



October 4, 2026

Learning #1: We need to ask God to help us be consistent.

Proverbs 25:28 (NLT) - *A person without self-control is like a city with broken-down walls.*

Romans 7:15, 18-19 (NLT) - *I do not understand what I do. For what I want to do I do not do, but what I hate I do. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.*

Philippians 3:4-7 (ESV) - *If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. But whatever gain I had, I counted as loss for the sake of Christ.*

1 Corinthians 15:58 (NIV) - *Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*

Learning #2: Consistency comes from knowing and resting not in what we do but in who we belong to.

John 14:16-17 (NLT) - *And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth.*

1 Corinthians 6:19 (NLT) - *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own...*

Romans 8:11 (NIV) - *And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*

Hebrews 4:14-16 (NLT) - *So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

Learning #3: Deciding to belong to God's people can help us to stay consistent.

Hebrews 10:25 (NLT) - *And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

Ecclesiastes 4:9-12 (NLT) - *Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*

Ephesians 1:18-19 (NLT) - *I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. I also pray that you will understand the incredible greatness of God's power for us who believe him.*

James 1:22-25 (ESV) - *But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.*