

**The Apostle Paul in Colossians 3:17 says “and whatever you do, whether in word or deed, do it all in the name of the Lord Jesus Christ, giving thanks to God the Father through Him.”**

**The Passion Translation says it this way: “Let every activity of your lives and every word that comes from your lips be drenched with the beauty of our Lord Jesus, the Anointed One. And bring your constant praise to God the Father because of what Christ has done for you!”**

**Wow! That’s an awfully tall order, isn’t it? Seems a little unrealistic to think that everything we say and do will be in the name of Jesus. And is constant praise and gratitude even attainable?**

**Instead of focusing on the all-encompassing words like all and every, let’s shift our mindset. What if we tried not to think about what we can’t say or can’t do and just set up some parameters to help guide us? And as we’re mindful of these daily things, we honor God by doing it in His name. We should ask ourselves...**

- **Do my words build others up or injure their spirits?**
- **Do I serve when I see a need or feel it’s beneath me?**
- **Am I compassionate to others or do I not care?**
- **Do I forgive even when I don’t feel like it?**
- **Do I love people even when it is a challenge to do so?**
- **Am I kind even when others aren’t kind to me?**
- **Am I gentle the it’s easier to be harsh?**

**It’s not that we won’t make mistakes. We will. And occasionally, there will still be relational debris behind us. But, the hope is that our words and actions will begin to line up under the authority of Christ’s work in our lives. That we’ll begin to consider everything we do and say all in the name of Jesus.**

So let's root out the junk that has held us hostage for so long by planting in compassion, kindness, patience, gentleness, humility, forgiveness, and love. Let's put off the fits of rage, anger, and malice that corrode our hearts and put on the very things that God desires of us.

And as we make these choices, let's ask God to develop within us hearts that are full of gratitude for all He's done for us. People whose lives are marked with gratitude have an unquenchable joy that is contagious to those who cross their paths.

### Reflect

- Do you interact with others with the understanding of how good God has been to you?
- As you go forward, spend time each morning asking God to give you eyes to see where you can live out these virtues within your daily relationships.

### TAKE TIME TO PRESS PAUSE

It's called FOMO (Fear Of Missing Out). And many of us suffer from it. We don't want to miss the next post, viral video, meme or online trend. We are afraid of getting behind on what our friends are all talking about. If we don't constantly interact with what is happening online, we think we could cease to exist!

So we constantly move at a non-stop pace for fear of missing out on even one thing.

There's a barrage of endless sounds and images that are constantly flashing before our eyes. There has never been a time in the history of the world when people have had more information shoved in their faces each day than right now. Even when we decide to be lazy and "do nothing," we still end up bring within, downloading music, playing video games and instant messaging our friends — all at the same time.

No wonder God often feels so far away in the midst of our busy nonstop lives.

There is a very in the book of Psalms that says, “Be Still and know that I am God.”

Want to know God? Be still... this means we need to stop, wait, and pay attention. We need to drown out the noise around us and stop scrolling for a minute. This verse in Psalms also says that God will be exalted among the nations. The word exalted means lifted above all else. If God is to be lifted up in our life then we need to turn down our other notifications so that we can start to notice God.

What if one of the reasons we find it so difficult to start a conversation with God is that we don't stay still long enough to see how much He is already present in our lives?

What if by constantly trying not to miss out on things that don't really matter, we are actually missing out on some important things that really do?

A great way to start a conversation with God today is to press pause and be still. After all, what is the point of moving so fast if you don't actually know which direction you are supposed to be headed?

**Reflect**

Take some time and press pause and read

- Psalm 46:10 — “Be still and know that I am God...”
- Isaiah 40:30 — “But they that wait upon the Lord shall renew their strength...”

## **New Person**

**Starting this journey of faith in Jesus makes you a new creation. Maybe you don't feel different but it's true, you are a new creation. the Bible actually says, "...that anyone who belongs to Christ has become a NEW PERSON. The old life is gone; a NEW LIFE has begun!" That is amazing news but what does it actually mean?**

**When Jesus died on the cross, it was about even MORE than forgiving sins. He died so our old life could die with him and our NEW LIFE could begin! This means Jesus' forgiveness was not a one-time thing. It happens over and over again as He keeps making us new. It is a NEW LIFE every day.**

**Do you remember being young and wishing you were older? You knew it was impossible but wanted automatic fast change. Life is not like that and neither is following Jesus. "New Creation / NEW PERSON" means you are in process, growing as you get to know Jesus more each day and live according to His Word.**

**We don't follow Jesus on our own. With NEW LIFE, we have access to God all the time. Jesus promised that he would send the Spirit of God to live with us and in us. This is the Holy Spirit. Now that you are a Believer you have the Holy Spirit in you. The Holy Spirit is your helper. The Holy Spirit is your comforter. The Holy Spirit is a wise counselor, who helps you understand God.**

**Read: John 14:15-17**

**Think about this.**

**The Holy Spirit is God. The Holy Spirit is the part of God that lives inside you. Sometimes the Holy Spirit can be a voice of peace, joy, or comfort. Sometimes the Holy Spirit reminds**

**you that you are going in the wrong direction and leaving God behind. The Holy Spirit helps us live the way that Jesus lived.**

**Read 2 Corinthians 5:17 and answer a few questions to yourself.**

**What does being “made new” being a “NEW PERSON” mean to you?**

**Are there parts of your “old self” that you want/need to depart from?**