

Chapter 4 (8 - 10)

It's good to keep fit physically,
and even more important to keep fit spiritually.
We have put our trust in the living God.
He is the savior of the whole human race,
especially of believers.

Jesus, may I keep fit, physically & spiritually

Chapter 4 (12 - 16)

Do not let people disregard you because you are
young. Be an example to all the believers
in the way you speak and act.

You have in you a spiritual gift which was given
you when the church elders prayed over you
with the laying on of hands.

Do not let this gift go unused. Take great care
about what you do and what you teach.

In this way you will save both yourself
and those who listen to you.

Jesus, help me be a good example to other people

Chapter 5 (1 - 14)

Do not speak harshly to a man older than yourself,
but advise him as you would your own father.

Treat younger men as brothers.

Treat older women as you would your mother.

Treat younger women with propriety,
as if they were your sisters.