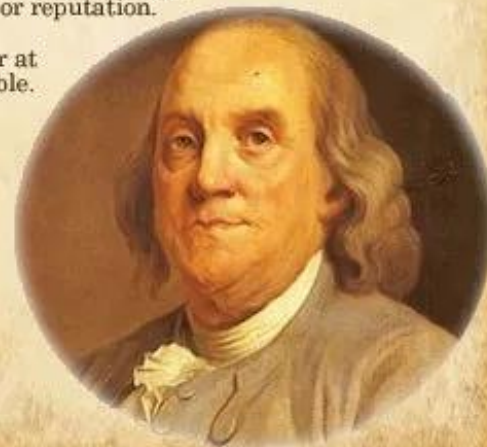


| | |
|--------------------|---|
| TEMPERANCE | Eat not to dullness; drink not to elevation. |
| SILENCE | Speak not but what may benefit others or yourself. Avoid trifling conversation. |
| ORDER | Let all your things have their places. Let each part of your business have its time. |
| RESOLUTION | Resolve to perform what you ought. Perform without fail what you resolve. |
| FRUGALITY | Make no expense but to do good to others or yourself; that is, waste nothing. |
| INDUSTRY | Lose no time. Be always employed in something useful. Cut off all unnecessary actions. |
| SINCERITY | Use no hurtful deceit. Think innocently and justly; if you speak, speak accordingly. |
| JUSTICE | Wrong none, by doing injuries or omitting the benefits that are your duty. |
| MODERATION | Avoid extremes. Forebear resenting injuries so much as you think they deserve. |
| CLEANLINESS | Tolerate no uncleanness in body, clothes, or habitation. |
| CHASTITY | Rarely use venery but for health or offspring; Never to dullness, weakness, or the injury of your own or another's peace or reputation. |
| TRANQUILITY | Be not disturbed at trifles, or at accidents common or avoidable. |
| HUMILITY | Imitate Jesus and Socrates. |



The 13 Virtues of
BENJAMIN FRANKLIN

TEMPERANCE.

Eat not to dulness; drink not to elevation.

| | Sun. | M. | T. | W. | Th. | F. | S. |
|-------|------|----|----|----|-----|----|----|
| Tem. | | | | | | | |
| Sil. | * | * | | * | | * | |
| Ord. | * | * | | | * | * | * |
| Res. | | * | | | | * | |
| Fru. | | * | | | | * | |
| Ind. | | | * | | | | |
| Sinc. | | | | | | | |
| Jus. | | | | | | | |
| Mod. | | | | | | | |
| Clea. | | | | | | | |
| Tran. | | | | | | | |
| Chas. | | | | | | | |
| Hum. | | | | | | | |

Are You in Pursuit?

(Philippians 3:12-16)

Lighten Up, No. 15

Philippians 3:12a–13 (NIV)

**Not that I have already obtained all this,
or have already been made perfect....**

**¹³Brothers, I do not consider myself
yet to have taken hold of it....**

Philippians 3:10 (NIV)

**I want to know Christ
and the power of his resurrection
and the fellowship of sharing
in his sufferings,
becoming like him in his death,**

Philippians 3:12c, 14 (NIV)

¹²...but I press on to take hold of that for which Christ Jesus took hold of me.

¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3:13 (NIV)

**Brothers, I do not consider myself yet
to have taken hold of it.**

But one thing I do:

**Forgetting what is behind
and straining toward what is ahead,**

Philippians 3:15–16 (NIV)

**All of us who are mature
should take such a view of things.
And if on some point you think differently,
that too God will make clear to you.**

**¹⁶Only let us live up to
what we have already attained.**

Action Points

1. Remind yourself you have a clean slate in Jesus Christ.

2.

3.

4.

—Matt Capps

**“Salvation is surrender.
Sanctification is war.”**

Action Points

- 1. Remind yourself you have a clean slate in Jesus Christ.**
- 2. Reactivate the pursuit switch.**
- 3.**
- 4.**

Action Points

- 1. Remind yourself you have a clean slate in Jesus Christ.**
- 2. Reactivate the pursuit switch.**
- 3. Get back in the race**
- 4.**

Action Points

- 1. Remind yourself you have a clean slate in Jesus Christ.**
- 2. Reactivate the pursuit switch.**
- 3. Get back in the race**
- 4. Give yourself time.**