

Friday, June 9, 2006

Read: Colossians 3:1-10

"If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them. But now you yourselves are to put off all these ... since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him..." NKJV

Memorize: Colossians 3:2

"Set your mind on things above, not on things on the earth." NKJV

Think About:

1. If I were to tally my thoughts on any given day, would I have more thoughts of food and my weight or of "things above"?
2. What is one step I can take today to set my mind more on "things above" than on food and my weight? (Every time I have a thought of food or my weight, replace that thought with praise, or a prayer, or a song to God? Every time I have a thought of food or my weight, replace that with a thought on how I can reach out to someone else today with the love of Christ?)

Pray:

Heavenly Father, I know that my thoughts focus way too much on food and my weight. I want my thoughts to be pleasing to You and to focus on things of eternal value. Please help me to make You first in my thoughts. I pray this in the name of Jesus, Amen.