

USA SPIRIT
Christian Tae Kwon Do Academy
Bible Verse Memory Sheet

Rank	Belt	Verse
9 th GUP	Yellow Stripe	1 Corinthians 3:11 For no one can lay any foundation other than the one already laid, which is Christ Jesus.
8 th GUP	Yellow	Philippians 2:13 For it is God who works in you to will and to act according to his good purpose.
7 th GUP	Green Stripe	2 Thessalonians 3:5 May the Lord direct your hearts into God's love and Christ's perseverance.
6 th GUP	Green	Ephesians 6:10 Be strong in the Lord and in his mighty power.
5 th GUP	Green Stripe	2 Timothy 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline.
4 th GUP	Blue	1 Peter 2:9 But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.
3 rd GUP	Blue Stripe	Hebrews 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith.
2 nd GUP	Red	Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.
1 st GUP	Black Stripe	Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him, and he will make your paths straight.

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1 st DAN	Black Belt	1 Corinthians 9:24-27 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified from the prize.
2 nd DAN	2 nd Degree Black Belt	Ephesians 3:20-21 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.
3 rd DAN	3 rd Degree Black Belt	The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still water. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anoints my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.