



# CAPITOL COMMISSION™

## Practicing God Centered Devotions (Colossians 3:2)

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*Leaders are especially vulnerable to the stresses in a life that is fast-paced, with pressures from inside and outside. These summary notes address the source of spiritual strength that is accessible to those who are developing a relationship with God*

### INTRODUCTION

Some observers see religion as merely a set of rules for living. We are aware of the contention that exists between some of the religions, the false religions, and people opposing any belief system. Jesus was confronted by a spokesperson for the religious establishment of His day, attempting to undermine the message He was bringing. The debate challenge was to describe which of the Ten Commandments was greatest. Jesus did not defend one of the commandments; He burst their paradigm by revealing the heart desire of God.<sup>1</sup>

### YOUR RELATIONSHIP WITH GOD

*Matthew 22:36-38 “Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.”<sup>2</sup>*

A love relationship requires time, consistency, and focus. Often called a quiet time, this expression of devotion is beyond prayer about any specific needs.

### A TIME OF REFRESHING/RENEWAL

*Colossians 3:2 Set your minds on things above, not on earthly things.<sup>3</sup>*

The Apostle Paul provides much detail on this spiritual activity, writing in Chapter Three of his letter to the First Century church in the City of Colosse. The premise is that Christ has made you complete, but with the capacity to grow and establish depth in this relationship. Church small groups generally coach on relationship building that has more of a horizontal objective. Discipleship groups have primarily a vertical or God directed design. The group atmosphere helps with focus, providing consistency and accountability. Consider connecting with one of these groups.

### MEDITATION NOTES/JOURNALING

Consider taking notes while meditating, thinking with a pencil in your hand. This way of capturing your thoughts serves as a powerful reinforcement for learning and growing. I taught graduate classes for many years, chiding students not to make notes of what I said. They would profit more by recording their own reactions and potential applications. Your journal entries may turn into the basis for your first book publication! Brother Lawrence, a 17<sup>th</sup> century monastery kitchen worker, wrote of the richness of his meditation experiences. His classic: “The Practice of the Presence of God” remains a best seller today.

### SUMMARY

Your personal relationship with Yahweh God will give you the endurance to finish well. This spiritual heart focused teaching is difficult for many in leadership. Most have risen to prominence through great mental and physical work. Consider the great leaders who reflected on their relationship with God. King David published his thoughts in the Psalms. King Solomon concluded his Book of Ecclesiastes, urging those who followed to reflect on God. George Washington practiced time alone with God, especially on the battlefield. President Eisenhower established a place of meditation, replicated at the Visitor’s Center in Abilene. I trust that this serves as an encouragement for your own time of devotion.

### A PRAYER

Abba Father, this term of endearment welcomes me into Your presence, giving me assurance and strength (Galatians 4:6). Help me to delight in You and fill my wandering mind with thoughts of Your love for me.<sup>4</sup> Let me reflect on heavenly realities between the tests and trials that You allow during my service on this earth. I pray in Christ’s Name. Amen.

<sup>1</sup> Lonnie Berger, Every Man A Warrior, Book 1. (NavPress). 2011. p27.

<sup>2</sup> The Holy Bible, New International Version. (Biblica, Inc.) 1984.

<sup>3</sup> Ibid

<sup>4</sup> Brother Lawrence, The Practice of the Presence of God. (Revelle). 1967. p21.