



just keep
SWIMMING



1 Thes 5:1-12

5 Now, brothers and sisters, about times and dates we do not need to write to you, ² for you know very well that the day of the Lord will come like a thief in the night. ³ While people are saying, "Peace and safety," destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape.

⁴ But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. ⁵ You are all children of the light and children of the day. We do not belong to the night or to the darkness. ⁶ So then, let us not be like others, who are asleep, but let us be awake and sober. ⁷ For those who sleep, sleep at night, and those who get drunk, get drunk at night. ⁸ But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. ⁹ For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. ¹⁰ He died for us so that, whether we are awake or asleep, we may live together with him. ¹¹ Therefore encourage one another and build each other up, just as in fact you are doing.



1 Heb 10:19-25

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.



¹² Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you.¹³ Hold them in the highest regard in love because of their work. Live in peace with each other.¹⁴ And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone.¹⁵ Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.¹⁶ Rejoice always,¹⁷ pray continually,¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.¹⁹ Do not quench the Spirit.²⁰ Do not treat prophecies with contempt²¹ but test them all; hold on to what is good,²² reject every kind of evil.²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.²⁴ The one who calls you is faithful, and he will do it.

²⁵ Brothers and sisters, pray for us.²⁶ Greet all God's people with a holy kiss.²⁷ I charge you before the Lord to have this letter read to all the brothers and sisters.

²⁸ The grace of our Lord Jesus Christ be with you.



A blue tang fish with yellow fins is swimming in a blue ocean. To the left, there is a pink sea anemone and some purple coral. The background shows gentle waves on the surface.

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“We just want to
‘ENCOURAGE’ you.”

