**Lessons from a Lockdown**

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**Day 26**

**Colossians 3:1-4**

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

***Questions for Personal Reflection:***

1. What does “set your hearts” and “set your minds” mean?
2. What do “things above” mean? What do “earthly things” mean?
3. What is my heart or my mind set on? Did it change because of the lockdown?
4. Why should we set our hearts and minds on things above?
5. How can a person say Christ is their life? Is this true for me?

***Insight:***

It is the fact that we have been raised with Christ that gives us the reason why we should set our hearts and minds on things above. We have a different focus because of who we are. Sometimes we forget who we are and so we lose focus. We should constantly remind ourselves of who we are because of Jesus. We do what we do because of who we are in his eyes.

To “set your heart” is to “seek” (ESV), “set your sights” (NLT) “strive for” (BSB) or “keep focusing on” (ISV). What are we focused on as we live each day? Are we seeking “things above”? What we have our heart set on is shown by how we live.

But what are the things above? It is the opposite of earthly things. Most people focus on things of this earth. But our lives on this earth is not all there is. Everything on this earth is just temporary, we should focus on what is eternal. In Matthew 6:25-33 Jesus teaches that we should not worry about our earthly life, what we will eat or drink, what we will wear. Instead we should seek first his kingdom and his righteousness, and all these things will be given to us as well.

Christians are a people seeking heaven and so we live our lives on this earth following heaven’s rules. We are part of God’s kingdom where we strive to imitate Christ’s righteousness even while we are still on this earth. We should therefore not be focused on earthly pleasures but on our heavenly inheritance. Every decision we make on this earth should take into account our heavenly goal. We live each day on this earth with eternity in mind.

So every day we need to make a choice: Am I going to live according to heaven’s standards or am I following the pattern of this world?

We need to make choice because each heart can only be devoted to one thing at a time. Each mind can focus only on one thing at a time. You cannot seek earthly pleasures and heaven’s rewards at the same time.

Christ is our life. Can we honestly say that? When something or someone is our life, we spend every waking moment for that person or thing. Even in our in our sleep we are visited by dreams about that which we live for. Does this describe who Jesus is in our lives?

If not Christ, what are we living for? What wakes us up in the morning and motivates us to do what we do everyday? Life is hard. For us, what makes it worth living? For many people life is miserable because they do not know what they are living for. Some people know what they are living for: their family, their career, their possessions, their cause etc. But none of these things can sustain a life till its end. At some point everything under the sun (i.e. earthly things) is meaningless.

Only living for Christ can sustain us till the end of our lives when he welcomes us to his heavenly home. Only a life lived for Christ is worth living. That is why we focus on heaven because that is where Jesus is, who is our life.

During this lockdown and while we are quarantined on this earth, let us live our lives for Jesus knowing that someday we will join him in heaven.