



LIFE NOTES

MISSION HIGH SCHOOL | MARCH 24/25

Day 1 | Raised... Alive!

Read) Colossians 3:1. Today we focus on the first part of this verse, and on the fact that when we believe in Christ,

we are raised with Him. This is not a 'helping hand to get you back on your feet' kind of raised. It is a 'your soul was dead and He made you alive' raised. He has breathed life into you and is drawing you nearer to Him each day. Why would He do this? Read Ephesians 2:4-8. Why did God raise you?..... because *He loves you*.

Look) Remind yourself throughout your day that you are loved. Madly and crazily loved. That the God who loves you knows you better than you know yourself, all your secrets, your shame, your joy, your sorrows. He knows *you* and He loves *you* He has *raised you up*.

Journal) What is the difference between obeying out of love and obeying for any other reason? Are you more likely to listen to and follow a person who loves you rather than someone who does not know you?

Day 2 | A Heart's Position

Read) Colossians 3:1 again. The second part asks us to set our hearts on 'things above'. To consistently examine your heart by asking "Am I loving Jesus or His stuff". There will be many times that you find a need to re-align your heart - and that is part of the relationship. He loves you. He wants you to know Him. As you seek Him out and open your life to Him, you will find this personal examination and re-alignment to come more naturally. Your heart begins to align with His.

Look) Ask God to help you find places in your heart that need re-alignment.

Journal) Think of the songs that we sing on the weekend - Is there one that speaks about this heart position to you? Write the lyrics and why they seem to apply.

Day 3 | Mindful... not Mind-full.

Read) Colossians 3:1-2. To pursue a relationship with our creator... who is also the creator of everything... we need to keep our minds on Him. Not the stuff around us. Sin caused the world to fall into darkness. When our minds are on God's light, the things around us are illuminated and shown to be they what are. When our minds are in the dark though, the stuff can seem huge and then it consumes us, our energy and our affection.

Look) Ask the Spirit to guide your thoughts and to help you learn to 'set your mind on things above'. Philippians 4:8 is a good filter... examine your thoughts to see if they fit the words.

Journal) Did anything come to your attention? Areas that you need to make some changes?

Day 4 | Stirring Your Affections...

Read) Psalm 59:16, 2 Samuel 6:14. David wrote songs, sang and danced. What stirs your affections for God? Quiet places, music, meditating... what stirs your affections for Jesus?

Search my heart, and search my soul. There's nothing else that I want more.

Shine Your light and show Your face. In my life, Lord have your way.

With all my heart and all my soul, with all I am, Lord, I will follow you.

Hear my cry and hear my prayer. Draw me close, I know your near.

So with all my heart and all my soul, with all I am, Lord, I will follow you.

You took the cross, You took my shame, restored my life, now I live to worship you.

Look) Spend time doing things that stir your affections for God.

Journal) What way are your affections stirred? What would your perfect 'date' with God look like? Top of a mountain... in the midst of a concert... alone on a beach... ?

Day 5 | Not of this world.

Read) Colossians 3:3-4. We have life breathed into our souls... but the world can not perceive it. Read the words of Jesus in John 17:14-16. As Christ followers, we believe He is coming back, and then the life that we carry around in us will be revealed. The world will see and know... but at this moment in time we are 'not of this world'. If the world around you does not understand your love, your joy, your peace, patience, gentleness, self control... then you're probably doing something right.

Look) It can be difficult to 'be in the world, but not of it'. Look for some ways to encourage your brothers and sisters in Christ today.

Journal) Do you think you are perceived by the world around you as 'different'? Is it difficult to be different in this way? When/where do you just want to 'fit in'?

CONVERSATION chat dialogue Discussion

Below are some discussion questions. Spend some time talking over some of these things with your leaders, friends and family... Don't feel like you need to cover everything - just open up some conversation and allow the Spirit to lead

- Discuss obedience out of love vs. out of other reasons.
- What is your favorite worship song? Why?
- In what ways are your 'affections stirred'? When have you felt the most in love with God?
- Was there a time this week that you really felt God moved in your life?
- Was there a time this week that you felt alone and wished He made himself known?

Connect with MISSIONHS

If you have questions or would like someone to talk to this week, email Ryan at ryang@mission68.org

We would also love to hear your story - what are you learning and how are you growing closer to God and your MISSION family? Let us know on Facebook or by emailing Ryan.