

Philippians 4:4

Rejoice in the Lord always;  
again I will say, Rejoice.

Philippians 4:5-7

Let your reasonableness be known to everyone.  
The Lord is at hand;  
do not be anxious about anything,  
but in everything by prayer  
and supplication with thanksgiving  
let your requests be made known to God.

And the peace of God,  
which surpasses all understanding,  
will guard your hearts and your minds  
in Christ Jesus.

Philippians 4:8

Finally, brothers, whatever is true,  
whatever is honorable, whatever is just,  
whatever is pure, whatever is lovely,  
whatever is commendable,  
if there is any excellence,  
if there is anything worthy of praise,  
think about these things.

Philippians 4:9

What you have learned and received  
and heard and seen in me –  
practice these things,  
and the God of peace will be with you.

Philippians 4:8-9

Whatever is true ...  
think about these things ...  
practice these things,  
and the God of peace will be with you.

Philippians 4:8-9

Whatever is honorable ...  
think about these things ...  
practice these things,  
and the God of peace will be with you.

Psalm 55:12-18

It is not an enemy who taunts me –  
then I could bear it; it is not an adversary  
who deals insolently with me –  
then I could hide from him.

But it is you, a man, my equal,  
my companion, my familiar friend.  
We used to take sweet counsel together;  
within God's house we walked in the throng.

Psalm 55:12-18

Let death steal over them;  
let them go down to Sheol alive;  
for evil is in their dwelling place  
and in their heart.

But I call to God, and the LORD will save me.  
Evening and morning and at noon  
I utter my complaint and moan,  
and he hears my voice.  
He redeems my soul in safety  
from the battle that I wage,  
for many are arrayed against me.



Philippians 4:8-9

Whatever is honorable ...  
think about these things ...  
practice these things,  
and the God of peace will be with you.

Thomas Jefferson, 1810

Now, take any race of animals,  
confine them in idleness and inaction,  
whether in a sty, a stable or a state room,  
pamper them with high diet,  
gratify all their sexual appetites,  
immerse them in sensualities,  
nourish their passions,  
let everything bend before them,  
and banish whatever might lead them to think,  
and in a few generations they become  
all body and no mind.

Thomas Jefferson, 1810

And this, too, by a law of nature,  
by that very law by which we are in the  
constant practice of changing the characters  
and propensities of the animals we raise  
for our own purposes...

In this state Buonaparte found Europe;  
and it was this state of its rulers which lost it  
with scarce a struggle. These animals  
had become without mind and powerless;  
and so will every hereditary monarch be  
after a few generations.

Sow a thought,  
Sow an action,  
Sow a habit,  
Sow a character,

reap an action.  
reap a habit.  
reap a character.  
reap a destiny.

## Five Codes of Tang Soo Do

Loyalty to country.

Obedience to parents.

Honor friendship.

No retreat in battle.

In fighting choose with sense and honor.

# What Is Honorable...? What is Noble...?

Keeping One's Word

Keeping Faith

Keeping True to the Way

Pressing Forward

Striving After What Is Best

Trustworthiness

Loyalty

Integrity

Courage

Excellence

Sow a thought,  
Sow an action,  
Sow a habit,  
Sow a character,

reap an action.  
reap a habit.  
reap a character.  
reap a destiny.

John 10:11-18

“I am the good shepherd.  
The good shepherd lays down his life  
for the sheep.

“He who is a hired hand and not a shepherd,  
who does not own the sheep, sees the wolf  
coming and leaves the sheep and flees,  
and the wolf snatches them and scatters them.  
He flees because he is a hired hand  
and cares nothing for the sheep.”



John 10:11-18

“I am the good shepherd.

I know my own and my own know me,  
just as the Father knows me

and I know the Father;

and I lay down my life for the sheep.”

“And I have other sheep that are not of this fold.

I must bring them also,

and they will listen to my voice.

So there will be one flock, one shepherd.”

John 10:11-18

“For this reason the Father loves me,  
because I lay down my life  
that I may take it up again.

No one takes it from me,  
but I lay it down of my own accord.

I have authority to lay it down,  
and I have authority to take it up again.

This charge I have received from my Father.”

1 Corinthians 12:31

Earnestly desire the higher gifts. And yet  
I will show you a still more excellent way.

1 Corinthians 12:31

Earnestly desire the higher gifts. And yet  
I will show you a still more excellent way.

John 3:16

For God so loved the world,  
that he gave his only Son,  
that whoever believes in him should not perish  
but have eternal life.

John 15:13

Greater love has no one than this,  
that someone lays down his life  
for his friends.

John 15:13

Greater love has no one than this,  
that someone lays down his life  
for his friends.

1 John 3:16

By this we know love,  
that he laid down his life for us,  
and we ought to lay down our lives  
for the brothers.

Romans 12:1-2

I appeal to you therefore, brothers,  
by the mercies of God, to present your bodies  
as a living sacrifice, holy and acceptable  
to God, which is your spiritual worship.

Do not be conformed to this world,  
but be transformed by the renewal of your mind,  
that by testing you may discern  
what is the will of God,  
what is good and acceptable and perfect.

John 16:33

“I have said these things to you,  
that in me you may have peace.  
In the world you will have tribulation.  
But take heart;  
I have overcome the world.”



Philippians 3:12-14

Not that I have already obtained this  
or am already perfect,  
but I press on to make it my own,  
because Christ Jesus has made me his own.

Brothers, I do not consider that  
I have made it my own. But one thing I do:  
forgetting what lies behind and straining forward  
to what lies ahead, I press on  
toward the goal for the prize  
of the upward call of God  
in Christ Jesus.