



We hope the Biblical way to please God contained in these pages will be used to help new believers focus on their Lord Jesus Christ, and motivate them to grow up in Him. May your discussions be edifying for all.

All Scripture is from the New International Version of the Bible

1 • LIVING GOD'S WAY

“The Upward Path”

- **Biblical Understanding, Hope and Change**
God's Way Affects Thoughts, Attitudes, Words and Actions:

Matthew 7:13-14 NIV

[Jesus said:] “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

Luke 9:23 NIV

Then [Jesus] said to them all: “If anyone would come after Me, he must deny himself and take up his cross daily and follow Me.”

- **Victory Over Life-Controlling Sins:**
Alcohol/Drug Addiction, Compulsive/Obsessive Behavior, “Codependency” . . .
Live God's Way by *putting off* self-centeredness and following God's Word in spite of your *feelings*:

Psalm 1:1-3 NIV

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on His law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.”

1

**CONFESS SPECIFIC,
RECOGNIZED SINS**

Psalms 51:1-6 NIV
*Have mercy on me,
O God, according to
your unfailing love;
according to your great
compassion blot out my
transgressions.*

*Wash away all my iniquity and
cleanse me from my sin.*

*For I know my
transgressions, and my
sin is always before me.*

*Against you, you only,
have I sinned and done
what is evil in your sight,
so that you are proved right
when you speak and justified
when you judge.*

*Surely you desire truth in
the inner parts; you teach
me wisdom in the inmost place.*

Psalms 51:17 NIV
*The sacrifices of God are
a broken spirit; a broken and
contrite heart, O God,
you will not despise.*

2

REPENT

Proverbs 9:6 NIV
*Leave your simple ways
and you will live; walk in the
way of understanding.*

Proverbs 28:13 NIV
*He who conceals his sins
does not prosper, but
whoever confesses and
renounces them finds mercy.*

Acts 26:20 NIV
*First to those in Damascus,
then to those in Jerusalem
and in all Judea, and to the
Gentiles also, I preached
that they should repent
and turn to God and
prove their repentance
by their deeds.*

II Corinthians 7:9-11 NIV
*Yet now I am happy, not
because you were made
sorry, but because your
sorrow led you to repentance.
For you became sorrowful
as God intended and so
were not harmed in any way
by us. Godly sorrow brings
repentance that leads
to salvation and leaves no
regret, but worldly sorrow
brings death. See what this
godly sorrow has produced
in you: what earnestness,
what eagerness to clear
yourselves, what indignation,
what alarm, at longing,
what concern, what readiness
to see justice done. At every
point you have proved yourselves
to be innocent in this matter.*

3

**IN FAITH,
PRAY FOR WISDOM
IN ALL MATTERS**

James 1:5-8 NIV
*If any of you lacks wisdom,
he should ask God, who gives
generously to all without finding
fault, and it will be given to him.
But when he asks, he must
believe and not doubt, because he
who doubts is like a wave of the sea,
blown and tossed by the wind.
That man should not think he will
receive anything from the Lord;
He is a double-minded man,
unstable in all he does.*

Psalms 51:6 NKJV
*Behold, You desire truth in the
inward parts, and in the hidden part
You will make me to know wisdom.*

James 3:17 NKJV
*But the wisdom that is from above
is first pure, then peaceable,
gentle, willing to yield, full of
mercy and good fruits, without
partiality and without hypocrisy.*

Psalms 9:10 NKJV
*And those who know Your name
will put their trust in You; for You,
LORD, have not forsaken
those who seek You.*

Isaiah 55:6 NKJV
*Seek the LORD while He may
be found, call upon Him
while He is near....*

Matthew 6:33-34 NKJV
*But seek first the kingdom of God
and His righteousness, and all these
things shall be added to you.
Therefore do not worry about
tomorrow, for tomorrow will
worry about its own things.
Sufficient for the day is
its own trouble.*

4

**COMMIT YOUR WAYS
TO GOD, AND DENY
SELF TO FOLLOW
JESUS**

Proverbs 3:5-8 NIV

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

Matthew 22:37 NIV

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."

II Corinthians 5:9 NIV

So we make it our goal to please him, whether we are at home in the body or away from it.

Colossians 3:17 NIV

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Luke 9:23-24 NIV

Then [Jesus] said to them all: "If anyone would come after Me, he must deny himself and take up his cross daily and follow Me. For whoever wants to save his life will lose it, but whoever loses his life for Me will save it."

5

**BE OBEDIENT TO
THE WORD
BECAUSE YOU
LOVE THE
LORD**

Matthew 12:50 NKJV

Jesus said: "For whoever does the will of My Father in heaven is My brother and sister and mother."

John 14:15 NIV

Jesus said: "If you love Me, you will obey what I command."

John 14:23 NKJV

Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him."

I John 2:15-17 NIV

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶For all that is in the world — the lust of the flesh, the lust of the eyes, and the pride of life — is not of the Father but is of the world. ¹⁷And the world is passing away, and the lust of it; but he who does the will of God abides forever.

I John 5:21 NIV

Dear children, keep yourselves from idols.

6

**SUBMIT TO THE
HOLY SPIRIT AND
GOD'S WORD**

Ephesians 5:18-20 NIV

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Colossians 3:16 NIV

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, . . .

Hebrews 4:12-13 NKJV

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. ¹³And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

Romans 8:5-7 NKJV

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.

7

**JUDGE YOURSELF
BIBLICALLY**

Matthew 7:5 NIV

You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

Romans 12:3

For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

1 Corinthians 11:28

But let a man examine himself, and so let him eat of the bread and drink of the cup.

1 Corinthians 11:31

But if we judged ourselves, we would not come under judgment.

2 Corinthians 13:5

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you — unless, of course, you fail the test?

Galatians 6:4

Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.

8

**TREAT OTHERS
BETTER THAN
YOURSELF, AS
JESUS DID**

1 Corinthians 10:24

Let no one seek his own, but each one the other's well-being.

Philippians 2:3-8 NIV

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

Each of you should look not only to your own interests, but also to the interests of others.

Your attitude should be the same as that of Christ Jesus:

Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself and became obedient to death — even death on a cross!

2 Corinthians 8:9

For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.

Proverbs 3:27-28 NIV

Do not withhold good from those who deserve it, when it is in your power to act. Do not say to your neighbor, "Come back later; I'll give it tomorrow" — when you now have it with you.

9

**DWELL ON GOOD
THOUGHTS ...
SET YOUR MIND ON
THINGS ABOVE
INSTEAD OF THINGS
OF THE EARTH**

Romans 12:1-2 NKJV

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Philippians 4:8-9 NIV

Finally, brothers, 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. Whatever you have learned or received or heard from me, or seen in me— put it into practice. And the God of peace will be with you.

Colossians 3:2 NIV

Set your minds on things above, not on earthly things.

10

**LEARN TO LOVE
GOD'S WAY**

John 3:16 NIV

[Jesus said:] "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life."

John 15:17 NIV

[Jesus said:] This is my command: Love each other.

Romans 5:8 NIV

But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.

I John 4:11 NIV

Dear friends, since God so loved us, we also ought to love one another.

I John 4:19 NIV

We love because He first loved us.

I Corinthians 13:4-8a NIV

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

11

**BE COMPASSIONATE,
KIND, HUMBLE,
GENTLE, AND PATIENT**

Psalms 40:1 NKJV

I waited patiently for the LORD; And He inclined to me, And heard my cry.

2 Corinthians 1:3-5 NKJV

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

⁵For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.

Colossians 3:12 NIV

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

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READ: Luke 10:25-37

"Jesus' Parable of the Good Samaritan"

12

**CONTINUALLY SHOW
DEEDS APPROPRIATE
TO REPENTANCE**

Acts 26:20b NIV

... I preached that they should repent and turn to God and prove their repentance by their deeds.

Hebrews 13:16 NKJV

But do not forget to do good and to share, for with such sacrifices God is well pleased.

1 Peter 3:10-12 NKJV

(Psalm 34:12-16)

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. For the eyes of the LORD are on the righteous, and His ears are open to their prayers; But the face of the LORD is against those who do evil.

Revelation 2:5 NIV

Jesus said: "Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place."

Revelation 3:3 NIV

Jesus said: "Remember, therefore, what you have received and heard; obey it, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you."

Revelation 3:19 NIV

Jesus said: "Those whom I love I rebuke and discipline. So be earnest, and repent."

13

PRACTICE FORGIVENESS AND RECONCILIATION, AND RETURN A BLESSING FOR ANY EVIL YOU RECEIVE FROM OTHERS

Matthew 5:23-24 NIV

Jesus said: "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar.

First go and be reconciled to your brother; then come and offer your gift."

Matthew 6:14 NIV

Jesus said: "For if you forgive men when they sin against you, your heavenly Father will also forgive you."

Ephesians 4:32 NIV

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:12-13 NIV

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Romans 12:17-21 NIV

Do not repay anyone evil for evil.

Be careful to do what is right in the eyes of everybody.

If it is possible, as far as it depends on you, live at peace with everyone.

Do not take revenge, my friends,

but leave room for God's wrath, for it is written:

It is mine to avenge; I will repay," says the Lord.

On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

Do not be overcome by evil, but overcome evil with good.

1 Peter 3:8-9 NIV

Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.

Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

14

COUNT ALL TRIALS AS JOY SINCE GOD USES YOUR TRIALS TO DEVELOP CHRISTLIKE CHARACTER IN YOU

Romans 5:3-5 NIV

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.

Romans 8:28-29 NIV

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. For those God foreknew He also predestined to be conformed to the likeness of His Son, that He might be the firstborn among many brothers.

James 1:2-4 NIV

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

15

LIVE DAILY IN A MANNER CONSISTENT WITH YOUR CALLING IN CHRIST

Ephesians 4:1 NIV

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 5:1-2 NIV

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

1 John 2:6 NIV

Whoever claims to live in Him must walk as Jesus did.

3 John 11 NKJV

Beloved, do not imitate what is evil, but what is good. He who does good is of God, but he who does evil has not seen God.

Philippians 2:1-4 NKJV

Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, ²fulfill my joy by being like-minded, having the same love, being of one accord, of one mind.

³Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

⁴Let each of you look out not only for his own interests, but also for the interests of others.

16

DO EVERYTHING WITHOUT GRUMBLING OR DISPUTING

Philippians 2:14-15 NIV

Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.

Colossians 3:14 NKJV

But above all these things put on love, which is the bond of perfection.

Matthew 5:43-48 NKJV

Jesus said: "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

⁴⁴But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, ⁴⁵that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.

⁴⁶For if you love those who love you, what reward have you? Do not even the tax collectors do the same? ⁴⁷And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so?

⁴⁸Therefore you shall be perfect, just as your Father in heaven is perfect.

17

WORK HEARTILY AS UNTO THE LORD

Matthew 16:24-27 NKJV

Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

²⁵For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.

²⁶For what profit is it to a man if he gains the whole world, and loses his own soul?

Or what will a man give in exchange for his soul?

²⁷For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works.

Ephesians 6:7 NIV

Serve wholeheartedly, as if you were serving the Lord, not men . . .

Colossians 3:23-24 NIV

Whatever you do, work at it with all your heart, as working for the Lord, Not for men, since you know that you will receive an inheritance from the Lord as a reward.

It is the Lord Christ you are serving.

2 Timothy 3:16-17 NKJV

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.

18

SPEAK THE TRUTH IN LOVE

Ephesians 4:15 NIV
Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ.

Colossians 3:9-10 NIV
Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

1 Corinthians 13:5-6 NIV
Love does not delight in evil but rejoices with the truth.

2 Corinthians 4:1-6 NKJV
*Therefore, since we have this ministry, as we have received mercy, we do not lose heart.
²But we have renounced the hidden things of shame, not walking in craftiness nor handling the word of God deceitfully, but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.*

³*But even if our gospel is veiled, it is veiled to those who are perishing, ⁴whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.*

⁵*For we do not preach ourselves, but Christ Jesus the Lord, and ourselves your bondservants for Jesus' sake.*

⁶*For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.*

19

PRAY UNCEASINGLY ABOUT EVERYTHING

Philippians 4:6-7 NIV
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving,

present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Thessalonians 5:17 NIV
Pray continually . . .

Matthew 26:41 NKJV
Jesus said: "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Luke 6:27-28 NKJV
Jesus said: "But I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you."

2 Thessalonians 1:11-12 NKJV
Therefore we also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power, that the name of our Lord Jesus Christ may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.

20

REJOICE ALWAYS, GIVING THANKS IN ALL THINGS

1 Thessalonians 5:16 NIV
Be joyful always . . .

Philippians 4:4 NIV
Rejoice in the Lord always. I will say it again: Rejoice!

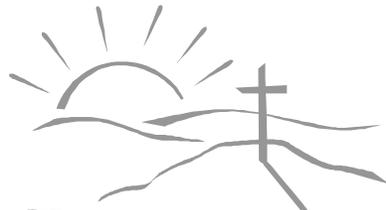
1 Thessalonians 5:18 NIV
Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Psalms 5:11-12 NKJV
But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name be joyful in You. For You, O LORD, will bless the righteous; with favor You will surround him as with a shield.

Psalms 9:1-2 NKJV
I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High.

Psalms 32:11 NKJV
Be glad in the LORD and rejoice, you righteous; and shout for joy, all you upright in heart!

Psalms 33:1-5 NKJV
*Rejoice in the LORD, O you righteous! For praise from the upright is beautiful.
²Praise the LORD with the harp; Make melody to Him with an instrument of ten strings.
³Sing to Him a new song; play skillfully with a shout of joy.
⁴For the word of the LORD is right, and all His work is done in truth. ⁵He loves righteousness and justice; The earth is full of the goodness of the LORD.*



It's ALL about JESUS...

Who loved you and gave Himself for you!

21

**EXPERIENCE
CHRIST-LIKE
CHARACTER
DEVELOPMENT
THROUGH
GOD'S HOLY
SPIRIT WORKING
IN YOU:**

II Corinthians 3:18 NIV
*And we, who with unveiled faces
all reflect the Lord's glory,
are being transformed into His
likeness with ever-increasing
glory, which comes from
the Lord, who is the Spirit.*

Galatians 5:22-23 NIV
*But the fruit of the Spirit is love,
joy, peace, patience,
kindness, goodness,
faithfulness, gentleness
and self-control.
Against such things
there is no law.*

22

**EXPERIENCE
VICTORIOUS
LIVING, BEING
FILLED WITH
GOD'S
PEACE AND JOY:**

John 10:10 NIV
*Jesus said: "The thief comes only
to steal and kill and destroy;
I have come that they may have
life, and have it to the full."*

John 14:27 NIV
*Jesus said: "Peace I leave with
you; My peace I give you.
I do not give to you as the world
gives. Do not let your hearts be
troubled and do not be afraid."*

John 15:11 NIV
*Jesus said: "I have told you this
so that My joy may be in you and
that your joy may be complete."*

Numbers 6:24-26 NKJV
*"The LORD bless you and keep
you; the LORD make His face
shine upon you, and be gracious
to you; The LORD lift up His
countenance upon you,
And give you peace."*

CONTINUE ON GOD'S UPWARD PATH ...

- Walking *in* Christ will be evidenced by specific and measurable steps of obedience to God's Word.
- The Upward Steps highlight Biblical living, and are not the end of the "Upward Path" — nor is life lived in a rigid sequence.
- God's Holy Spirit sanctifies and discipless each person individually and intimately. He gives the power to overcome every sin and every problem of life.
- We pray you will stay on His "narrow road" and experience His peace and joy in all circumstances!

**And may the Lord richly
bless you as you grow in
the most excellent way ...
JESUS!**