

Detachment

We're more attached to "things" than any of us would like to admit. We think we have to look a certain way. Keeping up with clothing trends and the latest home décor consumes a lot of time, energy and money.

We attach to how our kids are doing as we frantically keep up the pace of doing all-things sports and music. We want to have the best and be the best at everything we do. After all, there's that social media image to manage and protect.

God too easily gets left on the sidelines of our busy lives. We may say He's first, but our calendars and debit card purchases tell us something else. Luke 12:15 (NIV) says, "... Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."

It's not bad to have things or to win at life. It's when things and achievements become idols and replace God. That's the issue. We've settled for less when we can't walk away from them when we need to.

Jesus set the example by detaching from anything but God. He even gave up his position in heaven. Matthew 8:20 (NIV) says, "Jesus replied, 'Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.'"

Detachment is not something we'll learn and then never face again. It's a continual surrendering of our desires to God. There's always going to be something new competing for our hearts, so it's important to get into the practice of keeping God first. "But seek first his kingdom and his righteousness, and all these things will be given to you as well," Matthew 6:33 (NIV).

Let's be intentional about detaching from idols and attaching to God.

To practice the spiritual habit of detachment:

1. Make a list of those things that have replaced God in your heart.
2. Confess these things to God and ask Him to help you to detach from whatever has replaced God for first place in your life.
3. Pray that God would replace those old attachments with an attachment to Him and His kingdom. Ask God to help you find your identity in Christ alone. Consider memorizing Galatians 2:20 (NIV): "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."
4. Jonah 2:8 (NIV) says, "Those who cling to worthless idols turn away from God's love for them." Spend time thanking God for His unconditional love for you.
5. Heart-change often takes a long time. Repeat this process regularly as one part of a holistic process of transformation.