

Chapter 2 (13 - 16)

It is God who gives us the spiritual energy to be good and to do good. Don't be someone who is always complaining and arguing. Live a life of light in our dark world. May your life of light offer the world the word of life.

Jesus, help me avoid complaining and arguing

Chapter 3 (7 - 11)

Because of Christ, I have come to consider all my former advantages as a scholar as disadvantages. Nothing is more important than knowing Christ Jesus my Lord. For him I have accepted the loss of everything, and I look on everything as so much rubbish if only I can have Christ.

All I want is to know Christ and the power of his resurrection. I want to share his sufferings by carrying the Cross with him. This is the way I can hope to receive eternal life.

Christ Jesus my Lord, knowing you is No. 1

Chapter 3 (12 - 14)

I am not yet perfect. I have not yet won the race. But I am still running, trying to capture the prize for which Christ Jesus captured me.

I forget the past, and strain ahead for what is still to come. I am racing for the finish, for the prize to which God calls us to receive in Christ Jesus

Jesus, please help me keep running each day!