

## Seven Daily Disciplines from Colossians

**Daily:** Begin by declaring Colossians 1:17 – "In Him all things hold together." Surrender your day to the One who hold all things in His loving hands.

**Daily:** Confess "Christ in you, the hope of glory" (1:27) as your identity before the world claims you for its own definitions.

**Daily:** Set your mind on things above (3:2) before opening social media or news. Meditate on who Christ is before absorbing the world's agenda.

**Daily:** Choose one virtue from 3:12–14 (compassion, kindness, humility, gentleness, patience, forgiveness, love) and ask the Holy Spirit to produce it in you that day.

**Daily:** Let the word of Christ dwell richly (3:16) by engaging substantively with Scripture – not merely devotional snippets but sustained, meditative reading.

**In every activity:** Ask "Can I do this as a reflection of the Lord Jesus?" (3:17) as a filter for choices, conversations, and commitments.

**In prayer:** Pray as Epaphras prayed (4:12) – for yourself and others to stand "perfect and complete in all the will of God."