

SpiritualMuscle

Verse #	Verse	Book
1	"That you rooted and grounded in love."	Ephesians 3:18
2	"Run with patience the race that is set before you."	Hebrews 12:1
3	"You are the temple of God and the Spirit of God dwells in you."	1 Corinthians 3:16
4	"I am your God. I will strengthen you, yes I will help you."	Isaiah 41:10
5	"Come to Me, all you who labor and are heavy laden, and I will give you rest."	Matthew 11:28
6	"For the kingdom of heaven is at hand."	Matthew 4:17
7	"It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life."	John 6:63
8	"Let brotherly love continue. Do not forget to entertain strangers, for by doing so some have unwittingly entertained angels."	Hebrews 13:1-2
9	"The kingdom of God is within you."	Luke 17:21
10	"And We will come to him (you)and make Our home with him (you)."	John 14:23
11	"It is not you who speak, but the Spirit of your Father who speaks in you."	Matthew 10:20
12	"The things which are impossible with men are possible with God."	Luke 18:27
13	"God is Spirit, and those who worship Him must worship in spirit and truth."	John 4:24
14	"Know that the kingdom of God is near."	Luke 21:31
15	"That He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you."	John 14:17
16	"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."	Galatians 5:22, 23
17	"I am the Alpha and the Omega, the Beginning and the End," says the Lord, "who is, and who was, and who is to come, the Almighty."	Revelation 1:8
18	"Pray always that you may be counted worthy to escape all these things that will come to pass."	Luke 21:36
19	"Understanding will guard you."	Proverbs 2:11
20	"The earth will be filled with the knowledge of the glory of the Lord."	Habakkuk 2:14
21	"He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much."	Luke 16:10
22	"I am the way, the truth, and the life."	John 14:6
23	"He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."	John 7:38
24	"If anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation (atonement) for our sins, and not for ours only but also for the whole world."	1 John 2:1-2
25	"Return to the Lord your God, for he is gracious and compassionate."	Joel 2:13
26	"Let the words of Christ dwell in you richly."	Colossians 3:16
27	"For we are God's workmanship, created in Christ Jesus to do good works."	Ephesians 2:10
28	"Do all things without complaining and disputing."	Philippians 2:14
29	That they may be one, as you, Father, are in me, and I in You, that they also may be one in Us."	John 17:21
30	"Let the weak say, 'I am a warrior.'"	Joel 3:10
31	"For by Him all things were created that are in heaven and that are on earth, visible and invisible."	Colossians 1:16
32	"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being."	Genesis 2:7
33	"But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ."	Ephesians 2:4-5

34	"Once you were alienated from God ... but now he has reconciled you by Christ's physical body through death to present you holy in his sight."	Colossians 1:21-22
35	"God willed to make known what are the riches of the glory of this mystery among the Gentiles:which is: Christ in you."	Colossians 1:27
36	"Learn to do good; Seek justice,Rebuke the oppressor; Defend the fatherless, Plead for the widow."	Isaiah 1:17
37	"In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise."	Ephesians 1:13-14
38	"Do not be deceived, my beloved brethren. Every good gift and every perfect gift is from above, and comes down from the Father."	James 1:16-17
39	"For this reason, we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding."	Colossians 1:9
40	"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it."	Joshua 1:8
41	"Do not be overcome with evil, but overcome evil with good."	Romans 12:21
42	"You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ."	1 Peter 2:5
43	"So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified."	Acts 20:32
44	"Avoid foolish and ignorant disputes, knowing that they generate strife. And a servant of the Lord must not quarrel but be gentle to all."	2 Timothy 2:23-24
45	"So, God, who knows the heart, acknowledged them by giving them the Holy Spirit, just as He did to us, and made no distinction between us and them, purifying their hearts by faith."	Acts 15:8, 9
46	"But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God."	Acts 7:55
47	"And they stoned Stephen as he was calling on God and saying, "Lord Jesus, receive my spirit."	Acts 7:59
48	"For God is my witness, whom I serve with my spirit."	Romans 1:9
49	"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."	Romans 8:2
50	"The love of God has been poured out in our hearts by the Holy Spirit who was given to us."	Romans 5:5
51	"So that we should serve in the newness of the Spirit."	Romans 7:6
52	"Do not walk according to the flesh but according to the Spirit."	Romans 8:4
53	"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you."	Romans 8:11
54	"You are not in the flesh but in the Spirit."	Romans 8:9
55	"For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption."	Romans 8:15
56	"The Spirit Himself bears witness with our spirit that we are children of God."	Romans 8:16
57	"The Spirit also helps in our weaknesses."	Romans 8:26
58	"The Spirit Himself makes intercession for us."	Romans 8:26
59	"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?"	Romans 8:35
60	"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."	Romans 8:38-39

61	"Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality."	Romans 12:10-1
62	"For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For he who serves Christ in these things is acceptable to God and approved by men."	Romans 14:17-18
63	"Let us pursue the things which make for peace."	Romans 14:19
64	"Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."	Romans 15:13
65	"By the power of the Spirit of God."	Romans 15:19
66	"Now the God of peace be with you all."	Romans 15:33
67	"And through the love of the Spirit, that you strive together with me in prayers to God for me."	Romans 15:30
68	"And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith should not be in the wisdom of men but in the power of God."	1 Corinthians 2:4-5
69	"Now we have received, not the spirit of the world, but the Spirit who is from God."	1 Corinthians 2:12
70	"For the Spirit searches all things, yes, the deep things of God."	1 Corinthians 2:10
71	"These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches."	1 Corinthians 2:13
72	"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"	1 Corinthians 3:16
73	"For I indeed, as absent in body but present in spirit."	1 Corinthians 5:3
74	"You were justified in the name of the Lord Jesus and by the Spirit of our God."	1 Corinthians 6:11
75	"But he who is joined to the Lord is one spirit with Him."	1 Corinthians 6:17
76	"Your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own. For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God's."	1 Corinthians 6:19-20
77	"No one can say that Jesus is Lord except by the Holy Spirit."	1 Corinthians 12:3
78	"The manifestation of the Spirit is given to each one for the profit of all."	1 Corinthians 12:7
79	"But one and the same Spirit works all these things, distributing to each one individually as He wills."	1 Corinthians 12:11
80	"For by one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves or free, and have all been made to drink into one Spirit."	1 Corinthians 12:13
81	"I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding."	1 Corinthians 14:15
82	"They refreshed my spirit and yours."	1 Corinthians 16:18
83	"God, who also has sealed us and given us the Spirit in our hearts as a guarantee."	2 Corinthians 1:21-22
84	"Clearly you are an epistle (letter) of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart."	2 Corinthians 3:2-3
85	"The Spirit gives life."	2 Corinthians 3:6
86	"Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty."	2 Corinthians 3:17
87	"We all . . . are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."	2 Corinthians 3:18
88	"We have the same spirit of faith."	2 Corinthians 4:13
89	"Even though our outward man is perishing, yet the inward man is being renewed day by day."	2 Corinthians 4:16

90	"We rejoiced exceedingly more for the joy of Titus, because his spirit has been refreshed by you all."	2 Corinthians 7:13
91	"The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen."	2 Corinthians 12:14
92	"That we might receive the promise of the Spirit through faith."	Galatians 3:14
93	"Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another."	Galatians 5:16-17
94	"If we live in the Spirit, let us also walk in the Spirit."	Galatians 5:25
95	"Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness,"	Galatians 6:1
96	"He who sows to the Spirit will of the Spirit reap everlasting life."	Galatians 6:8
97	"Brethren, the grace of our Lord Jesus Christ be with your spirit."	Galatians 6:18
98	"In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance."	Ephesians 1:13-14
99	"That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him."	Ephesians 1:17
100	"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."	Ephesians 2:10
101	"And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world."	Ephesians 2:1-2
102	"For through Him we both have access by one Spirit to the Father. Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God."	Ephesians 2:18-19
103	"Jesus Christ Himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the Lord, in whom you also are being built together for a dwelling place of God in the Spirit."	Ephesians 2:20-22
104	"The mystery of Christ, which in other ages was not made known to the sons of men, as it has now been revealed by the Spirit to His holy apostles and prophets."	Ephesians 3:4-5
105	"That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man. . . that you may be filled with all the fullness of God."	Ephesians 3:16-19
106	"According to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever."	Ephesians 3:20
107	"Walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit."	Ephesians 4:1-4
108	"And be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness."	Ephesians 4:23-24
109	"For we are members of one another. Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil."	Ephesians 4:25-27
110	"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."	Ephesians 4:31-32
111	"For you were once darkness, but now you are light in the Lord. Walk as children of light for the fruit of the Spirit is in all goodness, righteousness, and truth."	Ephesians 5:8-9
112	"But be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs."	Ephesians 5:18-19
113	"And take the helmet of salvation, and the sword of the Spirit, which is the word of God."	Ephesians 6:17
114	"Through your prayer and the supply of the Spirit of Jesus Christ."	Philippians 1:19

115	“Let each of you look out not only for his own interests, but also for the interests of others.”	Philippians 2:4
116	“Worship God in the Spirit, rejoice in Christ Jesus,”	Philippians 3:3
117	“For though I am absent in the flesh, yet I am with you in spirit.”	Colossians 2:5
118	“For our gospel did not come to you in word only, but also in power, and in the Holy Spirit.”	1 Thessalonians 1:5
119	“For God did not call us to uncleanness, but in holiness. Therefore, he who rejects this does not reject man, but God, who has also given us His Holy Spirit.”	1 Thessalonians 4:7-8
120	“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies. Test all things; hold fast what is good. Abstain from every form of evil.	1 Thessalonians 5:16-22
121	“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”	1 Thessalonians 5:23
122	“God, from the beginning chose you for salvation through sanctification by the Spirit and belief in the truth, to which He called you.”	2 Thessalonians 2:13-14
123	“Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given us everlasting consolation and good hope by grace, comfort your hearts and establish you in every good word and work.”	2 Thessalonians 2:16-17
124	“So that you may know how you ought to conduct yourself in the house of God, which is the church of the living God, the pillar and ground of the truth.”	1 Timothy 3:15
125	“Be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. . . Meditate on these things; give yourself entirely to them, that your progress may be evident to all.”	1 Timothy 4:12, 15
126	“For God has not given us a spirit of fear, but of power and of love and of a sound mind, according to the power of God, who has saved us and called us with a holy calling,”	2 Timothy 1:7-9
127	“Hold fast the pattern of sound words which you have heard. . . in faith and love which are in Christ Jesus. That good thing which was committed to you, keep by the Holy Spirit who dwells in us.”	2 Timothy 1:13-14
128	“The Lord Jesus Christ be with your spirit.”	2 Timothy 4:22
129	“But according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit. . . that having been justified by His grace we should become heirs according to the hope of eternal life.”	Titus 3:5, 7
130	“And let our people also learn to maintain good works, to meet urgent needs, that they may not be unfruitful.”	Titus 3:14
131	“The grace of our Lord Jesus Christ be with your spirit.”	Philemon 1:25
132	“Therefore, as the Holy Spirit says: “Today, if you will hear His voice, do not harden your hearts as in the rebellion.”	Hebrews 3:7-8
133	“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.”	Hebrews 4:12
134	“Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.”	Hebrews 4-14
135	“How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?”	Hebrews 9:14
136	“But the Holy Spirit also witnesses to us; for after He had said before, “This is the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them,” then He adds, “Their sins and their lawless deeds I will remember no more.”	Hebrews 10:15-17

137	“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering. . . And let us consider one another in order to stir up love and good works,”	Hebrews 10:22, 24
138	“Therefore, do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise.”	Hebrews 10:35-36
139	“For as the body without the spirit is dead, so faith without works is dead also.”	James 2:26
140	“Therefore, to him who knows to do good and does not do it, to him it is sin.”	James 4:17
141	“Draw near to God and He will draw near to you.”	James 4:8
142	“Therefore, gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance.”	1 Peter 1:13-14
143	“Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, having been born again.”	1 Peter 1:22-23
144	“Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.”	1 Peter 3:3-4
145	“He who would love life, And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. Let him turn away from evil and do good; Let him seek peace and pursue it.”	1 Peter 3:10-11
146	“For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit.”	1 Peter 3:18
147	“If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you.”	1 Peter 4:14
148	“Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.”	1 John 3:24
149	“By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God.”	1 John 4:2
150	“No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us. By this we know that we abide in Him, and He in us, because He has given us of His Spirit.”	1 John 4:12-13
151	“For there are three that bear witness in heaven: the Father, the Word, and the Holy Spirit; and these three are one. And there are three that bear witness on earth: the Spirit, the water, and the blood; and these three agree as one.”	1 John 5:7-8
152	“Praying in the Holy Spirit, keep yourselves in the love of God.”	Jude 1:20-21
153	“I was in the Spirit on the Lord’s Day, and I heard behind me a loud voice, as of a trumpet, saying, “I am the Alpha and the Omega, the First and the Last.”	Revelation 1:10-11
154	“And let him who thirsts come. Whoever desires, let him take the water of life freely.”	Revelation 22:17
155	“God has sent forth the Spirit of His Son into your hearts.”	Galatians 4:6
156	“To be spiritually minded is life and peace.”	Romans 8:6
157	“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”	Galatians 2:20
158	“As for man, his days are like grass, As a flower of the field, so he flourishes For the wind passes over it, and it is gone, And its place remembers it no more. But the mercy of the Lord is from everlasting to everlasting.”	Psalms 103:15-16
159	“In the sweat of your face you shall eat bread Till you return to the ground, For out of it you were taken; For dust you are, And to dust you shall return.”	Genesis 3:19