



L.E.A.N. Letter

Matthew 5:32

"But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery."

Matthew 5:37

"All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

Matthew 5:42

"Give to the one who asks you, and do not turn away from the one who wants to borrow from you."

Matthew 5:44

"But I tell you, love your enemies and pray for those who persecute you..."

✚ Withstanding persecution and loving/praying for your enemies may be the very thing that leads them to being your future brother/sister in Christ because of your witness...the Kingdom is growing daily!

Matthew 6:2-4

² "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. ³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴ so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you."

Matthew 6:14

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."

✚ So, if you do not forgive others when they sin against you, your heavenly Father will not forgive your (daily) sins against Him.

Matthew 6:16

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full."

Matthew 6:25-34

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

✚ When you find yourself having a moment of weakness, stop what you are doing and search for a bird in the sky or a wild flower in the grass as a powerful reminder about how your needs will always be met. Then, confess that brief moment of doubt to the Lord, and move on, be at peace, and continue in faith.

~ The inspired messages below each Scripture verse are intended to strengthen the body of Christ so that we can eliminate "obesity" of our spirit (unnecessary confusion and distraction). In doing so, this will set us apart from the world so that we can stand out as the mighty warriors we are called to be in Jesus' name! ~

May you be blessed, and may you "Live L.E.A.N. (Loving Everyone As Neighbors)...Live Long!"

~Scripture passages are cited using the NIV Holy Bible.~