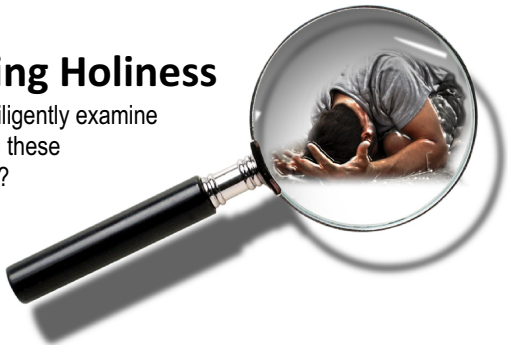
Pursuing and Perfecting Holiness



Help me to be resolved to carefully and diligently examine myself at least weekly by reading through these commands weekly, if not more frequently?
(2 Corinthians 13:5; 2 Peter 1:10;
Acts 17:30; Luke 13:1-5)

MONDAY

HELP ME TO LOVE YOU.

1. **Help me** to pursue holiness at any cost.
   (Heb 12:14; 2 Tim 3:12; Matthew 5:29, 30; 18:8-9; 2 Cor 7:1; 1 Peter 1:15-16)
2. **Help me** to use God's means (prayer, Your Word, and Your Church) to be filled with the Holy Spirit daily. (Ephesians 5:18)
3. **Help me** to shun evil. (Job 1:8; Psa 119:104, 128; 97:10; Prov 8:13; Rom 12:9)
4. **Help me** to know and keep Your commandments; in so doing, demonstrating my love for You. (1 John 2:3-4; 5:3; **John 14:21, 23-24**; 14:15; **Psalm 112:1; Isaiah 48:17-18**)
5. **Help me** to walk in the light as Christ walked in the light. (1 Jn 1:6-7; Jn 3:19-21)
6. **Help me** to live soberly, righteously, and godly in this present age. (Titus 2:12)
7. **Help me** to eagerly look for the blessed hope and glorious appearing of My God and Saviour Jesus Christ. (Titus 2:13; Philip 3:20-12; Heb 9:28; Rom 8:25)
8. **Help me** to exercise myself in godliness. (1 Timothy 4:7-9; Hebrews 5:13-14)
9. **Help me** to grow in grace and the knowledge of my Lord and Saviour Jesus Christ. (2 Peter 3:17-18)
10. **Help me** to cleanse myself from all filthiness of the flesh and spirit, perfecting holiness in the fear of You (2 Corinthians 7:1; 1 John 3:3)
11. **Help me** to set aside Sunday wholly unto the LORD. (Exodus 20:8-11)
12. **Help me** to run the race set before me by You with all my might with the intention of winning by living life to the fullest for You and always pressing forward. (Heb 12:2; Acts 20:24; 1 Cor 9:24-27; Philip 3:13-14)
13. **Help me** to memorize and meditate on the Your Word. (Join your church in memorizing at least one passage of Scripture weekly) (Psalm 119:11; 1:2-3; 37:21; 40:8; Proverbs 2:1; Joshua 1:7-9; Psalm 37:31)
14. **Help me** to abstain from worldly lusts that **war** against my soul. (1 Peter 2:11; Romans 7:23; 8:13; Gal 5:24; 1 Cor 9:27; Colossians 3:5-8)
15. **Help me** to present my body (with all of its members) holy and acceptable unto You which is my reasonable service. (Romans 6:13-14; 12:1)
16. **Help me** to renew my mind according to the Scriptures. (Romans 12:2)
17. **Help me** to **stand** in Your whole armor. (Ephesians 6:10-18)
18. **Help me** to serve my/Your Church ("the Body of Christ") with all that I am. Be a good steward of the grace/gifts given to me. (1 Cor 12:21; 1 Pet 4:10-11; Ephesians 4:16; Romans 12:3-5) **Help me** to be a slave to Your Church.

19. **Help me** to be **steadfast** in the doctrine of Your Word, fellowshiping with my brothers and sisters in Christ, and in praying with them. (Acts 2:42)
20. **Help me** to be steadfast, immovable, and always abounding in the work of the Lord. (1 Corinthians 15:58)

TUESDAY

HELP ME TO LOVE YOU.

21. **Help me** to give to You the glory due Your name and to worship You in the beauty of holiness. (Psalm 29:1-2)
22. **Help me** to glorify You in whatever I do. (1 Cor 10:31; 6:20; Col 3:17, 23)
23. **Help me** use my time wisely; not wasting it with things that do not glorify You. Help me not to procrastinate, become lazy or complacent. (Ephesians 5:16; Zephaniah 1:12; Hebrews 6:11-12; Ecclesiastes 9:10; Romans 13:11; Galatians 6:10; Colossians 4:5)
24. **Help me** to study the Scripture (Your Word) diligently. (2 Timothy 2:15; Psalm 111:2)
25. **Help me** to seek You diligently. (Hebrews 11:6)
26. **Help me** to fix my mind on You and to trust in You. (Isaiah 26:3-4; Prov 3:5-7)
27. **Help me** to live by faith in the Son of God, who loved me and gave Himself for me. (Galatians 2:20)
28. **Help me** to love my brother and sister in Christ no matter what happens. (1 Cor 13:1-8; Heb 13:1; 6:10-11; 10:24; John 13:34-35; 15:17; Rom 12:9-10; Eph 5:2; 1 Thess 4:9-10; 1 John 2:9-10; 3:10-18; 3:23; 4:7-11; 4:20-21; 5:1; 2 John 5-6)
29. **Help me** to demolish any argument or thought that sets itself against the knowledge of You and bring every thought into captivity to the obedience of Christ. (2 Cor 10:4-6)
30. **Help me** to seek those things which are above and to set my mind on things above and not on things on earth. (Colossians 3:1-3; 1 John 2:15-17)
31. **Help me** to be a listener, and a doer of Your written word. **Help me** to remember what was preached and not to quickly forget. (James 1:22, 25; Hebrews 2:1)
32. **Help me** to diligently add to my faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to kindness love. (2 Pet 1:5-8)
33. **Help me** to tithe all that You give to me. (Gen 14:20; 2 Chron 31:5; Malachi 3:8-10; Matthew 23:23; Luke 11:42; 2 Cor 8:1-5, 9-14; 9:6-11)
34. **Help me** to desire to be called "greatest in the kingdom of heaven" by teaching and obeying the least of Your commandments. (Matt 5:19; 18:6; Luke 16:10; 19:17)
35. **Help me** to covenant with my eyes not to look upon vain and evil things. (Job 31:1; Psalm 119:37; Prov 4:25; Matt 5:28-29; **6:22-23**; 1 John 2:16)
36. **Help me** to put on the LORD Jesus Christ and to make **NO** provision for the flesh. (Romans 13:14; 8:12-13; Galatians 5:16-17, 24; 1 Peter 2:11)
37. **Help me** to diligently look forward to the coming of Christ and to be diligent to be found in You in peace, without spot and blameless. (2 Peter 3:14; Romans 8:23-25; Philippians 3:20-21; Hebrews 9:28)

38. **Help me** to walk worthy of You, fully pleasing You, being fruitful in every good work and to increase in the knowledge of You. (Col 1:10; Eph 4:1; Philip 1:27; 1 Thess 2:12; 4:1)
39. **Help me** to lay down my life for the brethren as the Lord laid down His life for me. (1 John 3:16)
40. **Help me** to test everything I hear and read and measure it against Your written Word; not man's word. (1 Thess 5:21; 1 Jn 4:1; Acts 17:11; Isa 8:20; Mark 4:24; Luke 8:18)

WEDNESDAY

HELP ME TO LOVE YOU.

41. **Help me** to be an ambassador of Christ in the world speaking only Your Words knowing that He who knew no sin was made sin for me so that I might have the righteousness of God. (2 Corinthians 5:20-21; 2 Timothy 4:1-14)
42. **Help me** to be able to say to others, "Imitate me just as I also I imitate Christ". (1 Cor 11:1; 4:16; Philip 3:17; 1 Thess 1:6; 2 Thess 3:9; Heb 6:12; 1 Tim 4:12)
43. **Help me** to press forward toward the goal for the prize of Your upward call in Christ Jesus. (Philippians 3:13-14)
44. **Help me** to keep my heart with all diligence knowing that out of it spring all the issues of life. (Proverbs 4:23; Matthew 12:34-35; 15:19)
45. **Help me** to keep myself from and flee from idols. (1 John 5:21; 1 Corinthians 10:14; Colossians 3:5; 1 Samuel 15:22-23; Ezekiel 8:1-12; 14:1-11)
46. **Help me** to walk blameless before You, God Almighty. (Genesis 17:1; 2 Peter 3:14; Matt 5:48; 7:15; 16:6-12; Philip 2:15-16; 1 John 2:6; Col 2:6; 1 Peter 3:17)
47. As a man, **Help me** to pray with my head uncovered as not to dishonor You. (For women) **Help me** to cover my head so as not to dishonor her head. (1Cor 11:1-16)
48. **Help me** to "look to myself" and beware of deceivers and false teachers. (2 John 8; Colossians 2:4, 8; Matthew 24:4-5, 11, 24)
49. **Help me** to walk in the Spirit so that I will not fulfill the lusts of my flesh. (Galatians 5:16, 25; 6:8; Romans 8:1, 4-5; 13:14; 1 Peter 4:6)
50. **Help me** to be Your slave. (Romans 6:22)
51. **Help me** to live my life as a slave of Jesus Christ. (1 Corinthians 6:19-20; 7:22; Galatians 1:10; Ephesians 6:6; Colossians 3:22-24; 2 Corinthians 2:4-5)
52. **Help me** to be a slave to my brothers and sisters. (Matthew 20:27-28)
53. **Help me** to walk in the truth. (3 John 4; Psalm 119:160)
54. **Help me** to be an example to believers in word, conduct, love, spirit, faith, and purity. (1 Timothy 4:12; 1 Corinthians 11:1; 2 Thessalonians 3:9)
55. **Help me** to submit to the elders of the church. (Hebrews 13:7, 17; 1 Cor 16:15-16; 1 Tim 5:17; 1 Thessalonians 5:12-13)
56. **Help me** to speak the truth. (Prov. 12:22; 19:5, 9; Rev 21:8; 22:15; Jer 9:3)
57. **Help me** to live my life by **every** Word of God. (Matt. 4:4; Luke 4:4; Deut 8:3)

58. **Help me** to **pursue** love, holiness, righteousness, faith, patience, godliness, gentleness, peace, perfection, and edification. (1 Cor 14:1; Rom 14:19; 1 Tim 6:11; 2 Tim 2:22; Heb 12:14; 1 Thess 5:15; 1 Pet 3:11-12; Prov. 15:9; 21:21; Matt 5:48; Heb 6:1; Philippians 3:12-14; James 1:4; Ephesians 4:11-16)
59. **Help me** to watch, being steadfast in the faith, being strong, being brave and doing all in love. (1 Corinthians 16:13-14)
60. **Help me** to live circumspectly, **redeeming the time**, because the days are evil, understanding what Your will is. (Eph 5:15-17; Romans 13:11-14)

THURSDAY

HELP ME TO LOVE YOU.

61. **Help me** to declare Your strength and Your power to this generation. (Psalm 71:17-18)
62. **Help me** to put my trust under the shadow of Your wing, being abundantly satisfied with the fulness of Your house and drinking from the river of Your pleasures. (Psalm 36:7-9; Jeremiah 2:13)
63. **Help me** to be serious and watchful in my prayers. (1 Peter 4:7; 1:13; 5:8; 1 Thessalonians 5:6-8; Titus 2:12)
64. **Help me** to make it my daily aim to be well-pleasing in Your sight knowing that one day I will stand before You and answer for all that I have done. (2 Cor 5:9-10; Romans 14:12; Hebrews 4:13; Colossians 1:9-10; Ecclesiastes 12:13-14; Psalm 119:33)
65. **Help me** not to be complacent in my walk with my Lord. (Zephaniah 1:12; Hebrews 6:11-12; Proverbs 13:4; 15:19; Romans 12:11; 1 Corinthians 15:58)
66. **Help me** to put my trust in You, the LORD of hosts. (Psalm 84:12; Isaiah 26:3-4)
67. **Help me** to endure to the end and so I may be saved. (Matthew 10:22; 24:13; Romans 2:7; Hebrews 3:6, 14; 6:11; Matthew 13:20-22; Psalm 119:33)
68. **Help me** to forgive just as I have been forgiven. (Matthew 18:21-35; 6:12, 14-15; Ephesians 4:32; Colossians 3:12-13; Luke 17:3-5)
69. **Help me** to always be ready to give a defense for the hope that is in me to everyone who asks for a reason. (1 Peter 3:15)
70. **Help me** to serve You and You alone knowing that I cannot serve two masters. (Luke 16:13 with Matthew 4:10)
71. **Help me** to pray for my fellow church members. (Col 1:9-11; 4:12 & Eph 3:14-21)
72. **Help me** to live Prov 3:5-7: "Trust in the Lord with all your heart, lean not on your own understanding; In all your ways acknowledge Him and He will direct your way; Do not be wise in your own eyes but fear the LORD and depart from evil."
73. **Help me** to choose rather to suffer for Christ with Your people than to enjoy the passing pleasures of sin, considering the reproach of Christ greater than any treasures here on earth. (Hebrews 11:25-26; 13:13; 1 John 2:15-17)
74. **Help me** to walk humbly with You. (Amos 3:3; Micah 6:8; Deut 10:12-15; James 4:6)
75. **Help me** to let my eyes look straight ahead, ponder my path and turn not to the right or left in following Christ. **Remove my foot from evil.** (Proverbs 4:25-27)

76. **Help me** to practice righteousness as defined by Your written Word. (1 John 2:29; 3:1-10; Matthew 6:33; Psalm 119:40)
77. **Help me** to not walk in the counsel of the ungodly, nor stand in the path of sinners, nor sit in the seat of the scornful. (Psalm 1:1)
78. **Help me** to delight myself in Your Word and to meditate on it day and night. (Psalm 1:2-3; Psalm 119)
    - ➤ Delight in (Psalm 112:1; 119:16, 24, 47, 70, 77, 92, 143, 174)
    - ➤ Meditate on (Psalm 119:15, 23, 48, 78, 97, 99, 148)
    - ➤ Love (Psalm 119:47, 48, 97, 113, 127, 132, 140, 159, 163, 165, 167)
79. **Help me** to be mindful of the things of God rather than the things of men. (Mark 8:33; Matthew 16:23; Colossians 3:2; Luke 16:15; 6:26)
80. **Help me** to follow Christ's example. (1 Peter 2:21; 1 John 2:6)

FRIDAY

HELP ME TO LOVE YOU.

81. **Help me** to labor for the food that endures to everlasting life. (John 6:27)
82. **Help me** to eat and drink Christ daily. (John 6:53-54; 7:37-38)
83. **Help me** to have the attitude and mind of Christ. (1 Peter 4:1; Philippians 2:5-11; Hebrews 12:1-3; John 4:34)
84. **Help me** to be growing as a *disciple* (serious student of God's Word) of Jesus Christ. (Luke 9:23; 14:26-33; Romans 12:12; Hebrews 6:11; 2 Peter 1:5-10; 3:13-18; Colossians 1:9-11; Eph 4:15-16; 1 Thess 4:1; 2 Thess 1:3; 1 Peter 2:2)
85. **Help me** to set my mind on things above where there is perfect peace. (Colossians 3:1-3; Isaiah 26:3-4; Psalm 1:2; 119:165)
86. **Help me** to forgive my brothers and sisters "70x7" remembering how many times God has forgiven me. (Matthew 18:22; 6:12, 14-15; Eph 4:32; Col 3:13)
87. **Help me** to be thankful in all things. (1 Thess 1:18; Eph 5:20; Philip 4:6)
88. **Help me** not to be conformed by the world but be transformed by the renewing of my mind. (Romans 12:2)
89. **Help me** to love you with all of my heart, all of my soul, all of my mind, and all of my strength. (Mark 12:29-30)
90. **Help me** to put on tender mercies, kindness, humility, meekness, longsuffering, bearing with my brethren, forgiving them just as I have been forgiven. (Colossians 3:12-13)
91. **Help me** maintain a blameless conscience before God and men. (Acts 24:16)
92. **Help me** to deny myself completely, take up my cross **daily**, and follow Christ. (Luke 9:23; 14:26-27; Matthew 10:38-39; 16:22-25; Mark 8:23-38; Titus 2:12)
93. **Help me** preach (*kerusso*) Your Word and only Your Word. (2 Timothy 4:1-4; 1 Corinthians 9:16-18; Jeremiah 20:9)
94. **Help me** to see the wondrous things in Your Law (Word). (Psalm 119:18)
95. **Help me** to hear what the Spirit is saying through Your Word. (Matthew 11:15; 13:9, 43; Luke 8:8; 14:35; Revelation 2:7, 11, 17, 29; 3:6, 13, 22)

96. **Help me** to constantly remember You, my Creator, and not forget you. (Ecclesiastes 12:1; Deut 4:9; 23; 6:12; 8:11, 14, 19; Acts 17:25)
97. **Help me** to seek wisdom from You. (James 1:5-8; 3:15-17; Proverbs 2:1-5)
98. **Help me** to be thank**ful** in everything. (Ephesians 5:20; Philippians 4:6; Colossians 2:7; 3:15, 17; 4:2; 1 Thessalonians 5:18; Hebrews 13:15)
99. **Help me** not to worry but seek Your kingdom and Your righteousness always. (Matthew 6:25-34)
100. **Help me** to hate (loathe) my sins, confess my sins, and repent of my sins. (1 John 1:8-10; 2 Corinthians 7:1; Luke 13:1-5; Ezekiel 36:31; Psalm 119:104, 113, 128, 163)
101. **Help me** to magnify Christ in my body, whether by life or death. (Philippians 1:20-23)
102. **Help me** to remember that I am a pilgrim in a strange land on my way HOME. **Help me** to stay on the narrow path. (Hebrews 11:10, 13-16; Psalm 39:12; 119:19, 54, 59; 1 Peter 2:11; 1 Chronicles 19:15; Matthew 7:13-14; Proverbs 4:26-27; 16:17)

SATURDAY

HELP ME TO LOVE YOU.

103. **Help me** to submit to You. (James 4:7)
104. **Help me** to resist the devil. (James 4:7)
105. **Help me** to draw near to You. (James 4:8)
106. **Help me** to purify my heart. (James 4:8. Matthew 5:8)
107. **Help me** to lament/mourn over my sins. (James 4:9; Matthew 5:3-4)
108. **Help me** to humble myself in Your sight. (James 4:10; Matthew 5:3-4)
109. **Help me** to put on the new man. (Romans 13:14; Eph 4:34; Col 3:10, 12-14)
110. **Help me** to be poor in spirit. (Matthew 5:3)
111. **Help me** to be meek. (Matthew 5:5)
112. **Help me** to be merciful. (Matthew 5:7)
113. **Help me** to hunger and thirst for righteousness. (Matthew 5:6)
114. **Help me** to be pure in heart. (Matthew 5:8)
115. **Help me** be a peacemaker. (Matthew 5:9)
116. **Help me** to withstand persecution. (Matthew 5:10)

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