



WEEK 3: REPLACE

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WEEK 3 CHALLENGE

REPLACE

Seek Christ this week to replace the void that the “lesser things” inhabited in your life. Instead of placing your hope in some other thing that cannot fully satisfy, focus your gaze and your hope for the future on Christ.

In Ephesians 4:22-32, Paul states that part of our sanctification (the process of becoming more like Christ) is to put off the old self (the sinful self) and all that our sinful nature desires. We are then to replace the old self and things the “old self” liked to do with the new self, which was “created to be like God in true righteousness and holiness” (Eph. 4:24b). Examples of actions and attitudes of the old self are lying, hurting others in our anger, stealing, tearing others down with our words, being overcome with bitterness, rage, anger and malice. Examples of actions and attitudes of the “new self” are speaking truthfully, working for what we have, sharing, and showing kindness, compassion, and forgiveness.

This “Put Off/Put On” way of living means that when we are faced with a sinful desire, action, or attitude we can choose to put off the “old self” (former things or ways of the sinful nature — finding hope/worth/value/meaning/purpose in the wrong things) and choose, instead, to put on the “new self.” If we try to release something in our lives without filling the gap or void it leaves behind, the old ways will come right back to us. We need to release our hope in the wrong things while filling ourselves up with the right thing — the Person of Christ.

DAY 1: STILLNESS & WAITING

Today is our day of stillness and quiet to enjoy God’s presence. He is with you today. Sit with Him, even if just for 5-10 minutes.

Ask Him to show you how you can seek Him more fervently in your daily life. Ask Him what it looks like to chase after Him with abandon. He longs to show you how to follow Him more fully. Ask Him. He will show you.

Prayer:

“Lord, I have surrendered my hope in _____ to Your lordship and long to replace that void with more of You. Show me how to chase after You and seek You alone for my hope and security. Help me to

learn “the secret of being content in any and every circumstance. . . . I can do all things through Christ, who gives me strength” (Phil. 4:11-13). Only You, Lord, can bring me joy. It’s in Your presence that I find complete satisfaction, worth, and validation. You LOVE me AS I AM. I don’t need to strive for anything to earn Your attention or affection. YOU LOVE ME RIGHT WHERE I AM. I seek You in the quiet today and trust You will show me how to seek You alone for my hope. Amen.”

Enjoy your time in God’s presence!

DAY 2: WORDS OF TRUTH & PRAYER

Hebrews 12:1b-2 “Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

Ps. 16:8 “I have set the Lord always before me. Because he is at my right hand, I will not be shaken.”

We are learning to throw off the weight of the sin that entangled us — our hope in lesser things, and now we are going to fix our gaze on Jesus, running after Him to know Him more and place our hope in Him. We can choose to make Him the center of our focus or we can choose to run after lesser things that will not satisfy. If you find yourself steering off course and running toward those other things, veer back to the path that leads to Jesus. It will be a daily giving up of our earthly desires and choosing Jesus until we are made perfect in heaven.

Prayer:

Heavenly Father, I am so grateful that You are WITH ME ALWAYS! I will not be shaken when I am firmly grounded in Christ, my solid foundation.

Today I choose to hurl away anything that comes before You as my true desire. I am placing my affections, my heart’s desire and attention on YOU and not on “lesser things” of this earth that are not worthy of my hope. I will set You before me and chase after You.

I love You, Lord. Help me to love You even more today. Amen.”

DAY 3: DIGGING DEEPER

Today we will brainstorm practical ways to seek Christ in our daily lives.

I remember people saying to me when I was in high school to seek God. It felt like this confusing, vague command. I remember thinking, “What does that even mean? What does that practically look like? How do I do that daily?”

Seeking God is not just an action, it’s a state of being, thinking, and living out our lives. We are created for and called to worship God with our lives. Worship is living in a way that shows our delight in and affection for the Lord. We can do all the right actions, acts of service, and spiritual disciplines and get so busy DOING for God without a heart of worship that we totally miss the relationship with God in the process. So how do we live in obedience to seek God in all things? Here are a few ideas:

- Live your day with an attitude of prayer. Offer prayers to God throughout the day as if he was a friend hanging out with you all day. (He is to be revered as holy and awesome, but He is also your friend.)
- Before spending time with Him, ask Him to show you how to seek and love His word. It is through the Bible that He speaks to us. We seek Him by reading, meditating on, and memorizing scripture.
- Pick a verse from scripture to memorize this week. Write it on a notecard, and post it somewhere you will see it or carry it with you all throughout the week.
- Get plugged into a small group or Bible study to dive deeper into scripture and learn how to apply scripture to your daily life.
- Go about your daily activities at work, school, and home with the knowledge that God is gazing on You during the day and honors your obedience in your daily living.
- Make an intentional effort this week to think about God throughout your day. Think about who He says He is and what His names mean. Think about all He has done for you.

What is one thing you can do this week to pursue Christ with more fervor, passion, and focus? What will you do to “fix your eyes on Jesus, the author and finisher of our faith”?

DAY 4: MIDWEEK ACCOUNTABILITY

How are you doing with daily seeking after God? Are you struggling to know how to do that in the midst of the cares of your daily activity and work? Have you been able to fix your eyes more on Christ rather than on things that will not satisfy?

Find ways to bring God, rather than yourself, glory and honor. How can you seek God in your daily pursuits and even mundane activities. Your actions and attitudes will reflect your heart.

Share with a close friend, mentor, or accountability partner how you are choosing to seek the Lord in your daily life and how you are seeking to crowd out the noise and chaos of the lesser things that seek to pull you away from running after Christ. If you need help understanding how to seek after God daily, ask them to help you figure out what that looks like for you.

Here are a few examples of ways you can pray asking God to help you to seek him in your daily life.

- *“Lord, help me to bring you honor as I clean my bathroom and take care of my home to show love and care for my family. Be glorified in even simple mundane activities.*
- *“Lord, help me to study and do my best on this test to bring you honor. I want to work and live in excellence, so I can reflect you to others, not to bring myself recognition and validation but to bring You glory.*
- *“Lord, help me to seek You as I go to work today. Help me to treat others I see in my workplace with respect and love out of reverence for You.”*
- *“Lord, please give me eyes to see you working around me. Give me ears to hear You speak to me through Your word, through my interactions with others, through lyrics in music, and in your creation all around me.*

DAY 5: WRITTEN PRAYER

You might even consider reading back your written prayer to God in a posture of humility (kneeling or bowing before Him).

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 6: MEDITATION

Sit in silence or with your worship music playing and meditate on one or two of these truths.

Truth Statements for Meditation

- In everything, I am pursuing Christ.
- “You are my Lord; apart from you I have no good thing” (Ps. 16:2b).
- “I have set the Lord always before me. Because he is at my right hand, I will not be shaken” (Ps. 16:8).
- “But seek first the kingdom of God and his righteousness, and all these things will be given to you as well” (Matt. 6:33).
- “Some trust in chariots and some in horses, but we trust in the name of the Lord our God” (Ps. 20:7).
- I am made complete only in the presence and love of my Heavenly Father.
- Complete satisfaction is only found in God.
- I choose to run with patience the race set out for me with my eyes fixed on Jesus (paraphrase Heb. 12:1b-2).
- “Oh God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you in a dry and weary land where there is no water” (Psalm 63:1).

DAY 7: REFLECTION & THANKSGIVING

Reflect on this past week and the work God is doing in your life. Offer up a prayer of thanksgiving for how He is molding and shaping you to become more like Himself (more “holy” or “set apart”).

Prayer:

“God, I thank You that you desire for me to know You more. You aren’t sitting back trying to make it hard for me to understand Your word. You want me to know You and to know Your will for my life. You sought after me, and I choose to seek after You. Thank You for graciously staying with me and never leaving me. I have chosen to seek after You this week, and I have enjoyed spending time with You and getting to know You more. Help me to be more like You. I long to place my hope in You alone and to continue to throw off any lesser thing that consumes my mind and affections. I know only You are worthy of my hope. Amen.”