



Time in the Chair

the week of **July 17-22**

DAY ONE: The Heart Read Proverbs 4:23

What we most deeply desire may, in fact, be the best indicator of where we are spiritually and the condition of our heart. If what we desire most belongs to someone else, this is a warning that something's wrong spiritually and needs to be addressed. We need to "guard our heart."

Guarding our heart involves protection—protecting our hearts against the enemy of covetousness. The first step is recognizing the battle. Often, the battle has started and we're not even aware. We leave a friend's thinking, "How did they get that house?" While outwardly congratulating them on their new video game, we inwardly think, "Why can't I get stuff like that?" Seeing the Instagram photo of their new clothes and thinking, "That should be me. I've earned it." It's theirs, but we think it should be ours. The battle's been engaged.

A regular part of our Chair time should involve asking the question, "How's my heart?" By asking the question, we begin to put up a line of defense and don't allow Satan to exploit a potential weakness.

Today, begin the daily habit of asking yourself this question. Take the time necessary to hear from God, answer it truthfully and use your answer to guard your heart.

DAY TWO: The Rich Fool Read Luke 12:13-21

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. Also take a few minutes to begin memorizing verse 21.

DAY THREE: Attitude Counts Read Hebrews 13:5

Money can bring out the best and the worst in us. And the result is we'll either have gratitude or we'll have an attitude. We'll be thankful and happier people. Or, we'll live with a constant sense that we deserve more. That we're entitled to more.

And the emotion money makes us have—either of gratitude or an attitude—trickles into other areas. Because it isn't ever just about money. It's about what our feelings about money reveals about us. So what is money making you feel? Mad, entitled, or stressed? Or is money making you more thankful and generous? Because the truth is this: you have a choice. You can decide what your attitude will be and how money will affect you. It's up to you. In other words . . . **when it comes to money, own your attitude.** With God in your life you already have the greatest possession you can have.

So how exactly do you own your attitude and take control of the way you think? **Create a list** of things you're grateful for. Gratitude has a way of changing our perspective from what we don't have to being thankful for all the good things we do have. Then, actually go thank the person responsible. Thank your mom for buying you lunch. Thank your step-dad for putting gas in the car. Thank God for . . . well, pretty much everything.

DAY FOUR: Money and Possessions Read Luke 12:22-34

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.