



Thursday Thought

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“Obsessions”

Thursday January 18, 2018

Verse for the week: 1 John 2:15 (NLT) “Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you.”

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?