

Proverbs 4:20-24 Amplified Bible

20

My son, pay attention to my words *and* be willing to learn;
Open your ears to my sayings.

21

Do not let them escape from your sight;
Keep them in the center of your heart.

22

For they are life to those who find them,
And healing *and* health to all their flesh.

23

Watch over your heart with all diligence,
For from it *flow* the springs of life.

24

Put away from you a deceitful (lying, misleading) mouth,
And put devious lips far from you.

< [Proverbs 3](#)

[Proverbs 5](#) >

Amplified Bible (AMP)

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Proverbs 3:5-8 Amplified Bible

Trust in *and* rely

confidently on the LORD with all your heart
And do not rely on your own insight *or* understanding.

6

[a] In all your ways

know *and* acknowledge *and* recognize Him,
And He will make your paths straight *and* smooth
[removing obstacles that block your way].

7

Do not be wise in your own eyes;
Fear the LORD [with reverent awe and obedience] and
turn [entirely] away from evil.

8

It will be health to your body [your marrow, your
nerves, your sinews, your muscles—all your inner parts]
And refreshment (physical well-being) to your bones.

Psalm 37:3-7 Amplified Bible

Trust [rely on and have

confidence] in the LORD and do good;

Dwell in the land and feed [securely] on His
faithfulness.

4

Delight yourself in the LORD,

And He will give you the desires *and* petitions of your
heart.

5

Commit your way to the LORD;

Trust in Him also and He will do it.

6

He will make your righteousness [your pursuit of right
standing with God] like the light,

And your judgment like [the shining of] the noonday
[sun].

7

Be still before the LORD; wait patiently for

Him *and* entrust yourself to Him;

Do not fret (whine, agonize) because of him who
prosperes in his way,

Because of the man who carries out wicked schemes.

James 1:22-24 The Message

22-24 Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. *Act* on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are, what they look like.

< [Hebrews 13](#)

[James 2](#) >

The Message (MSG)

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2 Timothy 1:7 Amplified Bible

⁷ For God did not give us a spirit of timidity *or* cowardice *or* fear, but [He has given us a spirit] of power and of love and of sound judgment *and* personal discipline [abilities that result in a calm, well-balanced mind and self-control].



James 1:19-26 Good News Translation

Hearing and Doing

¹⁹ Remember this, my dear friends! Everyone must be quick to listen, but slow to speak and slow to become angry. ²⁰ Human anger does not achieve God's righteous purpose. ²¹ So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.

²² Do not deceive yourselves by just listening to his word; instead, put it into practice. ²³ If you listen to the word, but do not put it into practice you are like people who look in a mirror and see themselves as they are. ²⁴ They take a good look at themselves and then go away and at once forget what they look like. ²⁵ But if you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, but put it into practice—you will be blessed by God in what you do.

²⁶ Do any of you think you are religious? If you do not control your tongue, your religion is worthless and you deceive yourself.

Ephesians 6:10-18 Amplified Bible **The Armor of God**

10 In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. **11** Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes *and* the strategies *and* the deceits of the devil. **12** For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual *forces* of wickedness in the heavenly (supernatural) *places*. **13** Therefore, put on the complete armor of God, so that you will be able to [successfully] resist *and* stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious]. **14** So stand firm *and* hold your ground, HAVING ^[a]TIGHTENED THE WIDE BAND OF TRUTH (personal integrity, moral courage) AROUND YOUR WAIST and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS (an upright heart), **15** and having ^[b]strapped ON YOUR FEET THE GOSPEL OF PEACE IN PREPARATION [to face the enemy with firm-footed stability and the readiness produced

by the good news]. **16** Above all, lift up the [protective] ^[c]shield of faith with which you can extinguish all the flaming arrows of the evil *one*. **17** And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the Word of God.

18 With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] in the Spirit, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all ^[d]God's people.