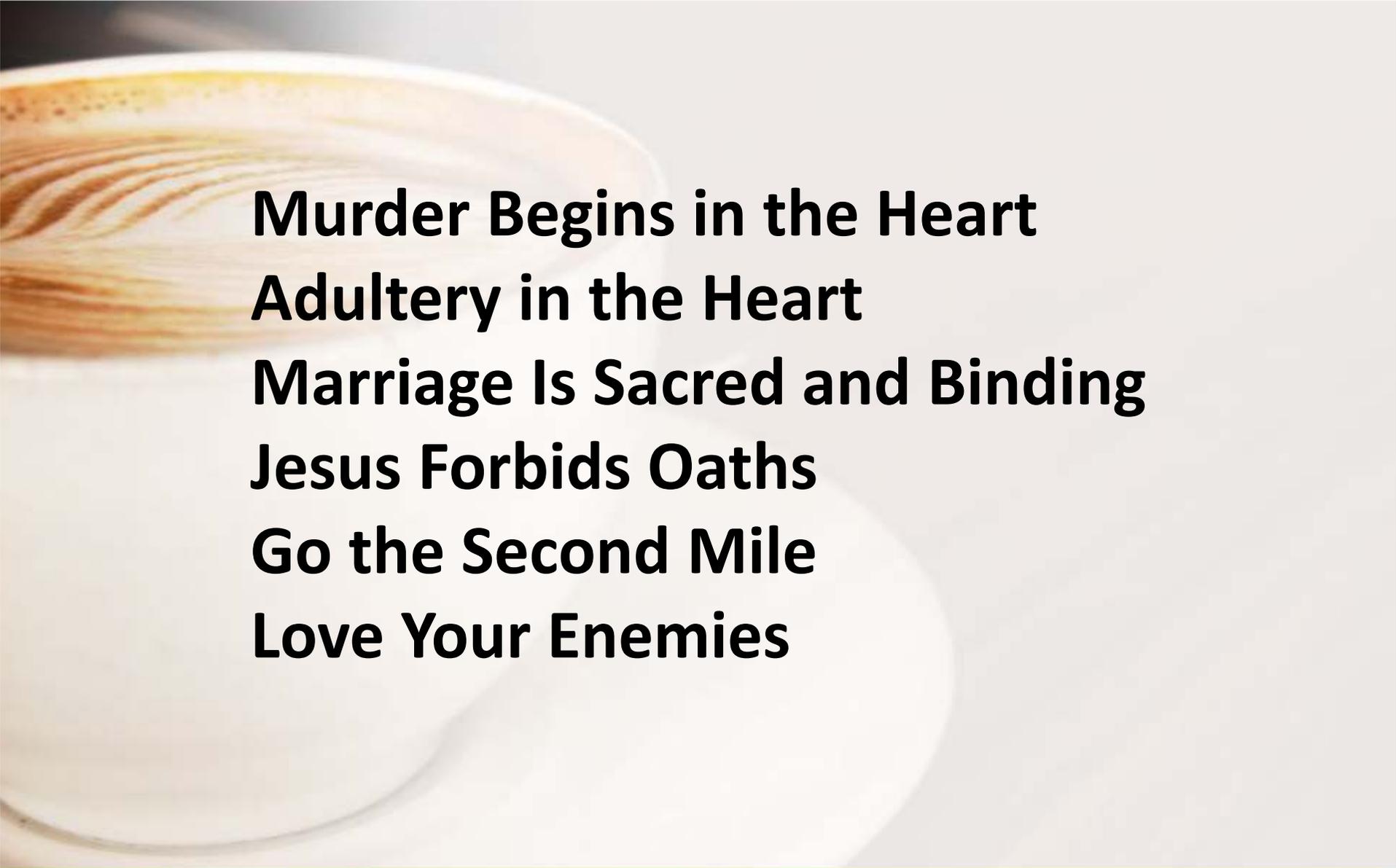
<sup>17</sup> “Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfil. <sup>18</sup> For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled.

**Matthew 5: 17-20**

**Christ Fulfils the Law**



<sup>20</sup> For I say to you, that unless your righteousness exceeds *the righteousness* of the scribes and Pharisees, you will by no means enter the kingdom of heaven.



**Murder Begins in the Heart**  
**Adultery in the Heart**  
**Marriage Is Sacred and Binding**  
**Jesus Forbids Oaths**  
**Go the Second Mile**  
**Love Your Enemies**

