

Only You Can Be You – Day 7

MOVING DAY: Surrendering the Weights

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him. (Colossians 3:8–10)

If we are to experience God's desire of fully restored lives we must surrender everything; per Erik Rees it's "Moving Day". We are to examine if there are any areas that we have closed off to God. Erik Rees shares; there may be some distractions that we are holding on to, which would keep us from being the best that God has created us be.

In the scripture verse from Colossians, Paul is teaching the church how relationships are to function; they are to be fueled by righteousness and not by giving into our fleshly nature. "Paul tells us to put off: the weights of anger, wrath, malice, filthy language, lying and all old deeds" that we practiced before we became a new man in Christ.

Often when new Christians sin, they feel as if they have blown it and want to start over; get it right! There is good news we are able to start over daily! For those of us who have been Christians for a while, we begin to acquire spiritual knowledge and our attitudes and behaviors change. Yet, there are times when life becomes so difficult that we revert back to the comfort of old ways and habits; which may lead to the return of old weights (sin). However, God gives us an opportunity to experience "moving day" all the time. We are to surrender ourselves to Him often, so that the weights will not continue to reside within us. Ephesians 4:23-24 tells us "and be renewed in the spirit of your mind. And that you put on the new man which was created according to God, in true righteousness and holiness".

Erik Rees message to us is to "survey our lives to ensure that everything has been surrendered and he urges us to open our life, heart, mind and our soul to God".

When we have fully surrendered every area of our life, God is able to use us in miraculous ways. Our old deeds, vices and sins will not hold us back from soaring victoriously. A moment of truth: there are times when we know we have changed, and we are enjoying healthy relationships but our fleshly nature resurfaces and attempts to lead us back to old behaviors.

It doesn't matter how often you go to church or read your bible, we live in a sinful world and there are temptations all around us. Be encouraged, we do not have to put off the weights alone. Help is available according to I Corinthians 10:13 "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow

you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it”.

Erik Rees ask us to prayerfully consider these questions:

- Is there anything in your life that is distracting you from becoming all that God has created you to be?
- Is there anything that is weighing you down?
- Have you given God lordship over you past, your present and your future?

Prayer:

Gracious Father, thank you for your love and for creating me. Forgive me, for the things that I have held on to, thinking that I could manage them on my own. I want to live for you and I know that I need your help. There are some areas that I have not submitted to you and I am ready to give them up today (name them). If there are others that I have not mentioned, show them to me and give me the grace to surrender everything. Lord I need your strength to fill me, so that I can let go of all the weight that is holding me back from being my best. My desire is to be the masterpiece that you have created. In the name of our Lord and Savior, Jesus Christ, Amen.