

I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honour. Do not grow slack in zeal, be fervent in spirit and serve the Lord. Rejoice in hope, endure in affliction and persevere in prayer. Contribute to the needs of the holy ones, exercise hospitality.

This is the word of the Lord