

God's outrageous claims

The Rat Race: Definition

An endless, self-defeating, pointless pursuit, conjuring up the image of the futile efforts of a lab rat trying to escape whilst running around a maze or in a wheel.

Wikipedia Encyclopaedia

Key to surviving and overcoming the pressures of the rat race: _____

- _____

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. **Proverbs 10:9 (NIV)**

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A righteous man who walks in his integrity, how blessed are his sons after him. **Proverbs 20:7 (NASB)**

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Walk with the wise and become wise, for a companion of fools suffers harm. **Proverbs 13:20 (NIV)**

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Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. **Colossians 3:23-24 (NIV)**

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Because of my integrity you uphold me and set me in your presence forever. **Psalms 41:12 (NIV)**

Some practical steps when tempted to join the rat race ...

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Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. **Ephesians 4:2-3 (NIV)**

Additional Notes: