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Have not I commanded thee? Be strong and of good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Joshua 1:9

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From: Col James Harper, USMCR (Ret.)
To: Warriors
Subj: How to Use This Notebook

The words of Scripture are “alive and powerful”—they call you to attention. “The words that I speak unto you,” said Jesus, “they are spirit, and they are life.” If you want to have a life of genuine meaning and significance, you must have a perspective that only the Bible can give: “Man shall not live by bread alone, but by every word of God” [Hebrews 4:12; John 6:63; Luke 4:4].

The Bible verses in this notebook have been a source of comfort, encouragement, and strength to Warriors for thousands of years. As you write down other verses and personal insights into your Warrior’s Notebook, you will have words of life that will ‘lift up your head’ during times of difficulties, trials and conflicts. If you use it, and don’t lose it, you will create a record of your journey of faith that will last for generations.

“But Thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.”

Psalm 3:3
GOD HAS A PLAN FOR YOUR LIFE

And God said, Let Us make man in Our image, after Our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in His own image, in the image of God created He him; male and female created He them.

Genesis 1:26-27

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

 Jeremiah 29:11

Jesus said, “I am come that they might have life, and that they might have it more abundantly.”

John 10:10

For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Ephesians 2:10

He who hath begun a good work in you will perform it until the day of Jesus Christ.

Philippians 1:6

[Cf. Psalms 138:8; 16:11; John 15:16]
THE LORD WILL PROTECT YOU

The eternal God is thy refuge, and underneath are the everlasting arms: and He shall thrust out the enemy from before thee; and shall say, “Destroy them.”

Deuteronomy 33:27

The LORD is my rock, and my fortress, and my deliverer; The God of my rock; in Him will I trust: He is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; Thou savest me from violence. I will call on the LORD, Who is worthy to be praised: so shall I be saved from mine enemies.

2 Samuel 22:2-4

Thou art my hiding place; Thou shalt preserve me from trouble; Thou shalt compass me about with songs of deliverance.

Psalm 32:7

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of Me, saith the LORD.

Isaiah 54:17

[Cf. Proverbs 18:10; Luke 8:22-25]
THE LORD IS LOVING AND FORGIVING

Have mercy upon me, O God, according to Thy lovingkindness: according unto the multitude of Thy tender mercies blot out my transgressions. Wash me throughly from mine iniquity, and cleanse me from my sin.

Psalm 51:1-3

If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.

1 John 1:9-10

For as the heaven is high above the earth, so great is His mercy toward them that fear Him. As far as the East is from the West, so far hath He removed our transgressions from us.

Psalm 103:11-12

Nay, in all these things we are more than conquerors through Him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:37-39

DO NOT FEAR

The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

Psalm 27:1-3

Fear thou not; for I am with thee: be not dismayed: for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.

Isaiah 41:10

I sought the LORD, and He heard me, and delivered me from all my fears.

Psalm 34:4

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

[Cf. Deuteronomy 20:3-4; 2 Kings 6:13-23]
PUT ON THE FULL ARMOR OF GOD

Finally, my brethren, be strong in the Lord, and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith you shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

Ephesians 6:10-18

[Cf. 2 Samuel 22; Psalm 91:4]
TRUST IN THE LORD

I will say of the LORD, He is my refuge and my fortress: my God; in Him will I trust.

Psalm 91:2

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.

Proverbs 3:5,6

Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee.

Isaiah 26:3

Ah Lord GOD! Behold, Thou hast made the heavens and the earth by Thy great power and stretched out arm, and there is nothing too hard for Thee.

Jeremiah 32:17

The LORD is good, a strong hold in the day of trouble; and He knoweth them that trust in Him.

Nahum 1:7

But the Lord is faithful, Who shall establish you, and keep you from evil.

2 Thessalonians 3:3

[Cf. Psalms 18:2; 37:40; 62:8; 100; 2 Corinthians 1:8-10]
Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; Who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider Him that endured such contradiction of sinners against Himself, lest ye be wearied and faint in your minds.

Hebrews 12:1-3

Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 15:58

Be not overcome by evil, but overcome evil with good.

Romans 12:21

Thou therefore endure hardness, as a good soldier of Jesus Christ.

2 Timothy 2:3
DEFEAT DISCOURAGEMENT

This I recall to my mind, therefore have I hope. It is of the LORD’S mercies that we are not consumed, because His compassions fail not. They are new every morning: great is Thy faithfulness.  

**Lamentations 3:21-23**

Some trust in chariots, and some in horses: but we will remember the name of the LORD our God. They are brought down and fallen: but we are risen, and stand upright.  

**Psalm 20:7-8**

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.  

**Isaiah 40:31**

The eyes of the LORD are upon the righteous, and His ears are open unto their cry...The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.  

**Psalm 34:15,17**

And let us not be weary in well doing: for in due season we shall reap, if we faint not.  

**Galatians 6:9**  
[Cf. Psalms 40:1-2; 62;  2 Thessalonians 2:16-17]
FAVORITE BIBLE READINGS

Old Testament
The Creation and Fall of Man: Genesis 1-3
Noah and the Ark: Genesis 6:1-9:17
Manna in the Wilderness: Exodus 16
The Ten Commandants: Exodus 20:1-17
Crossing the Jordan River: Joshua 3-4:20
Conquering Jericho: Joshua 5:13-6:27
The Story of Gideon: Judges 6:11-7:22
David and Goliath: 1 Samuel 17
Elijah on Mt. Carmel: 1 Kings 18
The Fiery Furnace: Daniel 3
Daniel in the Lion’s Den: Daniel 6
The Power of the Word of God: Psalm 119
Jonah and the Whale: Jonah 1-4

New Testament
Birth of Christ: Luke 2
Jesus Calms the Storm: Luke 8:22-25
Prodigal Son: Luke 15:11–32
Woman at the Well: John 4:4-4:42
Feeding of the 5,000: John 6:1-14
Crucifixion of Jesus: John 18, 19
Resurrection of Jesus: John 20
Man’s Rejection of God: Romans 1
Stoning of Stephen: Acts 6:8-7:60
Return of Christ: Revelation 19:11-21
THE LORD IS YOUR SHEPHERD

The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: He leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Psalm 23

Be anxious for nothing; but in every thing by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep* your hearts and minds through Christ Jesus.

Philippians 4:6-7

*Stand guard or garrison.

[Cf. John 10:11; Matthew 18:12; 1 Peter 2:25]
For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on the behalf of them whose heart is perfect toward Him.

2 Chronicles 16:9

The LORD thy God in the midst of thee is mighty; He will save ...

Zephaniah 3:17

I can do all things through Christ Who strengthens me.

Philippians 4:13

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Hebrews 4:16