



Time in the Chair

the week of **June 26-July 1**

DAY ONE: He Made Me Read Colossians 1:15-18

As the “good news” of Jesus swept through the Lycus River Valley in Colosse, it quickly became clear it was unlike anything they’d ever heard. The Apostle Paul was claiming this crucified and resurrected Jesus belonged at the center of their lives. Not just part of their lives and not just what they were willing to turn over—all of it. Their jobs, families, finances, sexuality, and speech.

Their reaction was probably the same as ours today, “What? Says who? Jesus is going to instruct me to forgive people who hurt me? He’s going to lay claims to my money? My sexuality?!? What gives him that right?” One of the reasons Jesus has that right is because he made you. In fact, he made everything.

As you slowly read through this passage again, notice the phrase “all things.” Paul uses it at least five times. Jesus, as God visible and equal with the Father, created it all. He has the right to be at the center of our lives because he designed it all, he made it all, he made us.

Today, slow down and marvel at this world Jesus designed for us. Find something from creation that shouts “Design!” and use it to serve as a visual reminder that there is a Designer who has a design for you.

DAY TWO: Created by God Read Psalm 139:13-18

Read the passage and then choose one verse/thought that seems important to you and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

Now talk to God about what you read/learned and respond appropriately to it.

DAY THREE: He Loves Me Read 1 John 3:1

One of Jesus’ closest followers and friends when He was on earth was a man named John. In chapter three and verse 1 of this letter John wrote towards the end of his life, he speaks about God’s incredible love for us.

Think about this for a second. God could have called us lots of things—stamped us with a million different titles. But He chooses to call us His children once we become a Christ follower. It means you matter. No matter what you've said, done, or thought, God calls you His. Regardless of how other people have treated you, God says you're valuable to him. Regardless of what your parents have said or not said about you. God calls you His child. You're valuable to him. Regardless of how you feel about yourself, you are important, valuable, accepted, and loved because you have been declared a child of the God of the universe.

The thing I want most for you is to realize that there is a God who loves you so much. He likes you, too. His love for you never changes, no matter what you do. No matter how weird you feel sometimes, you belong to Him. God always loves you as you are right this second.

I hope that knowing this will encourage you to live with a confidence that you've never had before. I hope that you'll begin to see yourself as worth it simply because God said you are. Nothing adds to that value, and nothing takes away from it.

As you invite God into your day take a few minutes to begin memorizing 1 John 3:1 as reminder of how much God loves you.

DAY FOUR: It Is Not Good Read Genesis 2:18-22

Read the passage and then choose one verse/thought that seems important to you and answer the questions that apply:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

Then talk to God about what you read/learned and respond appropriately to it.