

DAY OF WEEK- MONDAY, February 3

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 6:1-14](#)
  - **YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - **PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_

DAY OF WEEK- MONDAY, February 3

S - Is there a Sin to confess?

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P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

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**ANSWER QUESTION ONE, AND TWO**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?
- 

- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)
- 

- Where or how could I practice that principle today?
- 

**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

DAY OF WEEK- MONDAY, February 3

I NEED TO \_\_\_\_\_

\_\_\_\_\_  
**BY-DATE**

I NEED TO \_\_\_\_\_

\_\_\_\_\_  
**BY-DATE**

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD’S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

*<sup>4</sup> “Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we’re (I’m) going to do.

\_\_\_\_\_

This is when we’re (I’m) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER**\_\_\_\_\_

“If you know these things, blessed are you if you do them.” **John 13:17 (ESV)**

DAY OF WEEK- TUESDAY, February 4

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 6:15-23](#)
  - YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_

DAY OF WEEK- TUESDAY, February 4

S - Is there a Sin to confess?

---

P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

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**ANSWER QUESTION(S) 3 AND 4**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?
- 

- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)
- 

- Where or how could I practice that principle today?
- 

**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

\_\_\_\_\_ **BY-DATE** \_\_\_\_\_

DAY OF WEEK- TUESDAY, February 4

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD'S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

<sup>4</sup> *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we're (I'm) going to do.

\_\_\_\_\_

This is when we're (I'm) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER** \_\_\_\_\_

"If you know these things, blessed are you if you do them." **John 13:17 (ESV)**

DAY OF WEEK- WEDNESDAY, February 5

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 7:1-12](#)
  - YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_

DAY OF WEEK- WEDNESDAY, February 5

S - Is there a Sin to confess?

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P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

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**ANSWER QUESTION(S) 5 AND 6**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?

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- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)

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- Where or how could I practice that principle today?

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**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

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**BY-DATE** \_\_\_\_\_

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DAY OF WEEK- WEDNESDAY, February 5

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD'S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

<sup>4</sup> *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we're (I'm) going to do.

\_\_\_\_\_

This is when we're (I'm) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER** \_\_\_\_\_

"If you know these things, blessed are you if you do them." **John 13:17 (ESV)**

DAY OF WEEK- THURSDAY, February 6

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 7:13-25](#)
  - YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_

DAY OF WEEK- THURSDAY, February 6

S - Is there a Sin to confess?

---

P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

---

**ANSWER QUESTION(S) 7 AND 8**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?
- 

- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)
- 

- Where or how could I practice that principle today?
- 

**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

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**BY-DATE** \_\_\_\_\_

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DAY OF WEEK- THURSDAY, February 6

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD'S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

<sup>4</sup> *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we're (I'm) going to do.

\_\_\_\_\_

This is when we're (I'm) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER** \_\_\_\_\_

"If you know these things, blessed are you if you do them." **John 13:17 (ESV)**

DAY OF WEEK- FRIDAY, February 7

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 8:1-17](#)
  - **YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - **PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_

DAY OF WEEK- FRIDAY, February 7

S - Is there a Sin to confess?

---

P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

---

**ANSWER QUESTION(S) 9 AND 10**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?
- 

- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)
- 

- Where or how could I practice that principle today?
- 

**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

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**BY-DATE** \_\_\_\_\_

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DAY OF WEEK- FRIDAY, February 7

I NEED TO \_\_\_\_\_

\_\_\_\_\_  
**BY-DATE**

I NEED TO \_\_\_\_\_

\_\_\_\_\_  
**BY-DATE**

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD'S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

<sup>4</sup> *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we're (I'm) going to do.

\_\_\_\_\_

This is when we're (I'm) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER** \_\_\_\_\_

"If you know these things, blessed are you if you do them." **John 13:17 (ESV)**

DAY OF WEEK- SATURDAY, February 8

**DAILY TRAINING SCHEDULE**

- A.M. 15 MINUTES--QUIET TIME**    **SCRIPTURE:** [ROMANS 8:18-39](#)
  - YOUR CHOICE OF TIME...FOR BIBLE STUDY**
  - PRAYER BEFORE BIBLE STUDY**

1. Confess any sin in your life.

*“If I had cherished iniquity in my heart, the Lord would not have listened.”* **Psalm 66:18 (ESV)**

*“Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.”* **James 1:21 (ESV)**

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2. Receive Grace and Mercy (forgiveness)

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* **1 John 1:9 (ESV)**

3. Ask the Lord to speak to you through His Word.

*“Open my eyes, that I may behold wondrous things out of your law.”* **Psalm 119:18 (ESV)**

**BIBLE READING AND STUDY**

**SCRIPTURE:** [Deuteronomy 4:44-6:25](#)

- READ VERSES**
- ANSWER THE FOLLOWING QUESTION(S)**

\_\_\_\_\_ WHO? \_\_\_\_\_

\_\_\_\_\_ WHAT? \_\_\_\_\_

\_\_\_\_\_ WHEN? \_\_\_\_\_

\_\_\_\_\_ WHERE? \_\_\_\_\_

\_\_\_\_\_ WHY? \_\_\_\_\_

\_\_\_\_\_ HOW? \_\_\_\_\_



DAY OF WEEK- SATURDAY, February 8

S - Is there a Sin to confess?

---

P - Is there a Promise to claim?

---

A - Is there an Attitude to change.

---

C - Command to Obey is the next.

---

E - Example to follow.

---

P - Prayer to Pray.

---

E - Error to Avoid.

---

T - Truth to believe.

---

S - Always look for something to thank God

---

**ANSWER QUESTION(S) 11 AND 12**

**APPLY GOD'S WORD**

- What did it mean to the original hearers?
- 

- What did God say to me? What is the underlying timeless principle(s)? (rule or code of conduct) (check S.P.A.C.E.P.E.T.S)
- 

- Where or how could I practice that principle today?
- 

**WRITE OUT THE APPLICATION(S)**

I NEED TO \_\_\_\_\_

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**BY-DATE** \_\_\_\_\_

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DAY OF WEEK- SATURDAY, February 8

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

I NEED TO \_\_\_\_\_

BY-DATE \_\_\_\_\_

**PRAYER TIME**

1. PRAISE
2. COMMIT TO GOD'S PURPOSE AND WILL FOR MY LIFE
3. ASK GOD TO PROVIDE FOR MY NEEDS
4. ASK GOD TO FORGIVE MY SINS
5. PRAY FOR OTHER PEOPLE
6. ASK FOR SPIRITUAL PROTECTION

**MEMORIZATION VERSE FOR WEEK**

<sup>4</sup> *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. Deuteronomy 6:4-5 (ESV)*

**FAMILY DEVOTION PLANNING FOR DAILY OR WEEKLY DEVOTION**

1. PICK AND READ SCRIPTURE
2. WHAT DOES IT SAY?
3. USE ILLUSTRATION
4. WHAT IS GOD SAYING TO US?
5. WHAT SHOULD WE DO ABOUT IT?

Here is what we're (I'm) going to do.

\_\_\_\_\_

This is when we're (I'm) going to do it.

\_\_\_\_\_

**CHECK WITH PARTNER** \_\_\_\_\_

"If you know these things, blessed are you if you do them." **John 13:17 (ESV)**