

COLOSSIANS

JESUS AT THE CENTER

1 Thessalonians 5:17

“Pray continually”– “Pray without ceasing” (KJV, ESV, NASB) - Posture at attitude of prayer. A prayer filled life.

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Studies estimate that an internal dialogue or self-talk is active roughly 43% to 58% of the time during waking hours.

Types of Self-Talk

- **Immersed Self-Talk:** Speaking to yourself from a first-person perspective (e.g., "Why did I do that?"),
- **Distanced Self-Talk:** Using your own name or second-person pronouns (e.g., "Why did John do that?" or "You can handle this"), which is used about 14.5% of the time—most frequently during self-criticism or attempts to calm down.
- **External Self-Talk:** Actually, speaking out loud to oneself, which happens regularly for about 25% of adults in daily routines

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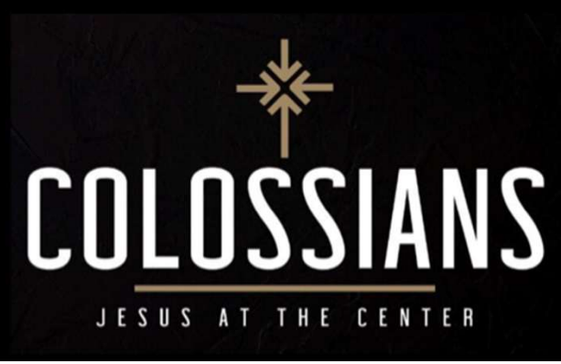
Romans 8:26

Groanings too deep for words.



2 Corinthians 2:15-16

“For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. To the one we are an aroma that brings death; to the other, an aroma that brings life.”

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1 Corinthians 7:20

“Each person should remain in the situation they were in when God called them.”

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