



## 21-DAY FAST Devotional #2 – WHAT DO YOU OBSESS ABOUT?

By Pastor Myron D. Atkinson

We live in a culture that obsesses about a lot of things. We obsess about:

- stuff/things
- our weight
- our clothes
- being liked or being popular
- our finances
- our retirement
- the cleanliness of things
- our depression
- our fears
- our kids
- our health
- just about everything

Obsession is a very self-focused action. The word “**Obsess**” means, “*a state in which someone thinks about someone or something constantly or frequently especially in a way that is not normal.*” When we are focused on anyone or anything other than God, it’s hard to focus on what’s really important. When it’s all about us, we lose focus on **WHO** it’s really ALL about! When Joseph (Genesis 37) was young and proud and thought the world revolved around him, he learned to depend on God. God has been trying to get our attention for years to help us to learn to depend on Him. When Jesus was asked what is the greatest commandment, He replied in **Matthew 22:37 ((NLT))** “**You must love the Lord your God with all your heart, all your soul, and all your mind.**” Basically what He’s saying is that we should not only depend on Him but OBSESS about Him. Hopefully we don’t have to be thrown into a pit to learn this lesson. 😊

**Questions for today:** What are you obsessing over? What can you do to learn to depend on God and obsess about Him more and everything else less? What one step will you take today to refocus your attention?

**Prayer for this week:** Dear Jesus, I ask that you will help me to fully depend on you in ALL things! Help me during this 21-day fast to learn to live a Home Run life! I pray not only for myself, but for my church, the staff, the elders, and all the attendees that we will sharpen our vision in 2016 to know Your desires, Your heart, and Your will. Help PFWC to depend on you in ALL things. Change my heart, change my home, change my church and let it begin with me!