

WORDshop: Sessions 13-18 Scriptures

I'm trying to catch up on posting, so I am just going to drop the Scripture references from the past 6 weeks in this one post. Weeks 14 and 16 were pulled from multiple weeks I didn't have them written up separately.

WORDshop: Session 13 - Challenging and Acting on Our Beliefs

Mark 9:21-23, "21And Jesus asked his father, "How long has this been happening to him?" And he said, "From childhood. 22And it has often cast him into fire and into water, to destroy him. But if you can do anything, have compassion on us and help us." 23And Jesus said to him, "**‘If you can’! All things are possible for one who believes.**" 24Immediately the father of the child cried out and said, "**I believe; help my unbelief!**"

WORDshop Session 15

Psalm 19:14, "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

Psalm 139:23-24, "Search me, O God, and know my **heart**; test me and know my anxious thoughts. Point out **anything** in me that offends you, and lead me along the path of everlasting life."

Mark 7:15, "It's not what goes into your body that defiles you; you are defiled by what comes from your heart."

Psalm 51:1-12, "Create in me a clean **heart**, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit.

Romans 10:8-10, "But what does it say?""The word is near you, **in your mouth and in your heart**" (that is, the word of faith that we proclaim); because, if you **confess with your mouth** that Jesus is Lord and **believe in your heart** that God raised him from the dead, you will be saved. For **with the heart one believes** and is justified, and **with the mouth one confesses and is saved.**" (ESV)

Proverbs 4:20-24, "My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate **deep into your heart**, for they bring life to those who find them, and healing to their whole body. **Guard your heart above all else, for it determines the course of your life.** Avoid all perverse talk; stay away from corrupt speech.

Philippians 4:6-7, "Don't worry about anything; instead, pray about everything. Tell God what you need, and **thank him for all he has done.** **Then** you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you **live in Christ Jesus.**"

*** **Proverbs 15:3**, "A glad **heart** makes a cheerful face, but by sorrow of heart the spirit is crushed."

Proverbs 27:19, "As in water face reflects face, so the **heart** of man reflects the man.

James 4:6-10, "But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and **purify your hearts, you**

double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.”

Psalm 73:23-28, “Nevertheless, I am continually with you; you hold my right hand. **24**You guide me with your counsel, and afterward you will receive me to glory. **25**Whom have I in heaven but you? And there is nothing on earth that I desire besides you. **26**My flesh and my heart may fail, but God is the **strength of my heart** and my portion forever. **27**For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you. **28** But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.

Jeremiah 29:13, “You will **seek** me and find me, when you seek me with all your **heart**.”

Psalm 119:10-11, “With my **whole heart I seek** you; let me not wander from your commandments! **11**I have stored up your word in my **heart**, that I might not sin against you.”

Matthew 6:33, “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Proverbs 3:1-6, “My son, do not forget my teaching, but let your heart keep my commandments, **2**for length of days and years of life and peace they will add to you. **3**Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the **tablet of your heart**. **4**So you will find favor and good success in the sight of God and man. Trust in the Lord with **all** your **heart**; do not depend on your own understanding. **Seek his will in all you do**, and he will show you which path to take.”

John 14:1, “**Don’t let your hearts** be troubled. Trust in God, and trust also in me.”

John 16:33, “I have said these things to you, that in me you may have peace. In the world you will have tribulation. **But take heart**; I have overcome the world.”

Psalms 37:4-5, “Take delight in the Lord, and he will give you your **heart’s desires**. Commit **everything** you do to the Lord. Trust him, and he will help you.”

James 1:21, “So get rid of all the filth and evil in your lives, and **humbly accept the word God has planted in your hearts**, for it has the power to save your souls.”

Mark 11:22-24, “Then Jesus said to the disciples, “**Have faith in God**. I tell you the truth, you can **say** to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really **believe** it will happen and have no doubt in your **heart**. I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours.”

Matthew 12:33-37, “A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. You brood of snakes! How could evil men like you speak what is good and right? **For whatever is in your heart determines what you say**. A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. And I tell you this, **you must give an account on judgment day for every idle word you speak**. The **words you say** will either acquit you or condemn you.”

Jeremiah 17:9-10, “The **heart** is deceitful above all things, and desperately sick; who can understand it? **10**“I the LORD search the **heart** and test the mind, to give every man according to his ways, according to the fruit of his deeds.”

Proverbs 16: 1-3, 9, “The plans of the heart belong to man, but the answer of the tongue is from the LORD. **2**All the ways of a man are pure in his own eyes, but the LORD weighs the spirit. **3**Commit your work to the LORD, and your plans will be established.**9**The heart of man plans his way, but the LORD establishes his steps.

Psalms 27:13-14, “I believe that I shall look upon the goodness of the LORD in the land of the living! **14**Wait for the LORD; be strong, and let your **heart** take courage; wait for the LORD!

WORDshop: Session 17 - It’s all about relationship

Matthew 22:37-40, “And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. **38**This is the great and first commandment. **39**And a second is like it: You shall love your neighbor as yourself. **40**On these two commandments depend all the Law and the Prophets.”

Matthew 19:26, “But Jesus beheld them, and said unto them, With men this is impossible; but with God **all** things are possible.”

John 1:12, “But to all who did receive him, who believed in his name, he gave the right to become children of God”

Ephesians 3:14-20, “**14**For this reason I bow my knees before the Father, **15**from whom every family in heaven and on earth is named, **16**that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, **17**so that Christ may dwell in your **hearts** through faith—that you, being rooted and grounded in love, **18**may have strength to comprehend with all the saints what is the breadth and length and height and depth, **19**and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. **20**Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, **21**to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ephesians 1:16-23, “I do not cease to give thanks for you, remembering you in my prayers, **17**that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, **18**having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, **19**and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might **20**that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, **21**far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. **22**And he put all things under his feet and gave him as head over all things to the church, **23**which is his body, the fullness of him who fills all in all.”

WORDshop: Session 18 – Relationship with Food

1 Timothy 4:1-5, “Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons. These people are hypocrites and liars, and their consciences are dead. They will say it is wrong to be married and wrong to eat certain foods. **But God created those foods to be eaten with thanks by faithful people who know the truth. Since everything God created is good, we should not reject any of it but receive it with thanks. For we know it is made acceptable by the word of God and prayer.**”

Romans 8:5-6, “Those who are dominated by the sinful nature **think** about sinful things, but those who are controlled by the Holy Spirit **think** about things that please the Spirit. So letting your sinful nature control your **mind** leads to death. But letting the Spirit control your **mind** leads to **life and peace.**”

The sinful nature thinks in terms of right and wrong and rebels against what is right. Always pushing the boundaries, justifying sinful behavior. The Spirit just seeks to glorifying God. The flesh seeks to exploit grace and the spirit seeks to honor grace.

Romans 8:1, “So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, **the power of the life-giving Spirit has freed you from the power of sin that leads to death.**”

Romans 7:21-25, “**21**So I find it to be a law that when I want to do right, evil lies close at hand. **22**For I delight in the law of God, in my inner being, **23**but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. **24**Wretched man that I am! Who will deliver me from this body of death? **25**Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

Colossians 2:16-23, “So don’t let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. For these rules are only shadows of the reality yet to come. And Christ himself is that reality. Don’t let anyone condemn you by insisting on pious self-denial or the worship of angels, saying they have had visions about these things. Their sinful minds have made them proud, and they are not connected to Christ, the head of the body. For he holds the whole body together with its joints and ligaments, and it grows as God nourishes it. **You have died with Christ, and he has set you free from the spiritual powers of this world. So why do you keep on following the rules of the world, such as, “Don’t handle! Don’t taste! Don’t touch!”? Such rules are mere human teachings about things that deteriorate as we use them. These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person’s evil desires.**”

Every relationship in this life is predicated on relationship with Christ.

Anti-nutrients

Cyanide in apples

Example of erythritol news scare

Colossians 1:15-20, “*He is the image of the invisible God, the firstborn of all creation. 16For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. 17And he is before all things, and in him all things hold together. 18And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. 19For in him all the fullness of God was pleased to dwell, 20and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.*”

Man does not have the ability to create food. We can only modify what was already created. Hybrid fruits, genetic manipulation, chemical compounds, etc. We cannot create DNA, only modify.

Honey (Grayanotoxins): Bees collect nectar from flowers in order to create honey. If those flowers have a natural toxin, that toxin may end up in the honey from that beehive. One example is grayanotoxins, which plants such as rhododendrons and mountain laurel naturally produce. Eating honey with a high amount of this toxin can lead to “mad honey” poisoning, with symptoms such as nausea, vomiting, or dizziness. This type of poisoning is rare.

- **Beans (Phytohaemagglutinin):** Phytohaemagglutinin (PHA) is a lectin found in raw or undercooked beans. Lectins are proteins that bind to carbohydrates and some plants produce them as a natural defense mechanism. In canned and properly cooked kidney beans, the low levels of PHA won’t affect you. But at high levels in raw beans, PHA can lead to nausea, severe vomiting, and diarrhea. Soaking the beans for a minimum of 5 hours and then boiling them in fresh water for at least 30 minutes will remove and destroy this toxin.
- **Mushrooms (Mushroom toxins):** It’s well known that some mushrooms are toxic. Depending on the type of mushroom you eat, you could experience milder reactions like nausea or diarrhea. More severe reactions include coma and death.
- **Stone fruit, such as peaches or apricots (Amygdalin):** Amygdalin, also called laetrile, is a natural chemical found in the seeds of apricots, bitter almonds, apples, peaches, and plums. The chemical is not found in the fruit itself and accidentally eating a seed or pit will not harm you. However, consuming a large amount of the seeds or pits can be problematic because enzymes in your intestines can turn amygdalin into cyanide and cause cyanide poisoning. **Nearly 500 years ago, Swiss physician and chemist Paracelsus expressed the basic principle of toxicology: “All things are poison and nothing is without poison; only the dose makes a thing not a poison.” This is often condensed to: “The dose makes the poison.” It means that a substance that contains toxic properties can cause harm only if it occurs in a high enough concentration.**

In other words, any chemical—even water and oxygen—can be toxic if too much is ingested or absorbed into the body. The toxicity of a specific substance depends on a variety of factors, including how much of the substance a person is exposed to, how they are exposed, and for how long.

Mark 16:17-18, “*And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; 18they will pick up serpents with their hands; and if they*

drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover.”