

EAT THISBOOK



WEEK ONE

DAY ONE

Colossians Ch 1

Content

In this book, Paul combats the deadly lies of Gnosticism, a belief system that states you can discover truth & a great life through special knowledge & rigorous discipline. Paul refutes this lie! He forcefully argues that it is through Christ we gain a wonderful life & know liberating truth.

In Ch 1, Paul focuses on the supremacy of Christ, the Son of God who above & beyond all.

Reflections

Consider vs 15 – 20 & reflect on the greatness of Christ.

Strategic prayer

Pray Paul's powerful prayer in vs 9-14.

DAY TWO

Colossians Ch 2

Content

Paul is deeply concerned for the well being of these Christians. He doesn't want them living an impoverished life of "Don't taste! Don't touch! Don't handle". Rather, he wants them exploring life as an adventure of faith & joy ... a journey of discovering Christ in all His fullness.

Reflections

Why do we revert to rules & regulations as a means of being accepted before God? How can you eliminate this bias in your life?

Strategic prayer

Father, thank you for Jesus. Thank you for His life, His death, His empowering Spirit.

DAY THREE

Colossians Ch 3

Content

Paul challenges these believers to live as holy people, people of character & integrity. But not out of some special knowledge or personal discipline but out of a personal connection with Christ, "who is your life".

Reflections

Why does Paul start this section on practical living with an emphasis on Christ? What does it mean to "put on love" (vs 14)?

Strategic prayer

I decide today Jesus, to rid myself of harmful habits. I put on love, forgiving those who have disappointed me.

DAY FOUR

Galatians Ch 1

Content

Legalists in Galatia taught that certain OT laws were binding upon Christians. These folks did not deny faith was necessary, but insisted it was insufficient. Paul obviously disagreed so the legalists sought to discredit him. In chapter 1, Paul challenges this "turning away ... to a different gospel".

Reflections

What is the gospel? How important is it to receive truth through revelation?

Strategic prayer

Father, help me to know & stay true to the true gospel of Jesus.

DAY FIVE

Galatians Ch 2

Content

Paul focuses on the recognition of & the impact of his authority. He is not an apostle without revelation & thus authorization.

Reflections

Consider Paul's courage as he makes a strong stand for this gospel of grace.

Strategic prayer

Jesus, may I honour your gospel of grace by living for you, not by rules & regulations.

DAY SIX

Galatians Ch 5

Content

Paul now shifts from the privileges of grace to the responsibilities of grace – living as liberated people who are free to love God & others. He contrasts the works of the flesh with the fruit of the Spirit, revealing that a truly free person depends upon the Holy Spirit to be productive.

Reflections

Why are the attributes in v22-23 called fruit of the Spirit? What role does the Holy Spirit play in making us free?

Strategic prayer

Father, give me your Spirit. May He keep me free from rules & regulations & cause me to walk with Christ. Amen.

DAY SEVEN

Mark Ch 1

Content

Mark is thought to be the memoirs of Peter. It's an action book, rarely lingering on any one story. It has a vivid, direct style and focuses on the Christ the servant. In Chapt 1, Mark plunges us into Christ's story without hesitation or lengthy introduction. We see Jesus announced, anointed, resisting the devil and fulfilling His purpose of preaching & healing.

Reflections

Who did Jesus impact? What was their response? How does this affect the way you reach people?

Strategic prayer

Father, help me to serve you without hesitation. Increase my passion for your power to be manifest in healing & liberty.