

**Monday, October 23 - Read Colossians 3:2.** For those folks that have a Apple devices, you have probably gotten a message that you have no more space available, either on your device or on the 'cloud.' It's amazing how quickly we can fill our 'spaces' with stuff. Whether it is our computer, tablets, phones, closet, garage, attic or minds. Throughout the scriptures God tells us over and over again, to keep him on our minds. There are many sources of mind clutter in our world: Saying yes to too many things, anxiousness about finances, modern technology, social media, and our concern over what others think of us. **Philippians 4:8 says, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever pure, whatever is lovely, whatever is admirable - if anything excellent or praiseworthy - think about such things."** The unfortunate truth is that we have so much stuff occupying our thoughts that we often don't have room to think of godly things. Charles Swindoll said, "Too much clutter in your mind leaves insufficient room for devotion to Christ. Part of emptying ourselves is to de-clutter our minds. Take some time to pray that God would reveal things that clutter your mind and then pray for God to show you how to put those things out of your mind and slowly remove them from your life.

**Tuesday, October 24 - Read Matthew 4:4.** One of the greatest ways to be filled by God is to be filled with his word. Throughout the history of Christianity, God's word has been vital for spiritual growth. Today, in the US, we have more access to God's word than any other time in history. For most of Christian history, most people couldn't read. And up until the invention of the printing press, it was very rare to even have access to a Bible. Now, it's on our phone, on our computer and in many translations and languages. But this access comes with a downside - we often take God's word for granted. Since it's so available, we neglect it. The problem is not accessibility, but information overload. At our disposal are 66 books with over 1,100 chapters and over 31,000 verses. If that seems overwhelming to you, consider what one seminary professor said, "It doesn't matter that you get all the way through the Bible, it matters that the Bible gets all the way through to you." Start reading. Somewhere. Anywhere. Read a little or read a lot. Take time to reflect on what you read.

**Wednesday, October 25 - Read Matthew 6:19-20.** The ancient Jews did not have the word "spiritual" in their language. They believed if some things were labeled spiritual, it would mean that others would be considered "not spiritual." This was simply something they did not believe. They believed that everything was spiritual. Everything, every act, and every person was somehow connected to God and therefore spiritual. Today, we live in a world that views things differently. We see almost everything as one or the other. This is a mistake. Often times, the physical is tied to the spiritual. This is why God tells us we must love Him with all of our heart, mind, soul and strength, which is another way of saying physical body. John 4:24 reminds us that we must worship God in spirit and in truth. One way to empty ourselves spiritually is to let go of physical things. Especially in our materialistic culture, our identities are often tied to our physical stuff more than we know. So to help empty ourselves on every level, we need to rid ourselves of these things. Are you willing to get rid of stuff to allow more room for God?

**Thursday, October 26 - Read Acts 18:19.** In Genesis 3, we read about the entrance of sin into the world and consequently the fall of man. You probably know the story and possibly one of the saddest verses in the bible says, "and they hid from the Lord God among the trees of the garden. For the first time, humanity hides from God. They hid because they were aware of their sin. They hid because they felt guilty and ashamed. From the very first sin, humanity hid from God and we have been hiding from him since. **Read Genesis 3:6-10.** What stands out? What do you learn about Adam? Eve? God? We too have fallen short. We too have sinned. We too feel the weight of guilt and shame. So we also hide. We hide behind facades we have created. These masks are mere projections of us. We project a certain image to people. An image we want them to see. We project ourselves better than we are. It's just our way of hiding. In order to come to the end of ourselves, we must realize that we hide. You project different images of yourself for people to see. Just being honest with that fact is a huge step toward authenticity.

**Friday, October 27 - Read Ephesians 3:17-18.** We all have our own image of God. This picture is comprised of many thoughts, ideas and emotions which make up our view of God. This image has been compromised over many years and through all our experiences. Our view of God is a very important part of coming to the end of ourselves. Take a few moments and just think about your current image of God. Be as honest as you can. Do you believe God loves you and wants to know you on a deeper level? Do you feel God is on your side or do you feel he is against you? When things go wrong in your life, do you automatically assume God is punishing you or that you did something wrong? **Read John 10:30, Colossians 1:15 & 19.** What do you learn about God the Father and Jesus? Every positive quality that Jesus possessed is also possessed by God. That means that the love, grace and warmth we see in Jesus, is from God. **Read 1 John 4:8.** This IS God's nature. Can you be authentic with him?