

**March 22, 2021**

**Text: Colossians 2:16-17**

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

**Devotion:** Jason Alexander

Everywhere I go I hear the same thing from people, "I am so busy." In this world we often find ourselves doing so many things that we sometimes forget to rest. Sometimes we forget about our faith. We may go on a vacation but during the trip we think about the list of things to do at home. And when we get home, we need a vacation from our vacation. At work, projects can take more time than we expect and next thing you know it is a 50- or 60-hour week. Family schedules can get overwhelming as we try to figure out who is picking up who. So, when do we make time for God from this busy schedule?

The answer from our text is to not let people judge you. Why do we do all the things we do? Our society can put pressure on us. We often can focus on our works and how we appear to others.

We can reflect on this text during Lent because Jesus is our rest and redemption. He died on the cross so that we are forgiven of sins. It is not by what we do, it is by what God did for us. Paul addresses the Colossians saying do not let people judge you by what you eat or drink or how you celebrate, but it is our faith in Jesus that will win the day.

Are you finding rest in God? Are you taking each day to focus on God's Word? Let us focus on the cross during our busy days and appreciate what God has done for us.

Prayer:

Heavenly Father, thank you for sending Jesus to die on the cross for the forgiveness of sins. Help us to take time each day to focus on the cross so that we remember that it is not what we do but what you have done for us. Lift us up this day and we give you thanks for all the blessings you have provided each of us. In Jesus' name we pray.  
Amen