



The Notes

AN ADVENTURE OF A LIFETIME

Part 4: "Onward and Upward"

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*"Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, **equip you with everything good for doing his will**, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen."*

Hebrews 13:20-21 (NIV)

*"Every Scripture passage is inspired by God. All of them are useful for teaching, pointing out errors, correcting people, and training them for a life that has God's approval. **They equip God's servants** so that they are completely prepared to **do good things**."*

2 Timothy 3:16-17 (GWT)

**THE TRUTHS THAT WILL EQUIP ME TO
MOVE FROM THE VALLEY TO THE SUMMIT
ARE...**

**1. ...MY SPIRIT CAN REACH HEIGHTS THAT MY
FLESH NEVER WILL**

*“Life, lovely while it lasts, is soon over.
Life as we know it, precious and beautiful, ends.
The body is put back in the same ground it came
from. The spirit returns to God, who first breathed
it.”*

Ecclesiastes 12:7 (MSG)

*“For just as a human body without the spirit is a
dead corpse, so faith without the expression of
good works is dead!”*

James 2:26 (TPT)

*“For the word of God is alive and powerful. It is
sharper than the sharpest two-edged sword,
cutting between soul and spirit, between joint and
marrow. It exposes our innermost thoughts and
desires.”*

Hebrews 4:12 (NLT)

2. ...I'LL NEVER MOVE FORWARD WHILE I'M LOOKING BACK

"I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

Philippians 3:12-14 (NLT)

"So let's get this clear: it's for My own sake that I save you. I am He who wipes the slate clean and erases your wrongdoing. I will not call to mind your sins anymore."

Isaiah 43:25 (TVB)

3. ...THE HIGHER I CLIMB THE THINNER THE CROWD

"I am not like the bread your ancestors ate. They ate that bread and still died. I am the bread that came down from heaven, and whoever eats this bread will live forever.' Jesus said all these things while he was teaching in the synagogue in Capernaum. When the followers of Jesus heard this, many of them said, 'This teaching is hard. Who can accept it?' Knowing that his followers were complaining about this, Jesus said, 'Does this teaching bother you? Then will it also bother you to see the Son of Man going

back to the place where he came from? It is the Spirit that gives life. The flesh doesn't give life. The words I told you are spirit, and they give life. But some of you don't believe.' (Jesus knew from the beginning who did not believe and who would turn against him.) Jesus said, 'That is the reason I said, 'If the Father does not bring a person to me, that one cannot come.' After Jesus said this, many of his followers left him and stopped following him.'"

John 6:58-66 (NCV)