

RE-GENERATION *Devotionals*



Treasured Thoughts

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Devotional 3 - Written by Jo Mcfarlane



**"SET YOUR MIND ON THE
THINGS ABOVE, NOT
EARTHLY THINGS."
- COLOSSIANS 3:2**




READ



**HAVE YOU EVER BEEN WOKEN
BY THE BIRDS SINGING IN THE
MORNING?**

As the sun rose on this morning, the birds were the first to welcome the day with a new song. Take a moment to listen now....can you hear any birds singing outside? The seasons are changing, from winter into spring.



**I WILL GIVE
THANKS TO YOU,
LORD, WITH ALL
MY HEART!**



Can you recognise any other signs that Spring is here? Take a moment to look outside....what can you see? Daffodils and tulips are bursting into life....blossom is appearing on the trees, there is hope in the air.

Sometimes it can be easy to think about, and focus our thoughts on the things around us that are out of our control. We can think about the things we aren't able to do, and the things we don't have. I know that I can do this. Can you? When I think about what I don't have, I easily forget what I do have!!! I miss out on the treasure of the day.

For example, I can miss the birds singing, and the beautiful colours of the changing season around me. I can easily forget God's Goodness and Love for me, and I can become discouraged and downhearted.

Our scripture today tells us today, we are to...

“Set our minds on things above”

How can we think about these things, and not focus on the other things?
I believe **Psalm 103:2** helps us find the way here.

Turn to it in your Bibles:

Fill in the gaps:

“ _____ the Lord, and _____ not all his benefits.”

So we are to Praise the Lord, and remember all the good things he has done! We don't have to be in church to praise Him.....We can praise The Lord in our bedrooms, our gardens...we can sing to him from the kitchen (or even in the shower!) We can be with our families, or by ourselves. Our Praise could be a song, or it could be declaring “God is Good!!”.

When I open my mouth and Praise God, something amazing happens within me....I start to remember who HE is! I remember that He is Lord of every situation and season. I remember that He is with me and He loves me. I begin to forget what I had been thinking about. Joy bubbles up inside me, and I feel like dancing and jumping. My heart becomes thankful, and if I have been feeling sad, I become hopeful. I start to thank God for every blessing and goodness in my life, my family and friends, my church and my home.....and the list goes on!

And then I remember the Love that Jesus showed....that Jesus Loves me...and Jesus Loves YOU! This Love is perfect and complete. Jesus showed this love for us when he died on the cross, so that our sins could be forgiven. Everything we have done wrong (and will ever do wrong) can be forgiven!!! This makes me want to jump right now! But it doesn't stop there...Jesus rose from the dead after 3 days, and he is ALIVE! Jesus wants each one of us to know him as our Saviour and Friend. He wants to be with us in the stormy times, He hears us when we call out to Him, and He is Good...ALL THE TIME! This, my Friends, is something to dance about!!!

The God that we share our cares with, is the Awesome God who created the universe!! He can answer our prayers....HE IS ABLE!!

Look at Philippians 4:7

**What does God promise to us when we share our hearts with Him?
P....CE**

WHAT DOES THIS PEACE FEEL LIKE?

To me, peace feels like that calm sea in Galilee, with the sun shining and the gentle waves. The world around us can be stormy and uncertain, but peace lives in our hearts, and it is a gift from our Lord Jesus. Praise you!!

★ACTIVITY★

NOW IT'S YOUR TURN...

*Ask for a parent to help if you need to...

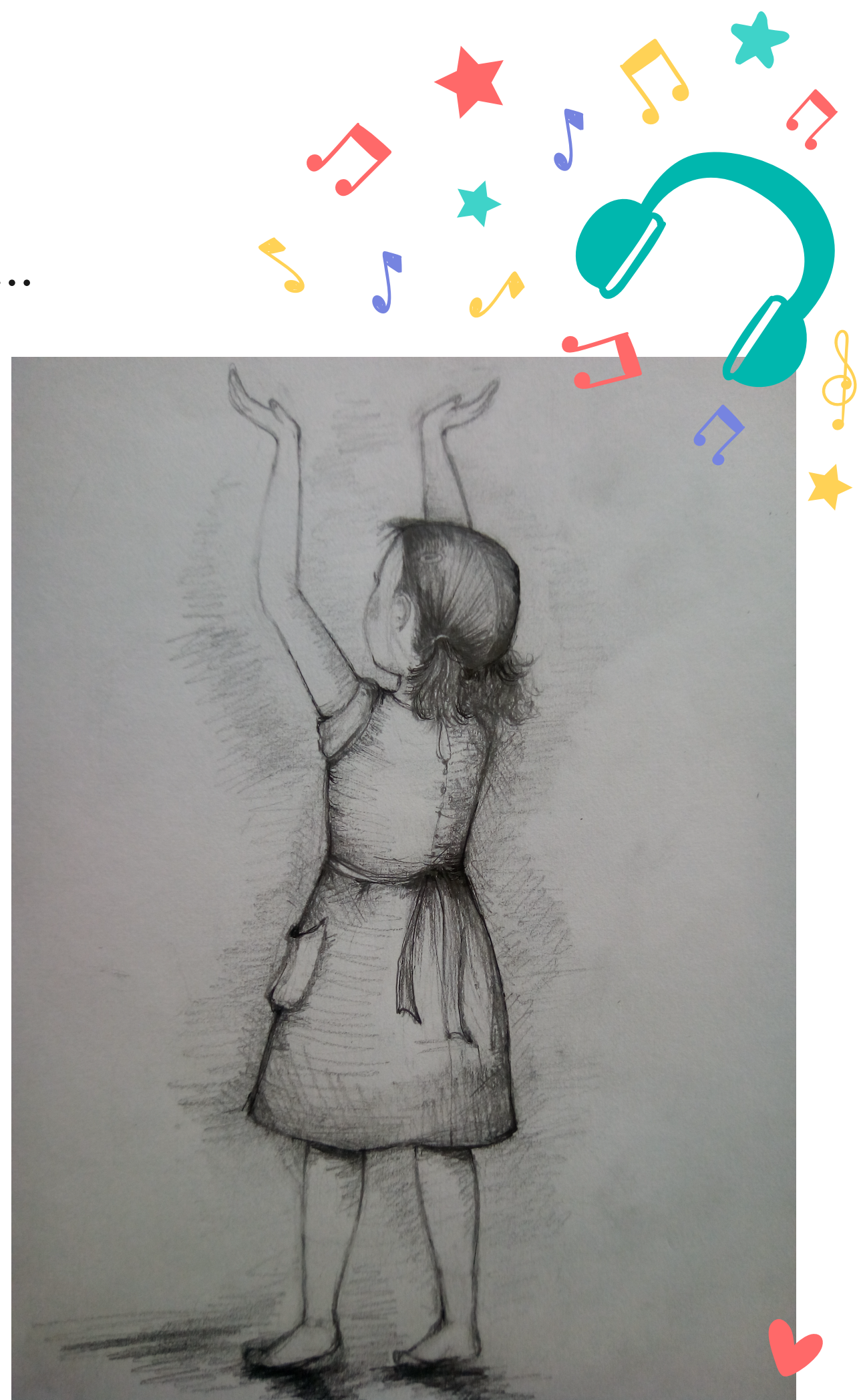
Find some Praise music that you know and can sing along to (there is the Garment of Praise CD on the App....this is perfect). Find somewhere in your home with plenty of room for you to jump and sing. And....despite how you may feel right now..PRAISE GOD!! Thank Him and offer Him praise...dance a crazy dance and ask your family to join in (if they can!!).

When you have spent time Praising God and remembering all He has done (and is still to do!), make a list of all the things you are grateful for. Gather up some pictures of happy family times (maybe a beach holiday or a Birthday party). Ask your parents if you can make a space (maybe on your fridge) where you can put your list and pictures for everyone to see. You can add pictures you may have drawn of friends and loved ones, maybe you have pictures of your favourite season....(or food!)

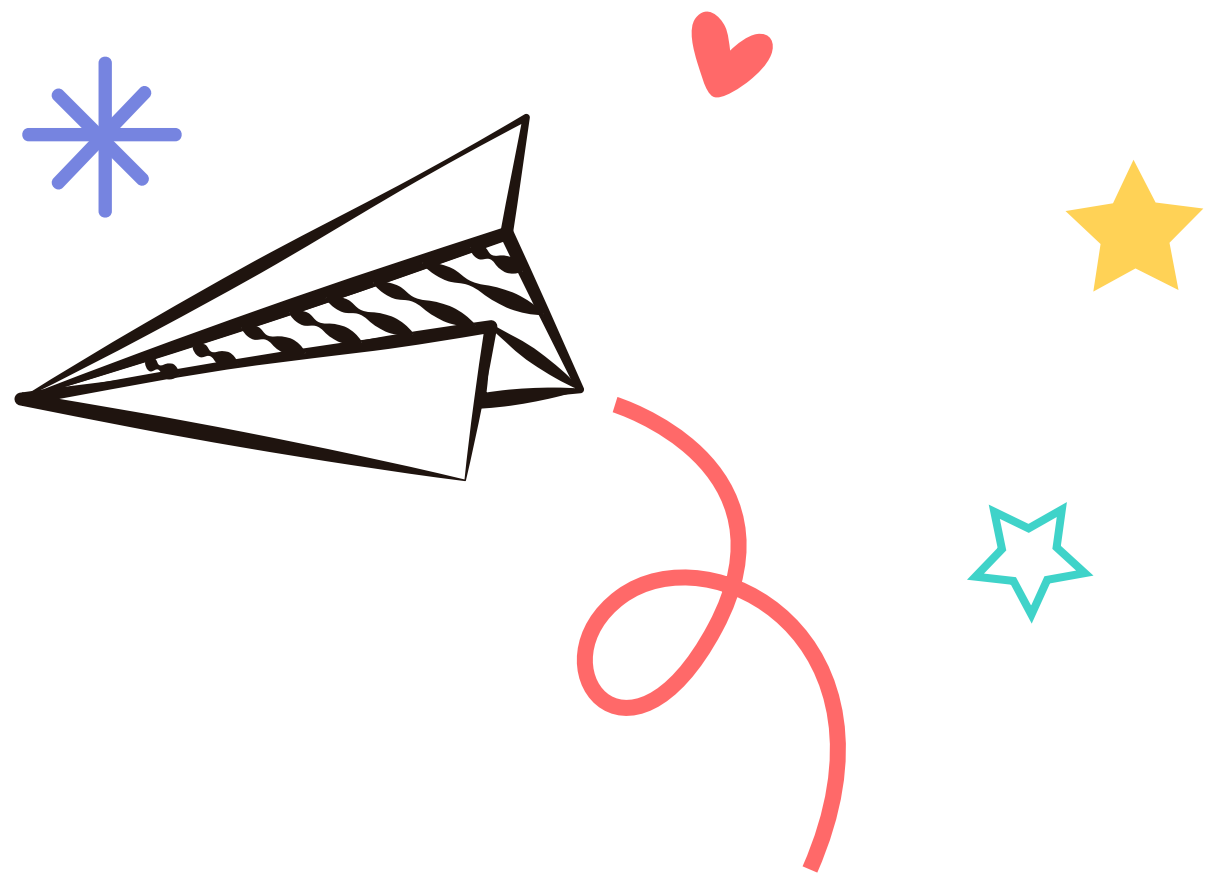
★PRAYER★

★LET'S TALK TO GOD...★

Thankyou Lord for everything you have blessed me with. Please help me to remember ALL you have done for me. I Love You Lord. ★



Devotional Downloads



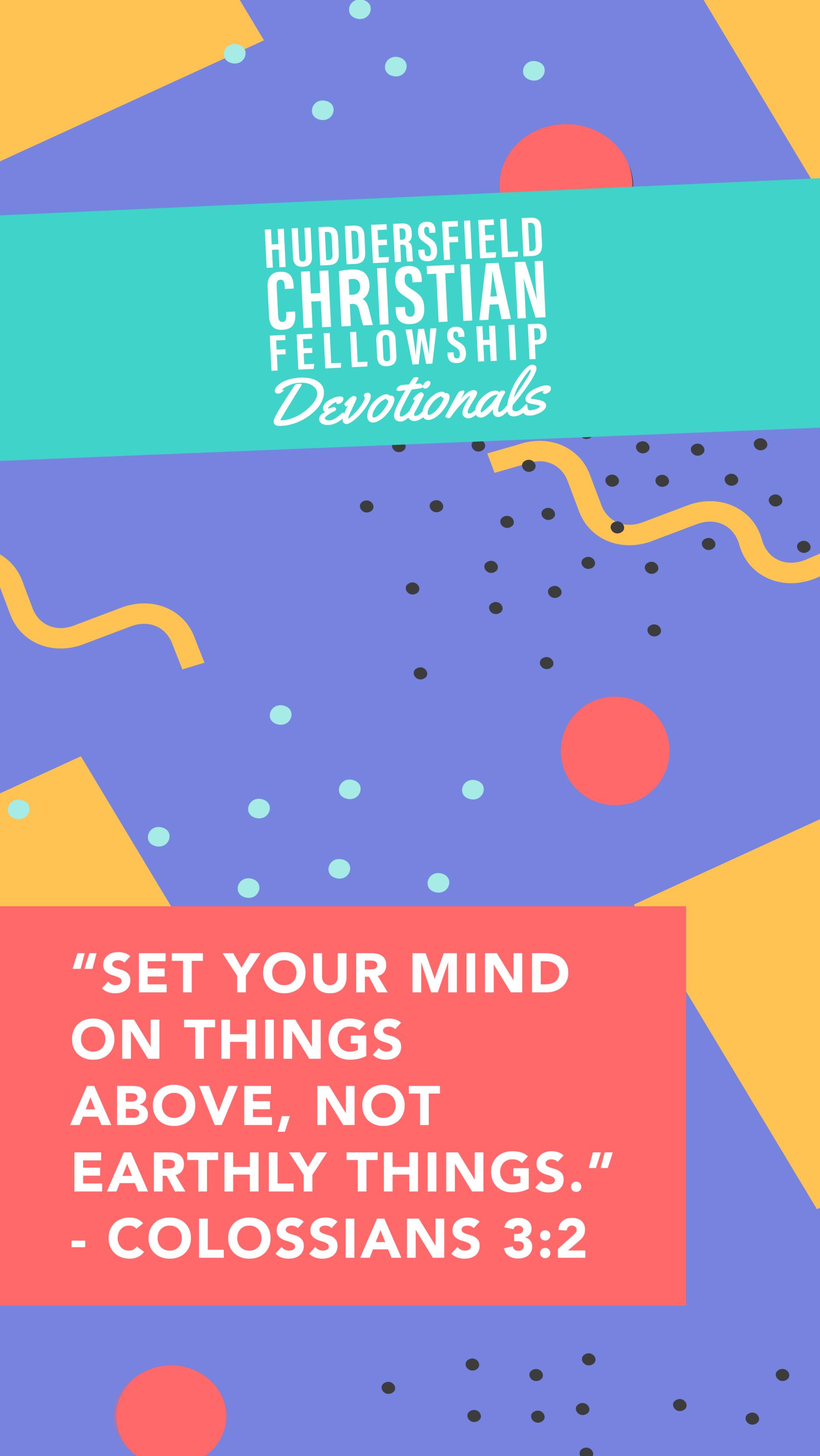
Download this new cover image for your phone or tablet to remind you to think on all the good & the promises of the Lord!



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**HUDDERSFIELD
CHRISTIAN
FELLOWSHIP**



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