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*All scripture references are taken from the ESV Bible*

DAY 1

1Co 9:24-27 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. (25) Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. (26) So I do not run aimlessly; I do not box as one beating the air. (27) But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

DAY 2

Jer 18:1-12 The word that came to Jeremiah from the LORD: (2) "Arise, and go down to the potter's house, and there I will let you hear my words." (3) So I went down to the potter's house, and there he was working at his wheel. (4) And the vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as it seemed good to the potter to do. (5) Then the word of the LORD came to me: (6) "O house of Israel, can I not do with you as this potter has done? declares the LORD. Behold, like the clay in the potter's hand, so are you in my hand, O house of Israel. (7) If at any time I declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, (8) and if that nation, concerning which I have spoken, turns from its evil, I will relent of the disaster that I intended to do to it. (9) And if at any time I declare concerning a nation or a kingdom that I will build and plant it, (10) and if it does evil in my sight, not listening to my voice, then I will relent of the good that I had intended to do to it. (11) Now, therefore, say to the men of Judah and the inhabitants of Jerusalem: 'Thus says the LORD, Behold, I am shaping disaster against you and devising a plan against you. Return, every one from his evil way, and amend your ways and your deeds.' (12) "But they say, 'That is in vain! We will follow our own plans, and will every one act according to the stubbornness of his evil heart.'

DAY 3

2Ti 1:7 for God gave us a spirit not of fear but of power and love and self-control.

DAY 4

Pro 31:10-31 An excellent wife who can find? She is far more precious than jewels. (11) The heart of her husband trusts in her, and he will have no lack of gain. (12) She does him good, and not harm, all the days of her life. (13) She seeks wool and flax, and works with willing hands. (14) She is like the ships of the merchant; she brings her food from afar. (15) She rises while it is yet night and provides food for her household and portions for her maidens. (16) She considers a field and buys it; with the fruit of her hands she plants a vineyard. (17) She dresses herself with strength and makes her arms strong. (18) She perceives that her merchandise is profitable. Her lamp does not go out at night. (19) She puts her hands to the distaff, and her hands hold the spindle. (20) She opens her hand to the poor and reaches out her hands to the needy. (21) She is not afraid of snow for her household, for all her household are clothed in scarlet. (22) She makes bed coverings for herself; her clothing is fine linen and purple. (23) Her husband is known in the gates when he sits among the elders of the land. (24) She makes linen garments and sells them; she delivers sashes to the merchant. (25) Strength and dignity are her clothing, and she laughs at the time to come. (26) She opens her mouth with wisdom, and the teaching of kindness is on her tongue. (27) She looks well to the ways of her household and does not eat the bread of idleness. (28) Her children rise up and call her blessed; her husband also, and he praises her: (29) "Many women have done excellently, but you surpass them all." (30) Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. (31) Give her of the fruit of her hands, and let her works praise her in the gates.

DAY 5

Pro 12:26 One who is righteous is a guide to his neighbor, but the way of the wicked leads them astray.