

Scripture References

- Proverbs 23:2 (NIV)** *and put a knife to your throat if you are given to gluttony.*
- Ezekiel 16:49 (NLT)** *Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door.*
- Proverbs 23:20-21 (NASB)** *Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.*
- Deuteronomy 21:18-21 (NASB)** *“If any man has a stubborn and rebellious son who will not obey his father or his mother, and when they chastise him, he will not even listen to them, then his father and mother shall seize him, and bring him out to the elders of his city at the gateway of his hometown. They shall say to the elders of his city, ‘This son of ours is stubborn and rebellious, he will not obey us, he is a glutton and a drunkard.’ Then all the men of his city shall stone him to death; so you shall remove the evil from your midst, and all Israel will hear of it and fear.*
- Acts 26:18 (NASB)** *to open their eyes so that they may turn from darkness to light and from the dominion of Satan to God, that they may receive forgiveness of sins and an inheritance among those who have been sanctified by faith in Me.*

- Psalm 63:5 (NLT)** *⁵ You satisfy me more than the richest feast. I will praise you with songs of joy.*
- Ephesians 6:12 (NIV)** *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*
- Matthew 6:16-18 (NIV)** *“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*
- Colossians 3:16a (NLT)** *¹⁶ Let the message about Christ, in all its richness, fill your lives....*
- Matthew 4:1-2 (NIV)** *4 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry.*
- Acts 14:23 (NIV)** *²³ Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.*

Nehemiah 1:3-4 (NIV) ³ *They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.”*

⁴ *When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.*

Ezra 8:21, 23 (NIV) ²¹ *There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.* ²³ *So we fasted and petitioned our God about this, and he answered our prayer.*

Jonah 3:4-5,10 (NIV) ⁴ *Jonah began by going a day’s journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.”*

⁵ *The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.*

¹⁰ *When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.*

Luke 2:37 (NIV) ³⁷ *and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.*

Judges 20:26-30,35
(NIV)

²⁶ Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the LORD. They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD. ²⁷ And the Israelites inquired of the LORD. (In those days the ark of the covenant of God was there, ²⁸ with Phinehas son of Eleazar, the son of Aaron, ministering before it.) They asked, “Shall we go up again to fight against the Benjamites, our fellow Israelites, or not?”

The LORD responded, “Go, for tomorrow I will give them into your hands.”

²⁹ Then Israel set an ambush around Gibeah. ³⁰They went up against the Benjamites on the third day and took up positions against Gibeah as they had done before.

³⁵ The LORD defeated Benjamin before Israel, and on that day the Israelites struck down 25,100 Benjamites, all armed with swords.

Isaiah 58:4 (NIV)

⁴ Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

Isaiah 58:5a (NIV)

⁵ Is this the kind of fast I have chosen only a day for people to humble themselves?

2 Corinthians 12:8-9a
(NIV)

⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”



3 John 2 (NIV)

² Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Exodus 15:26 (NIV)

²⁶ He said, “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.”

1 Samuel 1:19-20 (NIV)

¹⁹ Early the next morning they arose and worshiped before the Lord and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the Lord remembered her. ²⁰ So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, “Because I asked the Lord for him.”

Galatians 5:17 (NIV)

¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Matthew 6:17-18 (NIV)

¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:15 (NIV)

¹⁵ Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Proverbs 25:16 (NIV) *¹⁶ If you find honey, eat just enough— too much of it, and you will vomit.*

Proverbs 23:21 (MSG) *Drunks and gluttons will end up on skid row, in a stupor and dressed in rags.*

Proverbs 25:27 (NLT) *²⁷ It's not good to eat too much honey, and it's not good to seek honors for yourself.*

Exodus 34:14 (NLT) *You must worship no other gods, for the Lord, whose very name is Jealous, is a God who is jealous about his relationship with you.*

Exodus 20:1-6 (MSG) *God spoke all these words:
I am God, your God, who brought you out of the land of Egypt, out of a life of slavery.
No other gods, only me.
No carved gods of any size, shape, or form of anything whatever, whether of things that fly or walk or swim. Don't bow down to them and don't serve them because I am God, your God...*

Exodus 32:2-4 (MSG) *So Aaron told them, "Take off the gold rings from the ears of your wives and sons and daughters and bring them to me." They all did it; they removed the gold rings from their ears and brought them to Aaron. He took the gold from their hands and cast it in the form of a calf, shaping it with an engraving tool.*

The people responded with enthusiasm: "These are your gods, O Israel, who brought you up from Egypt!"

- Isaiah 44:9 (NLT)** *⁹ How foolish are those who manufacture idols. These prized objects are really worthless. The people who worship idols don't know this, so they are all put to shame.*
- 1 Corinthians 3:16 (NIV)** *¹⁶ Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?*
- Hebrews 12:2 (NIV)** *fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*
- Romans 12:1 (NIV)** *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.*
- Psalms 16:11 (NIV)** *You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*
- 1 Corinthians 10:31 (NIV)** *³¹ So whether you eat or drink or whatever you do, do it all for the glory of God.*
- Colossians 2:20-23 (NIV)** *²⁰ Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: ²¹ "Do not handle! Do not taste! Do not touch!"? ²² These rules, which have to do with things that are all destined to perish with use, are*

*based on merely human commands and teachings.
23 Such regulations indeed have an appearance
of wisdom, with their self-imposed worship, their
false humility and their harsh treatment of the
body, but they lack any value in restraining sensual
indulgence.*

Acts 3:1 (NIV)

*19 Repent, then, and turn to God, so that your sins
may be wiped out, that times of refreshing may
come from the Lord,*

Hebrews 3:7-11 (MSG)

*Today, please listen; don't turn a deaf ear as in "the
bitter uprising," that time of wilderness testing!
Even though they watched me at work for forty
years, your ancestors refused to let me do it my way;
over and over they tried my patience.
And I was provoked, oh, so provoked!
I said, "They'll never keep their minds on God;
they refuse to walk down my road."
Exasperated, I vowed, "They'll never get where
they're going, never be able to sit down and rest."*

Ecclesiastes 6:7 (NIV)

*7 Everyone's toil is for their mouth, yet their
appetite is never satisfied.*

Joel 2:26 (NIV)

*26 You will have plenty to eat, until you are full, and
you will praise the name of the Lord your God, who
has worked wonders for you; never again will my
people be shamed.*

Joel 2:12-13 (NASB)

¹² “Yet even now,” declares the Lord, “Return to Me with all your heart, And with fasting, weeping and mourning; ¹³ And rend your heart and not your garments.”

Now return to the Lord your God, For He is gracious and compassionate, Slow to anger, abounding in loving kindness and relenting of evil.

1 Corinthians 3:17b (NLT)

...For God’s temple is holy, and you are that temple.

John 8:34 (NIV)

³⁴ Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin.”

Hebrews 3:15 (NIV)

¹⁵ As has just been said: “Today, if you hear his voice, do not harden your hearts as you did in the rebellion.”

1 Corinthians 6:19-20 (NIV)

¹⁹ 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; ²⁰ you were bought at a price. Therefore honor God with your bodies.

Exodus 15:22-24 (NIV)

²² Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. ²³ When they came to Marah, they could not drink its water because it was bitter. (That is why the place is called Marah.) ²⁴ So the people grumbled against Moses, saying, “What are we to drink?”

- Matthew 4:4 (NIV)** *⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”*
- Psalms 119:103 (NIV)** *¹⁰³ How sweet are your words to my taste, sweeter than honey to my mouth!*
- Psalms 119:2 (NIV)** *² Blessed are those who keep his statutes and seek him with all their heart—*
- Psalms 119:105 (MSG)** *¹⁰⁵⁻¹¹² By your words I can see where I’m going; they throw a beam of light on my dark path.*
- Psalms 119:25 (NIV)** *²⁵ I am laid low in the dust; preserve my life according to your word.*
- Proverbs 23:20-21 (NIV)** *²⁰ Do not join those who drink too much wine or gorge themselves on meat, ²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags.*
- 2 Timothy 1:7 (NIV)** *⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*
- 1 Corinthians 10:13 (MSG)** *¹³ No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he’ll never let you be pushed past your limit; he’ll always be there to help you come through it.*

- Psalm 81:8-10 (NIV)** ⁸ *Hear me, my people, and I will warn you— if you would only listen to me, Israel!*
⁹ *You shall have no foreign god among you; you shall not worship any god other than me.*
¹⁰ *I am the Lord your God, who brought you up out of Egypt.*
Open wide your mouth and I will fill it.
- James 1:14-15 (NIV)** ¹⁴ *but each person is tempted when they are dragged away by their own evil desire and enticed.* ¹⁵ *Then, after desire has conceived, it gives birth to sin...*
- Proverbs 14:16 (NASB)** ¹⁶ *A wise man...turns away from evil, But a fool is arrogant and careless.*
- Psalm 119:59-60 (NIV)** ⁵⁹ *I have considered my ways and have turned my steps to your statutes.* ⁶⁰ *I will hasten and not delay to obey your commands.*
- Hebrews 4:15-16 (NIV)** ¹⁵ *For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.* ¹⁶ *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*
- Psalm 50:15a (NIV)** ¹⁵ *and call on me in the day of trouble...*
- James 5:16 (GW)** ¹⁶ *So admit your sins to each other...so that you will be healed.*

- Proverbs 14:16 (NASB)** ¹⁶ *A wise man is cautious and turns away from evil, But a fool is arrogant and careless.*
- Ephesians 4:27 (NIV)** ²⁷ *and do not give the devil a foothold.*
- Ephesians 6:17 (NIV)** ¹⁷ *Take the helmet of salvation and the sword of the Spirit, which is the word of God.*
- Matthew 26:41a (NIV)** ⁴¹ *“Watch and pray so that you will not fall into temptation.*
- 1 Corinthians 10:12 (NIV)** ¹² *So, if you think you are standing firm, be careful that you don’t fall!*
- Genesis 9:3 (NIV)** ³ *Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.*
- 1 Timothy 4:1-5 (NASB)** ⁴ *But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons, ² by means of the hypocrisy of liars seared in their own conscience as with a branding iron, ³ men who forbid marriage and advocate abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth. ⁴ For everything created by God is good, and nothing is to be rejected if it is received with gratitude; ⁵ for it is sanctified by means of the word of God and prayer.*

**Deuteronomy 12:15,
20, 21, 26 (NASB)**

¹⁵ *“However, you may slaughter and eat meat within any of your gates, whatever you desire, according to the blessing of the Lord your God which He has given you; the unclean and the clean may eat of it, as of the gazelle and the deer.*

²⁰ *“When the Lord your God extends your border as He has promised you, and you say, ‘I will eat meat,’ because you desire to eat meat, then you may eat meat, whatever you desire.*

²¹ *If the place which the Lord your God chooses to put His name is too far from you, then you may slaughter of your herd and flock which the Lord has given you, as I have commanded you; and you may eat within your gates whatever you desire.*

²⁶ *Only your holy things which you may have and your votive offerings, you shall take and go to the place which the Lord chooses.*

Mark 7:18-20 (NASB)

¹⁸ *And He *said to them, “Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him, ¹⁹ because it does not go into his heart, but into his stomach, and is eliminated?” (Thus He declared all foods clean.) ²⁰ And He was saying, “That which proceeds out of the man, that is what defiles the man.*

- Genesis 1:29-30 (NIV)** ²⁹ Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.
- Acts 10:15 (NIV)** “...Do not call anything impure that God has made clean.”
- Romans 14:2-3, 6 (NIV)** ² One person’s faith allows them to eat anything, but another, whose faith is weak, eats only vegetables. ³ The one who eats everything must not treat with contempt the one who does not, and the one who does not eat everything must not judge the one who does, for God has accepted them.
⁶ ...Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God.
- Proverbs 12:10a (NIV)** ¹⁰ The righteous care for the needs of their animals
- Isaiah 25:6 (NIV)** ⁶ On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine— the best of meats and the finest of wines.
- Genesis 1:30 (NRSV)** ³⁰ And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so.

Daniel 1:8, 11-12, 15
(NIV)

But Daniel resolved not to defile himself with the royal food and wine...

Daniel then said...“Give us nothing but vegetables to eat and water to drink...At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Isaiah 65:25 (NRSV)

²⁵ The wolf and the lamb shall feed together, the lion shall eat straw like the ox; but the serpent—its food shall be dust!

They shall not hurt or destroy on all my holy mountain, says the LORD.

Job 12:7 (NRSV)

⁷ “But ask the animals, and they will teach you; the birds of the air, and they will tell you;

Proverbs 12:10 (NRSV)

¹⁰ The righteous know the needs of their animals, but the mercy of the wicked is cruel.

Psalms 147:9 (NRSV)

⁹ He gives to the animals their food, and to the young ravens when they cry.

Hosea 2:18 (NRSV)

¹⁸ I will make for you a covenant on that day with the wild animals, the birds of the air, and the creeping things of the ground; and I will abolish the bow, the sword, and war from the land; and I will make you lie down in safety.

Jeremiah 12:4 (NRSV)

⁴ How long will the land mourn, and the grass of every field wither?

For the wickedness of those who live in it the animals and the birds are swept away, and because people said, “He is blind to our ways.”

Luke 12:6 (NRSV)

⁶ Are not five sparrows sold for two pennies? Yet not one of them is forgotten in God's sight.

Psalms 36:6 (NRSV)

⁶ Your righteousness is like the mighty mountains, your judgments are like the great deep; you save humans and animals alike, O LORD.

Matthew 5:7 (NRSV)

⁷ "Blessed are the merciful, for they will receive mercy.

1 Corinthians 10:23 (NIV)

²³ "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive.

Matthew 11:18-19 (NIV)

¹⁸ For John came neither eating nor drinking, and they say, 'He has a demon.' ¹⁹ The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.' But wisdom is proved right by her deeds."

2 Corinthians 10:5-6 (NIV)

⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. ⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.

Matthew 9:15 (NIV)

¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.



- Acts 13:2 (NIV)** ² *While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”*
- Acts 14:23 (NIV)** ²³ *Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.*
- Philippians 4:8 (NIV)** ⁸ *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*
- Proverbs 12:5 (NIV)** ⁵ *The plans of the righteous are just, but the advice of the wicked is deceitful.*
- John 15:5 (NIV)** ⁵ *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*
- Galatians 4:9 (NIV)** ⁹ *But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?*
- James 4:7 (NIV)** ⁷ *Submit yourselves, then, to God. Resist the devil, and he will flee from you.*
- Proverbs 29:18 (NIV)** ¹⁸ *Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.*

1 Timothy 4:8 (NIV) ⁸ *For physical training is of some value*

Proverbs 23:7 (NKJV) ⁷ *For as he thinks in his heart, so is he... Whatever you think of yourself is how you will turn out.*

Proverbs 4:23 (NCV) ²³ *Be careful what you think, because your thoughts run your life.*

Job 3:25 (MSG) ²⁵ *The worst of my fears has come true, what I've dreaded most has happened.*

Daniel 9:3-5 (NASB) ³ *So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. 4 I prayed to the Lord my God and confessed and said, "Alas, O Lord, the great and awesome God, who keeps His covenant and lovingkindness for those who love Him and keep His commandments, 5 we have sinned, committed iniquity, acted wickedly and rebelled, even turning aside from Your commandments and ordinances.*

1 Corinthians 9:27 (NLT) ²⁷ *I discipline my body like an athlete, training it to do what it should.*

Philippians 3:19-20 (NLT) ¹⁹ *They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth.*
²⁰ *But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior.*

Proverbs 25:28 (NIV) ²⁸ *Like a city whose walls are broken through is a person who lacks self-control.*

Psalms 81:16 (NLT) ¹⁶ *But I would feed you with the finest wheat. I would satisfy you with wild honey from the rock.”*

Exodus 16:1-5 (NIV) *The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. ² In the desert the whole community grumbled against Moses and Aaron. ³ The Israelites said to them, “If only we had died by the Lord’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.” ⁴ Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ⁵ On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.”*

Acts 10:9-16 (NIV) ⁹ *About noon the following day as they were on their journey and approaching the city, Peter went up on the roof to pray. ¹⁰ He became hungry and wanted something to eat, and while the meal was being prepared, he fell into a trance. ¹¹ He saw heaven opened and something like a large sheet being let down to earth by its four corners. ¹² It contained all kinds of four-footed animals, as well as reptiles and birds. ¹³ Then a voice told him, “Get up, Peter. Kill and eat.”*

¹⁴ *“Surely not, Lord!” Peter replied. “I have never eaten anything impure or unclean.”*

¹⁵ *The voice spoke to him a second time, “Do not call anything impure that God has made clean.”*

¹⁶ *This happened three times, and immediately the sheet was taken back to heaven.*

Leviticus 11: 1-8 (NIV)

11 The LORD said to Moses and Aaron, ² “Say to the Israelites: ‘Of all the animals that live on land, these are the ones you may eat: ³ You may eat any animal that has a divided hoof and that chews the cud.

⁴ *“There are some that only chew the cud or only have a divided hoof, but you must not eat them. The camel, though it chews the cud, does not have a divided hoof; it is ceremonially unclean for you.*

⁵ *The hyrax, though it chews the cud, does not have a divided hoof; it is unclean for you. ⁶ The rabbit, though it chews the cud, does not have a divided hoof; it is unclean for you. ⁷ And the pig, though it has a divided hoof, does not chew the cud; it is unclean for you. ⁸ You must not eat their meat or touch their carcasses; they are unclean for you.*

Romans 14:14 (NIV)

¹⁴ *I am convinced, being fully persuaded in the Lord Jesus, that nothing is unclean in itself. But if anyone regards something as unclean, then for that person it is unclean.*

1 Corinthians 3:16 (NIV)

¹⁶ *Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?*

Ephesians 5:18 (NIV)

¹⁸ *Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,*

Proverbs 27:7 (NIV)

⁷ One who is full loathes honey from the comb, but to the hungry even what is bitter tastes sweet.

1 Corinthians 6:12b (NIV)

¹² “I have the right to do anything”—but I will not be mastered by anything.

Numbers 9:15-23 (NIV)

¹⁵ On the day the tabernacle, the tent of the covenant law, was set up, the cloud covered it. From evening till morning the cloud above the tabernacle looked like fire. ¹⁶ That is how it continued to be; the cloud covered it, and at night it looked like fire. ¹⁷ Whenever the cloud lifted from above the tent, the Israelites set out; wherever the cloud settled, the Israelites encamped. ¹⁸ At the Lord’s command the Israelites set out, and at his command they encamped. As long as the cloud stayed over the tabernacle, they remained in camp. ¹⁹ When the cloud remained over the tabernacle a long time, the Israelites obeyed the Lord’s order and did not set out. ²⁰ Sometimes the cloud was over the tabernacle only a few days; at the Lord’s command they would encamp, and then at his command they would set out. ²¹ Sometimes the cloud stayed only from evening till morning, and when it lifted in the morning, they set out. Whether by day or by night, whenever the cloud lifted, they set out. ²² Whether the cloud stayed over the tabernacle for two days or a month or a year, the Israelites would remain in camp and not set out; but when it lifted, they would set out. ²³ At the Lord’s command they encamped, and at the Lord’s command they set out. They obeyed the Lord’s order, in accordance with his command through Moses.