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Colossians 3:1-4

Focus On Above

We should focus on what is above

1. Focus your heart on the things that are above

Col 3:1; Eccl. 3:11

What is my heart focused on?

Deep breathe, count to 4, exhale

2. Focus your mind on things that are above

Col 3:2; 2 Cor. 10:5; Rom 12:1-2

What are my habits?

Repetition, Reward, and Stacking

Atomic Habits: James Clear

3. We shouldn't be focused on earthly things

Col 3:2

4. Our true life is with Christ

Col 3:3-4