

“Glorify God with your Actions”

*And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also. Matthew 6:16-21*

It may be a daunting feeling to have to give something up during the Lent Season. Rather than giving up something, “How can you magnify the Spirit of God through your actions?” God’s Spirit manifests itself most convincingly through its fruits: “*love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.*” *Galatians 5:22*. These fruits speak for themselves. When you can act with the fruits of the spirit in mind, your heart will follow. This will showcase your treasures of Christlike Mindfulness.

Lord, create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit. Then I will teach transgressors your ways, and sinners will return to you. *Psalms 51:10-13*.

Practice: Incorporate a fruit of the spirit daily. Your true intentions and values are shown through your actions. Make a conscious effort to show God’s spirit to others in your day to day interactions.