

THURSDAY, AUGUST 1, 2019

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LIVING IN THE PROMISE

SCRIPTURE: COLOSSIANS 3:1–11

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## A Better Mind-set

*Set your mind on things that are above, not on things that are on earth.*

Colossians 3:2

My heart is full of joy as I drive to church, eager to worship and to see friends. I'm ready to get my life back, having missed several Sundays due to recent surgeries.

Unfortunately, suddenly the traffic jams up while I'm on my way to church. My jovial mood turns to frustration. What is the problem? Why didn't I leave home sooner?

Then a police car races past and screeches up to attend to an accident on the shoulder of the highway. Quickly, I turn my mind back to where it should be for someone on her way to church. I pray for the people in the car, who are crouched along the median waiting for help. I pray for the first responders, spending their Sabbath morning rushing to rescues. I pray that next time, I won't be so quick to turn to selfish thoughts.



*Keep me in the right frame of mind, dear God: your frame of mind! Amen.*

Kathleen Long Bostrom, Carlsbad, California