

Focused Living:

How you live is determined by who you are!

Life is hard. This is not breaking news! Each stage of our lives presents its own challenges. At times, whether young, middle aged, or older, life may seem not simply *hard*, but *too hard to handle*. How can we live in such a world in which we find ourselves? God has the answer!

Today: Refuel, so that you remember, relax, and rejoice
in your identity in Christ!

A good prayer to begin our study:

Dear Heavenly Father, use your Word to help me understand that my identity continues to be found in you and in you alone. When I struggle with who I am, lead me to go back to your Word to refuel. Amen.

How can a good memory impact your life positively?

How can the ability to relax impact your life positively?


How can recognizing reasons to rejoice impact your life positively?

In this Bible study series, we've looked at how God's Word shows you your real identity in Jesus—and how knowing your identity helps you remember, relax, and rejoice. *But this **can't** happen without God's Word.*

Read  **Colossians 3:12-14.**

A lack of oxygen has harmful effects on thinking and life! A lack of God's Word has harmful effects on thinking and life, too! How do these verses show that it is important to have God's Word as a regular part of your life?


Many other Bible verses also explain why it is important to have God's Word as a regular part of your life. Look at a few:

 **Luke 10:38-42**

 **2 Timothy 3:16-17**

 **Psalm 1**

 **John 15:1-8**

You might realize that you haven't always been good about refueling with God's Word. What comfort does  **Colossians 3:13** have for us when we realize we've sinned by misusing—or by not using—God's Word?

When is it good to go back to God's Word to refuel?

What resources, tips, and advice would you give to someone who is looking to grow in God's Word?

Homework: Make a plan to refuel with God's Word for the next day, week, month, etc.