



May 12, 2020

Our Ultimate Freedom

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. **(Colossians 3:1-3)***

In the goodness of God, he has arranged things so that we are able to use our minds to understand and enter the wonder and abundance of a life with God in his kingdom. As we set our minds on things above, not simply on earthly things, our belief grows as we "taste and see that the Lord is good."

At this point, It may be worth noting that the only definition for eternal life in Scripture is found in John 17:3: "And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent." Jesus is the way to the knowledge of God for us, it is available to us through what he teaches about God, and we can grow in our experience-based knowledge through apprenticeship to him.

Now the place where we must begin is with our mind. Your mind is the most important thing about you. This is why it degrades people when they are categorized or treated in specific ways based on their bodily features. This violates the central worth of a person as a mind. The body may be important, but the most important thing about you is your mind and what you choose to think about.

We may also use "heart" here, this connection is often found in the OT such as Proverbs 23:7, "For as he thinks in his heart, so is he," and 1 Chronicles 22:19 (NRSV), "Now set your mind and heart to seek the LORD your God."

So then the ultimate freedom we have as individuals is the power to choose what we will dwell upon and think about. It is where you focus your thoughts that greatly affects everything else that happens in your life and evokes the feelings that frame your world and motivates your actions.

Practice: *Over the course of your next week take note of the times you feel fearful, frustrated, and angry. Ask yourself: "What have I been choosing to dwell upon in my thoughts?" or maybe, "What have I honored as important in my heart?" Consider how your thoughts align with the picture of God presented in: [Habakkuk 3:16-19](#) and [Psalm 103:1-5](#).*

With the Affection of Christ,