

Youth Ministry

Morning Devo

RESET: Reset Your Body

JANUARY 10, 2020

TODAY'S SCRIPTURE

Notes/Doodles

2 Corinthians 7:1

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

Colossians 3:12-17

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

————— LET US —————
PURIFY OURSELVES
FROM EVERYTHING THAT CONTAMINATES BODY AND SPIRIT,
PERFECTING HOLINESS
OUT OF REVERENCE FOR GOD.
————— 2 CORINTHIANS 7:1 —————

LESSON

Each new year means a bunch of people make New Years resolutions to get healthier. People join gyms, start diets, and try and commit to healthier choices. The desire to take care of your body is not a bad thing. But, what does God say in terms of taking care of your body?

In scripture we don't see workout plans or salad recipes, but we do see God's call for us to "purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God." (2 Corinthians 7:1).

God calls us to purify ourselves by living holy lives that reflect God's work in us. We can never be perfect and God doesn't expect us to be - that's why we need Jesus! But we must try our best to live holy lives.

What does this look like practically speaking? The passage in Colossians gives us some ideas: acting with love, kindness, and forgiveness; spending time in scripture; practicing peace and thankfulness. Of course, there are other ways, too - staying away from sin and praying are also ways we practice holiness.

When we ask God for help in leading a more holy life, that makes Him happy, and the Holy Spirit helps us along the way! Pursuing holiness is not about checking off a list of "good spiritual things", but about getting closer with God and living in a way that reflects our relationship with Him! By doing this, our lives will be changed for the better because we are becoming more like who God created us to be.

REFLECTION QUESTIONS

1. In your own words, what does it mean to be holy?
2. What do you think it means to rely on God's help to be holy? How can you rely on God in this way?
3. Can you think of anyone who is a good example of living a holy life? How can you follow their example?
4. What is something you can do this week to live a more holy life?