

n our culture, we are confronted with a vast assortment of differing philosophies and belief systems, each claiming to be true. With so many messages competing for our allegiance, how are we to navigate through the maze? How are we to discern truth? Is there any truth?

Truth is what is real. It is not a bias, an emotion, hope or opinion. As Christians, we know there is truth to be found, if one is willing to seek God. God is the author of truth, and His Word is truth (John 17:17).¹ The key to unlocking the maze of competing worldviews, therefore, is to know the truth. Only then will we be able to discern all counterfeits.

Young men and women are more confused than ever before about their identity. Society has convinced them that they are of no value because there is no God. They are the most depressed generation that ever lived. Teaching the younger generation that God uniquely created them with great purpose and love will make a huge difference in their lives. ANCHOR OF THE WEEK

> THE CHRISTIAN WORLDVIEW IS THE WAY GOD VIEWS THE WORLD.

ESSON GDALS

- + **UNDERSTAND** the concept and purpose of the Anchorsaway program and become familiar with the practical components of the study.
- + **UNDERSTAND** the concept of worldview and its implications for life by answering the following questions:

What is a worldview? What are the Five Life Questions each worldview must answer? What are the five major worldviews?

+ UNDERSTAND the components of the Christian worldview.

WHAT IS ANCHORSAWAY?

Anchorsaway is a college-level Christian worldview educational experience. Our purpose is to encourage each student's inner transformation through the working of the Holy Spirit and equip them to confidently live out their faith in every area of life, be it on the college campus or in the workplace.

The goal of Anchorsaway is for students to live passionately, think Christianly and love others unconditionally, for the glory of God.

Each week we will be presenting a Truth of the Christian faith. We will refer to this truth as an "anchor." By the end of the course, we will have dropped up to 21 anchors depending on when you begin and end your course of study. At the conclusion of the Anchorsaway experience, most students will be anchored in their faith, prepared to defend it, and excited to go wherever God sends them to impact their culture for Christ.

The name Anchorsaway is a play on the Navy's use of the words, "anchors aweigh." According to the naval tradition, "The word 'weigh' in this sense comes from the archaic word meaning to heave, hoist or raise. 'Aweigh' means that that action has been completed. The anchor is aweigh when it is pulled from the bottom. This event is duly noted in the ship's log."² When students have completed the Anchorsaway class, their anchors are raised (Anchors Aweigh!), their sail set (*Figure 1*), and God navigates their boat to the point of His choosing.

FIGURE 1:

For whom is this class designed?

- It is for any interested student. We want our students to not just survive the next season in life, but to thrive as they live out their Christian faith with confidence.
- >> It is for those who have no faith in God, but are sincerely seeking Him.

Matthew 7:7-8 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

- » It is for those who have a lot of questions and need honest answers.
- It is for those who are Christians, but are tired of playing the "Christian game." It is for those who think they know all the answers (about the Bible, Jesus, the sovereignty of God, etc.) but still don't feel like they really know God.
- >> It is for those who are strong in their faith, but want to grow deeper in their relationship with God.
- It is for those who are exhibiting behavior that is causing guilt and shame. This class will help you learn how to deal with your feelings and move beyond the guilt and shame to a life with hope and purpose!
- » It is for those who want to know God's will for their life.
- » It is for those of you who want to have a positive, proactive college or work experience.
- It is for those who want to learn more about what other people believe and how to impact their lives positively. To do this we must learn the foundations of our faith, live out our faith on a daily basis, listen to others as we develop relationships, love unconditionally, and be prepared to lead others into a relationship with Jesus Christ.
- It is for those who want to have a clear understanding of Christianity and how to effectively communicate their faith with others 'Figure 2). God does not subscribe to Christian Clusters. Groups of Christians who only seem to care about their own spiritual needs are not carrying out the great commission. God calls us to be light to a very dark world (Matthew 5:14-16).

FIGURE 2

APOLOGETICS

[uh-pol-uh-jet-iks, n.]

The discipline which deals with a rational defense of Christianity; giving a reason or justification of one's beliefs; use of evidences and sound reasoning to reach individuals for Christ

1 Peter 3:15

"But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect..."

Why Anchorsaway

It is important to have a firm understanding of the Christian faith. Why?

According to Josh McDowel and his survey of evangelical students:

- » Only 2% of evangelical students are able to give a reason for the reason that they believe.
- » Only 9% believe in a moral value system.
- » 2-6% live out their faith in everyday life.
- » Up to 80-90% will lose their faith by the time they graduate from college

The world will not listen to you until you demonstrate to them that you are consistently living out Christ in all areas of life. When people see you, they will see your God...and that is as close as some of them will ever get to church (*Figure 3*).

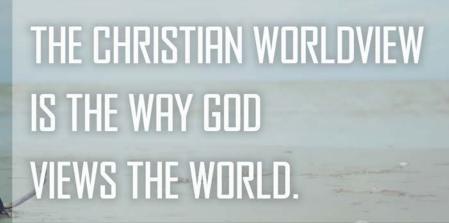
FIGURE 3:



ANCHOR OF THE WEEK

ANCHOR

Each week a biblical truth, or anchor point, will be presented. This week's anchor is:



WHAT IS A WORLDVIEW?

"All thinking men are atheists." - Ernest Hemingway ³

What is Hemingway saying here? Any "thinking" person will recognize that God does not exist, and therefore, anyone who does believe in God is naïve and unsophisticated. Hemingway's idea is very popular and is one that you will hear many of your college professors promoting.

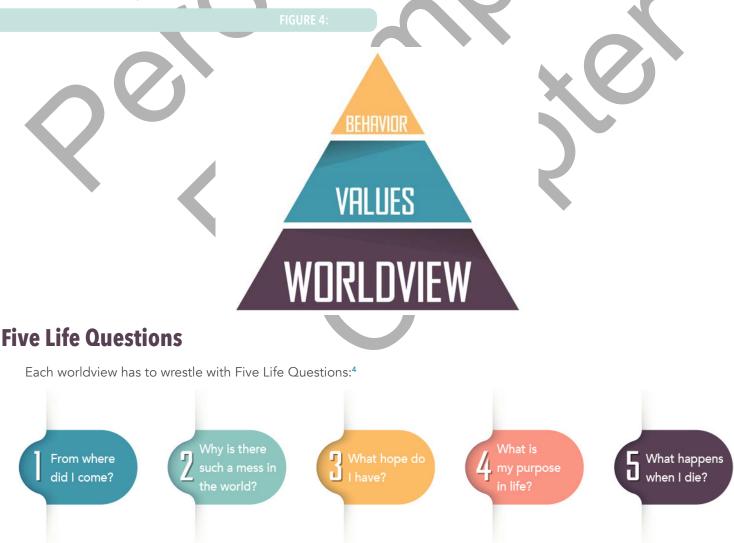
Contrary to Hemingway's assumptions, Christianity is not a religion for the simple-minded. Christianity is real and rational and can be defended against all ideas that would come against it.

So what is a **worldview**?

- » It is the way in which one views the world.
- » It is an understanding of how the world works and one's purpose in the world.
- » It is the basic set of beliefs by which one explains the world, interprets circumstances and lives his/her life.
- » It is the foundation from which one lives, views life, thinks and responds to the world in which he/she lives.

Everyone has a worldview which influences their decision-making in life. The good and bad news of a worldview is that your worldview can change (*Figure 4*).

Each week we will be discussing aspects of the Christian worldview, as well as other worldviews. We will discover how they impact culture and how we can speak into the lives of people who support worldviews different from ours, with gentleness and respect.



Five Major Worldview Belief Systems

The Five Major Worldview belief systems (Figure 5) are

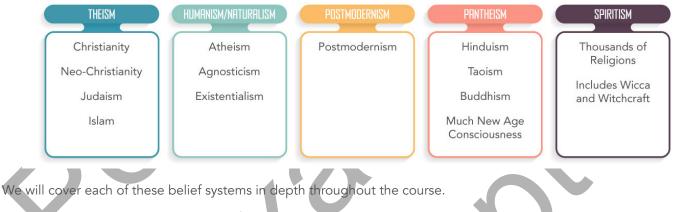
- » Theism
- » Humanism/Naturalism
- » Postmodernism
- » Pantheism
- » Spiritism

Theism is one of the Five Major Worldview belief systems, and includes the following religions:

- » Christianity
- » Judaism
- » Islam

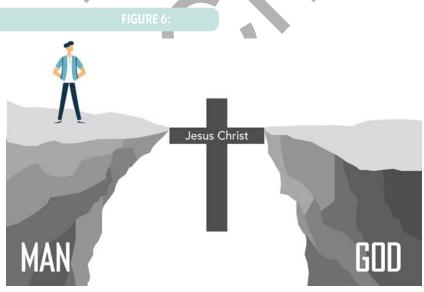
FIGURE 5

FIVE MAJOR WORLDVIEWS



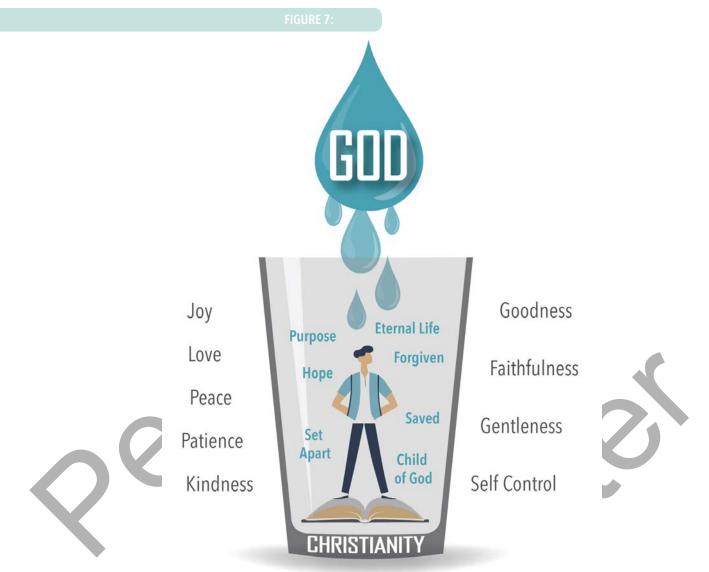
THE CHRISTIAN WORLDVIEW

Christianity rests on the belief in the God of Scripture who created the universe and everything in it. The Bible is the foundation of the Christian worldview. God has revealed Himself to man through the person of Jesus Christ. God, because of His desire to be in relationship with mankind, built a bridge to us. That bridge was the cross (*Figure 6*).



WHAT IS THE CHRISTIAN WORLDVIEW? | 7

The person who responds to the leading of the Holy Spirit and believes that Jesus died for the sins of the world and rose again (proving His deity), is a Christian. When the Christian chooses to allow the Holy Spirit to guide him/her, the fruit of the Spirit will overflow in his/her life (*Figure 7*).



Key Characteristics of the Christian Worldview

- » The Bible is the inerrant, inspired Word of God and is the "handbook" for living the Christian life.
- » God created the universe and everything in it.
- » God is a personal Being who has revealed Himself to man (through the Bible, Jesus, and creation).
- » Man is sinful from birth, and therefore unable to be in a personal relationship with a holy God.
- The relationship between sinful man and a holy God is only restored through the redemptive work of Jesus Christ (through His death and resurrection).
- » Salvation comes only as a gift from God, not through man's good works.
- » Because Christ died for us, we have the privilege of living for Him by imitating God, through the Holy Spirit, in all we do, say, and think.

The Christian worldview untangles us from the world, because the Christian worldview is the way Jesus sees the world (*Video 1*). Now is the time for us to change the way we think, the way we see the world, and the way we respond to it. Living with a Christian worldview means living with God as your foundation for how you think, speak, write and interact with others.

Video 1: The Christian Worldview



The Christian Worldview and The Five Life Questions

How does the Christian worldview answer The Five Life Questions?

1. From where did I come?

The universe and everything in it was created by the personal Creator, God. First the heavens, the earth, and then best of all, He created YOU! (*Figu.* 8)

IGURE 8:



Psalm 139:13-14 "For you created my inmost being;you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made;your works are wonderful, I know that full well"

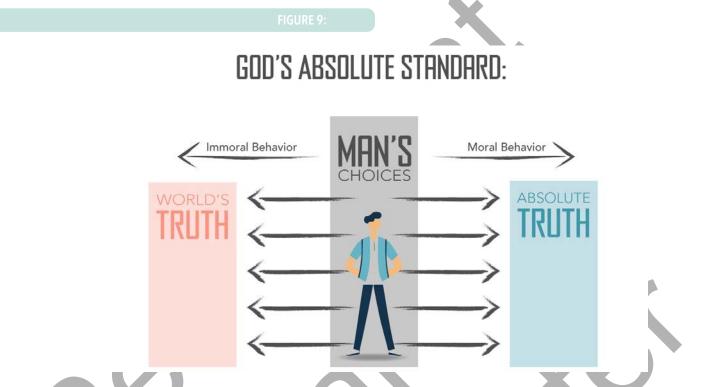
Genesis 1:27 "So God created mankind in his own Figure, in the Figure of God he created them; male and female he created them.

What does it mean to be made in the "Figure of God?" We have a soul, intellect and reason, a value system, choice, a purpose for living to glorify God, not self, by putting others first while loving others and receiving God's love.

2. Why is there such a mess in the world?

When Adam and Eve rebelled against God, sin entered the world. As their descendants, we have all been born with a sinful nature, separating us from fellowship with God. Our natural tendency is to live to please ourselves, instead of living for God (Genesis 3; Romans 3:23, 5:12).

God's character reflects His unchanging moral standard for the world, the standard which defines right and wrong behavior (*Figure 9*).



When we choose to disregard God's standard for us, we invite trouble. The Bible tells us that "after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death" (James 1:15).

Each arrow in *Figure 10* represents a person's moral behavior heading in any direction they choose. When we ignore God's standard, our sin will eventually lead to moral decline and, ultimately, to chaos.

HOURE 10: H WORLD WITHOUT GOD = CHAOS CHAOSE CHAOSE

How have you seen chaos in your own lives and in the lives of your friends?

We see the effects of sin in our culture today in many ways. Next are examples of how sin has affected different areas in our culture. You will note that under each, the breakdown of moral absolutes is stated and followed by something that is being done to try to turn the tide of disobedience to God's standards.

Prayer in School

One's religious beliefs, including the freedom to pray in school, used to be protected. Today, students are prevented from praying in school or even saying a public prayer at a school football game or a graduation.

In 1990, a group of thirty students met together in Burleson, Texas, and became burdened for their friends and their schools. They went to three different schools, gathered around the flag poles and began to pray. The vision for what the students did spread to neighboring states. At 7:00 a.m. on September 12, 1990, more than 45,000 teenagers met at school flagpoles in four different states to pray before the start of school. Now, more than 3 million students from all 50 states participate in SYATP (See you at the pole). Students in more than 20 countries now take part.⁵ In places like Canada, Guam, Korea, Japan, Turkey, and the Ivory Coast, students are responding to God and taking seriously the challenge to pray. Is it not amazing what God can do through a few students who want to make a difference?

The Ten Commandments

The founding fathers of the United States understood moral absolutes and the necessity of the Ten Commandments. They encouraged not only their display, but also their incorporation into the lives of the people.⁶ Today, however, a battle rages not only for the mere display of the Ten Commandments in the public arena, but also whether or not people are expected to honor and live by them.

Were the founding fathers of the United States believers in God? Around the House Chamber, you can see near the top of the walls a row of the world's law givers, and each one is facing one in the middle who is facing forward with a full frontal view — it is Moses and the Ten Commandments (*Figure* 1)! As you enter the Supreme Court courtroom, the two huge oak doors have the Ten Commandments engraved on each lower portion of each door. As you sit inside the courtroom, you can see the wall right above where the Supreme Court judges sit – a display of the Ten Commandments!

There are Bible verses etched in stone all over the Federal Buildings and Monuments in Washington, DC.

James Madison, the fourth president, known as "The Father of Our Constitution," made the following statement, "We have staked the whole of all our political institutions upon the capacity of mankind for self-government, upon the capacity of each and all of us to govern ourselves, to control ourselves, to sustain ourselves according to the Ten Commandments of God."

Movies

Prior to 1968, the generally wholesome nature of movies did not require a rating system.

Since then, there has been a decline in the moral content of movies (language, violence, sex, etc.). The rating system has been adjusted to make these kinds of movies available to younger and younger audiences.

Music

In music, especially the popular radio and pop songs, the lyrical content has gone from a certain carefree innocence to endorsing drugs, alcohol, vulgarity, cheap sex, etc.

In 1953, one of the top ten songs in the country was "The Doggie in the Window," by Patti Page. What are the top ten songs today? Are they reflective of a moral value system?

Television

By today's standards, the offensive content that resulted in the first act of public censorship in 1944 seems hardly worth noting. Since that time, we have seen a subtle pushing of moral boundaries, so that today's television programming brings unlimited access to complete moral depravity into our homes and on our mobile devices.

Sadly, today there is no Christian program on Prime Time Network TV. There are Christian television stations, and occasionally a Christian feel good story that makes the national or local news. While Christian programming is not allowed, programs that are often saturated with homosexual relationships, the occult, sex, extreme violence and crude language are allowed and encouraged.

Pornography

Today the sight of pornographic images is commonplace. Pornography continues to wreak havoc on our culture. Worldwide Pornography Revenues were estimated at over \$97 billion, with the United States totaling \$10-12 billion.⁷

"The pornography industry is larger than the revenues of the top technology companies combined: Microsoft, Google, Amazon, eBay, Yahoo!, Apple, Netflix and Earthlink."

More internet pornography statistics (Figure 2):

IGURE 12:





8%



28.258 internet users are viewing pornography

IN

72 internet users are typing adult search terms into search engines

THE

3. What hope do I have?

God's Son, Jesus Christ, came to earth to die on the cross for our sins. He was raised to life again, so that if we believe in Him, we can have a personal relationship with God (John 3:16; Romans 10:9-10; I Corinthians 15:3-4). We become His children and receive salvation, through Jesus Christ, as a gift of God's grace, not because of anything we have done (Ephesians 2:8-9).

4. What is my purpose in life?

Your purpose on earth is to love God, to love others unconditionally, and to live life to the fullest (Matthew 22:36-40; John 10:10).

Your goal is to imitate God in what you do, say, and think. As you live my life in Christ, you can, through the leading of the Holy Spirit, be a part of leading others into a relationship with Jesus Christ. We also work for the renewal of our culture so that justice and righteousness will reign here on earth (Genesis 1:28).

5. What happens when I die?

Those who believe in Jesus Christ will live forever with Him in heaven (John 3:16, 14:2-3; Revelation 21:1-4).

CONCLUSION

"I believe in Christianity as I believe that the sun has risen, not only because I see it, but because by it I see everything else." — **C.S. Lewis**

At its heart, the Christian faith is about transformation, both in one's personal life and in our culture. The Christian worldview should influence every facet of our lives and cultivate within us the desire to reach our world with the truth of

the gospel.

The Christian worldview is the only worldview that can answer the five life questions with reason, truth, and proof! Taken to fruition, the Christian worldview is the only worldview that leads to life! We will be studying the four major worldviews that you will see played out daily on a college campus or in the workplace. You will be shown how they answer the life questions. Will they answer them with reason, truth, and proof? Will they ultimately lead to life or death?

When it comes to defending our faith, 1 Peter 3:15 says, "always be prepared to give an answer to everyone who asks..." A grounded understanding of the Christian worldview, therefore, is critical if we are to be able to constructively engage those who hold different worldviews. The better we know our own Christian worldview, the easier it will be for us to recognize those who make false claims regarding truth. By knowing and living out the Christian worldview we will be able to defend our faith when it is challenged by others. Remember that this should always be done with gentleness and respect.

We are all at different points along the spiritual path, and that's okay. The most important thing is that we continue to take the next step on the path that God has planned for us. Hopefully, Anchorsaway will play an important role in your journey. Godspeed, fellow travelers!

t REVIEW QUESTIONS

- 1. WHAT DO WE MEAN WHEN WE USE THE TERM "WORLDVIEW?"
- 2. WHAT DO YOU SEE AS THE GOOD NEWS OF THE CHRISTIAN WORLDVIEW?
- 3. CAN YOU TELL ME SOMETHING ABOUT THE CHRISTIAN WORLDVIEW?
- 4. WHAT ARE THE FIVE LIFE QUESTIONS EACH WORLDVIEW MUST ANSWER?
- 5. HOW DOES THE CHRISTIAN WORLDVIEW RESPOND TO EACH QUESTION?

REFERENCES

- 1 All Scripture passages come from the *NIV Study Bible*. Grand Rapids: Zondervan, 1995. (unless otherwise indicated)
- 2 "Anchors Aweigh," U.S. Navy 15 September 2009. Accessed online: <u>http://www.navy.mil/navydata/nav_legacy/asp?id=191</u>
- 3 Hemingway, Ernest. A Farewell to Arms. 1929; New York: Scribner's, 1995. 8.
- 4 Colson, Chuck and Pearcey, Nancy. How Now Shall We Live? Wheaton, IL: Tyndale House Publishers, 1999 xi, xiii.
- 5 SYATP. Accessed online: <u>www.syatp.com</u>
- 6 Federer, William J., American Minute. Accessed online: <u>www.americanminute.</u> <u>com</u>
- 7 Fight the New Drug. 20 stats about the porn industry and its underage consumers. Accessed online: <u>http://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/</u>

RECOMMENDED READING

Key Sites:

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PAPER:

Biography or Autobiography of a Noteworthy Christian

Before the first class, read a biography or autobiography on a noteworthy Christian, a giant of the faith, and write a five-paragraph paper summarizing the book following the format below:

- Paragraph 1: include the book's title, author, subject and your opinion of the book
- Paragraph 2: include biographical/background information on the subject of the book
- Paragraph 3: include the subject of the book's faith
- Paragraph 4: include the subject of the book's impact on the world
- Paragraph 5: answer the question of "What will you do with this information?"

ACTIVITY:

Worldview Questions

Answer each question below. Use the scripture referenced to help with your answers.

Where do you see evidence of God's beauty? (Psalm 50:2)

Why is it so easy to be unaware of God's presence throughout the day? (Psalm 139:7-10)

What is it about being religious that might keep someone from knowing God? (Mark 7:6)

When one becomes a Christian, why isn't he taken directly to heaven? (Matthew 28:17-20)

ACTIVITY:

Video Illustration

The Christian worldview is the only worldview that can answer the five life questions with reason, truth, and proof! Select one of the four video illustration clips listed below to watch and answer the questions below:

• Autistic boy and basketball

This is a true account of how a coach's belief changed a student, a team and a school.

• <u>To End All Wars - Revolutionary Faith</u>

After being bombed by Allied troops, Ernest makes the choice to help the injured enemy soldiers.

Sara Sumpolec Freedom from Witchcraft and Conversion to Christ

The true story of Sara Sumpolec leaving witchcraft and becoming a follower of Christ.

• <u>Anorexic Girl</u>

Christian worldview accepts and loves all people no matter who they are and what they have done!

What clip did you select to watch? Why?

What makes the clip one that reflects the Christian worldview?

How was the worldview lived out in this clip?

ACTIVITY:

The Framing Exercise

Purpose

This framing exercise, is learning how to see others as God sees you. It is the heartbeat of the biblical worldview. God has commanded us to love one another well; including our family, friends and yes, our "enemies". From a human perspective, that seems like an impossible task. However, when we understand who we are from God's perspective, we begin to understand that all things are possible. Loving those irregular people in our life, including ourselves, is not only possible but extremely important as we live out our life journeys.

What is "framing"?

The idea behind framing is to see yourself the way God sees you; realizing that we are all broken and in need of God's love and grace is our starting point. The amazing thing about God is that His love for us is unconditional. He loves all those He has created the same way, He shows no favorites. Scripture is very clear on how God feels toward those whom He created. Going outside of Scripture and try to suppose how God might feel is not what this exercise of framing is all about. To interject your opinion or your bias or a short sermon is absolutely not what this exercise is about. To frame yourself is to see how God has said He sees you throughout the Scriptures via the work of the Holy Spirit.

Example

"I love you. I have loved you before the beginning of time. I put you together in your mother's womb. You are fearfully and wonderfully made. You matter to me. I made you different than all people that I have created through time. The iris of your eye, your thumb print and your DNA are unique to just you. I designed you in my image so that you can reason, be relational and be able to receive my love and love me in return. Because you believe that I loved you so much that I sacrificed my son through crucifixion to pay in full the price for all your sins, past, present and future! Because you believe, I have made you my child and sent the Holy Spirit, to live in you forever. This is not a little piece of me, but all of me. Through the work of the Holy Spirit in you, you now have access to all that you will ever need to live life to the full: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. Through me, as you read my word in the Scriptures, you will learn more of who I am, who you are and what it is I require of you. I do not want your performance as an attempt to earn my love, acceptance or acknowledgement. You already have it all. As my child, I want you to be a light of hope and encouragement to the world who needs me. I want you to love me and to love others by loving and serving them and by being ready and willing to tell them about me. Yes, I designed you with purpose to live life to the fullest extent and when you die, you will no longer experience suffering and death, but will live with me in heaven forever. "

Scriptures to Help

- Psalms 139:13-16
- Genesis 1:26
- John 3:16
- 1 John 3:2
- Ephesians 1:13
- Galatians 5:22-23
- Matthew 5:14-16
- Luke 10:27
- 1 John 3:16

DAILY DEVOTIONALS

What is the Christian Worldview? by T.M. Moore

The daily readings are intended to supplement the material presented in the lessons, to establish the biblical basis for worldview thinking, and to help students develop the discipline of allowing the Word of God to dwell in them richly (Colossians 3:16).

Begin each reading in prayer, using the suggested words from one of the Psalms to get you started. Allow the Holy Spirit to lead your prayer along the trajectory indicated by the Psalms as you prepare to read and meditate in God's Word.

Next, read and meditate on the text, paying careful attention to key words, action words, and words that stand out as important for you personally. Let the questions provided guide your meditation as you reflect on the text you have read. (All Scripture references are from the English Standard Version, Crossway Books.)

In the journal section, complete a one-sentence thought that you can take with you into the day to help you further internalize the Word of God. Let the words provided get you started, but make the thought as personal to your own situation as you can.

Close your devotional time in prayer, beginning with the words provided and letting the Holy Spirit lead you on from there.

Day 1: Your Word is Truth

Pray:	"the rules of the LORD are true, and righteous altogether" (Psalm 19:9).
Read:	John 17:14-17
Meditate:	Who is the speaker?
	To "sanctify" means to "set apart for holy purposes." What would be some examples of "holy purposes" I might undertake today?
	How does the Word of God help me to be set apart for holy purposes? Can I fulfill such purposes apart from the Word of God?
	If God is going to be able to set me apart for holy purposes through His Word of truth, what will this require of me?
Journal:	Today my friends will be able to tell that God has set me apart for holy purposes when

Pray:	"My heart	is steadfast, O	God" (Psalm	108:1).
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Day 2: Let God Be True

Pray:	"The sum of your word is truth, and every one of your righteous rules endures forever" (Psalm 119:160).
Read:	Romans 3:3, 4
Meditate:	What does it mean to be "unfaithful?" Is this somehow related to God's truth? How?
	Does the unfaithfulness of people affect God's truth? How about when I am unfaithful to Him?
	In their unfaithfulness, people may "judge" God (v. 4), concluding that His Word is not truth. What does it mean to say that God will be true and justified in what He says, even though people may lie about Him and His Word? Do I ever lie about God?
Journal:	I want to be faithful to God's Word, so, today

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Day 3: Choose This Day!

Pray:	"Then they cried to the LORD in their troubleHe sent out his word and healed them" (Psalm 107:19, 20).			
Read:	Joshua 24:14, 15			
Meditate:	Joshua is calling the people of Israel to get serious about the Lord. Do people today serve other "gods" besides the Lord? What might be some examples of these "gods?"			
	Would Joshua encourage me to think that I could serve both God the Lord and any of these other "gods?" What would he say to me?			
	Can I say what Joshua did at the end of v. 24? What does it mean to "serve the LORD?" What is one way I can do that today?			
Journal:	Today I will have many opportunities to choose between the false "gods" of unbelieving worldviews and the God of truth; therefore			
Pray:	"You are my King, O God" (Psalm 44:4).			
Day 4: Who Loves Ya, Baby?				
Pray:	"Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!" (Psalm 107:1).			
Read:	Romans 8:35-39			
Meditate:	According to Paul, what kinds of things are God's love for me stronger than? Are these things able to make God stop loving me?			
	Let me see if I've got this right: The God whose Word is true, even though everyone else is lying and serving false "gods," this God keeps loving me even through tribulation, distress, danger, and all the rest? If He holds so tightly to me, what does that suggest about how I need to respond? What does that require of me? I'm going to say vv. 38 and 39 aloud. Now I'm going to say them again. Do I really believe this? Is there			
	someone I can tell this to today?			
Journal:	Today I'll probably meet someone who is distressed or troubled or otherwise bummed out. I'm going to			

tell that person...

"Let the redeemed of the LORD say so, whom he has redeemed from trouble" (Psalm 107:2).

Day 5: Set Your Mind

Pray:

Pray:	"Your people will offer themselves freely in the day of your power" (Psalm 110:3).
Read:	Colossians 3:1-3
Meditate:	Have I been "raised with Christ?" What does that mean? For now? Forever?
	I need to choose this day what to "set" my mind on. How would I explain to my friends what it means to "set" their minds "on things that are above?" What will try to distract me from that?
	My life is hidden with Christ in God, and nothing can separate me from His love. How can I keep this thought in mind throughout the day ahead?
Journal:	When I think of Jesus, seated at the right hand of God, and my life hidden with Him

Pray: "Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of righteousness; you have loved righteousness and hated wickedness" (Psalm 45:6, 7).

