

WEEK 2 - INTENTIONAL

MONDAY – A Place in your heart



Proverbs 23: 7 ...for as he thinks in his heart, so is he;

One of the most amazing gifts that God has given us is the human mind. The ability to learn, think, choose, and reason is the essence of what makes us human. While the ability to think makes us human, it actually goes deeper. Your thoughts become a reflection of who you really are. God certainly understands this, and He speaks to this in various places all throughout His Word.

The thoughts and inclinations of the heart, shape the reality of who you are. They shape your thinking which will ultimately shape your actions. (crosswalk.com).

The business model of the modern smart phone, tablet and internet information/games/product providers coldly vie for every minute

of your attention that they can gain. This includes sly 'hooks' to keep you on the "I'll beat them this time" treadmill.

Left in this technological information wasteland, what would your thoughts be permeated with? And ultimately what would reside in your heart to reflect who you really are?

Aware now of both the good that the "screen" avails itself to, and the addiction pitfalls present in the discipline, we now proceed on an intentional course of managing our thoughts and steering our lives in the direction that the Lord is leading us on in our journey with Him, keeping in mind the reality of the effects the thoughts in your heart have on you.



Prayer: Heavenly Father, we thank You for the gift of our minds and thoughts that You have blessed us with, minds through which You make technology and information available that does so much good but can also harm. We pray for constant guidance and wisdom to always manage and use this technology for positive purposes and to the glory of Your Name. AMEN

TUESDAY – Set Your Mind on Things Above



Colossians 3: 1 *If then you were raised with Christ, seek those things which are above, where Christ is sitting at the right hand of God.*

Paul begins by focusing on practical Christian living, built on the foundation of theological truth; because we know that Jesus is really raised from the dead, then our identification with Him becomes real. It is only because we were raised with Christ that we can seek those things which are above.

The idea of being raised with Christ was introduced in Colossians 2: 12 where Paul uses baptism to illustrate this spiritual reality. But now, seeing we are raised with Christ, certain behaviour is appropriate to us. (enduringword.com).

Working from the closing verses of chapter 2 to the opening verses of 3, the apostle reminds us that ascetic regulations are of no real value in restraining indulgence of the flesh. The only remedy for

sinful passions is found in the believers' experience of union with Christ (Vaughan). Because we were raised with Christ, we should act just as Jesus did when He was resurrected.

Colossians 3: 2 *Be mindful of things above, not on things on the earth.*

The best Christian living comes from minds that are fixed on heaven. Our lives are now hidden with Christ in God, and since Jesus is enthroned in heaven, our thoughts and hearts are connected to heaven also.

Earthly things are not all evil, but some of them are. Even things harmless in themselves become harmful if permitted to take the place that should be reserved for the things above (Vaughan).



Prayer: Heavenly Father, we thank You for the grace that You make available through Christ for our redemption and His resurrection that serves as a guide for us to fix our thoughts on those things above to action Your love here on earth. AMEN

WEDNESDAY – Intention: Put to Death



Colossians 3: 5 *Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness (which is idolatry),*

Where otherwise positive uses of the “screen” can result in documented negative effects on human beings, we need to intentionally act against these sins. The “Therefore” points back to our identification with the risen and enthroned Lord Jesus in Colossians 3: 1-4. Because we understand this fact, we can put to death the things in our lives that are contrary to our identification with Jesus. (enduringword.com)

“The verb nekrosate used here, meaning literally ‘to make dead,’ is very strong. It suggests that we are not simply to suppress or control evil acts and attitudes. We are to wipe them out, completely exterminate the old way of life.” (Vaughan).

There is importance in listing and naming these sins as Paul does in this section. *“It is far easier to drift into a sin which one does not*

know by name than consciously to choose one whose very title should be repugnant to a Christian.” (Wright)

Colossians 3: 6 *on account of which things’ sake the wrath of God is coming on the sons of disobedience.*

These sins invite the wrath of God. Because the world loves this kind of sinful lifestyle, they don’t come in humility to Jesus. As they continue in these sins, it adds to their condemnation. One sin is enough to send you to hell (James 2: 10), but there are greater levels of condemnation (Matthew 23: 14).

In part, the wrath of God comes as God allows men to continue in sinful – and therefore self-destructive – behaviour (as in Romans 1: 24-32). (enduringword.com)



Prayer: Heavenly Father, we thank You for Your patience and love as we navigate the paths of life on this earth using Your Spirit to guide us, delineating the way we should go. AMEN

THURSDAY – Intention: Maintain Good Thoughts



Philippians 4: 8 *Finally, my brothers, whatever things are true, whatever things are honest, whatever things are right, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue and if there is any praise, think on these things.*

From the documented effects that unmanaged social media and the internet have on our emotional and thought life, we need to intentionally and pro-actively guard our thoughts. This too is in line with Romans 12: 1-2 for the transformation that comes from the renewal of the mind. (ConnectUS.com)

The enticement into sin starts in the mind and when evil tries to get a foothold, thoughts and actions are used to create emotions, and we seek the “screen” as a means of managing and controlling those emotions.

In this Scripture Paul is exhorting us to pro-actively beat any enticement by feeding our minds with these good, positive, and Godly things.

These are the fruit and food of the mind that is guarded by the peace of God, and when we do so they stay in our mind and then come forth from us.

(enduringword.com).

Philippians 4: 9 *Do those things which you have also learned and received and heard and seen in me. And the God of peace shall be with you.*

Paul had the integrity to present himself as an example, in essence saying, “Follow me as I follow Jesus”.

Further if they, and we, do as instructed, not only would we have the Peace of God, but the God of Peace will be with us.

(enduringword.com)



Prayer: Heavenly Father, thank You for Your Word that guides and guards our thoughts in the battlefield of the mind. We pray for the perseverance to turn over and over towards these good, honourable, honest and glorifying thoughts that You our creator know we need to stay on the right path. AMEN.

FRIDAY – Intention: Renew Your Minds



Romans 12: 1 *I beseech you therefore, brothers, by the mercies of God to present your bodies a living sacrifice, holy, pleasing to God, which is your reasonable service.*

A study of Romans will often indicate that chapters 1-11 are instructional while 12-16 are for application. So as Paul now moves from doctrine to duty, he places an important “therefore” as the bridge from learning to living, and this too is true for our intentional journey on managing the “screen”.

The preaching series subject matter has been discussed, advantages and dangers have been shown. Now Paul beseeches us, and by this he is appealing to our will, that God is calling us to make a choice about the way that we live for Him.

Paul begs us to live a certain way considering what God has done and is doing for us.

Romans 12: 2 *And do not be conformed to this world, but be transformed by the renewing of*

your mind, in order to prove by you what is that good and pleasing and perfect will of God.

We are warned that the popular culture and manner of this world’s thinking, like feeling and doing, is rebellion against God, it will try and conform us; we must resist.

Lives based on feeling or doing will never know the transforming power of God because it ignores the renewing of the mind as is called for here.

“Transformed” here is the Greek word *metamorphoo* which is also used to describe Jesus in His transfiguration Mark 9: 2-3 and our transformation in 2 Corinthians 3: 18.

As we are transformed on the inside, the proof is evident on the outside.
(enduringword.com).



Prayer: Heavenly Father, thank You for Your love and patience in guiding us across the ages into Your good, pleasing, and perfect will for us. Please renew our minds to the power of Your infinite ways and thoughts as we journey with You. AMEN