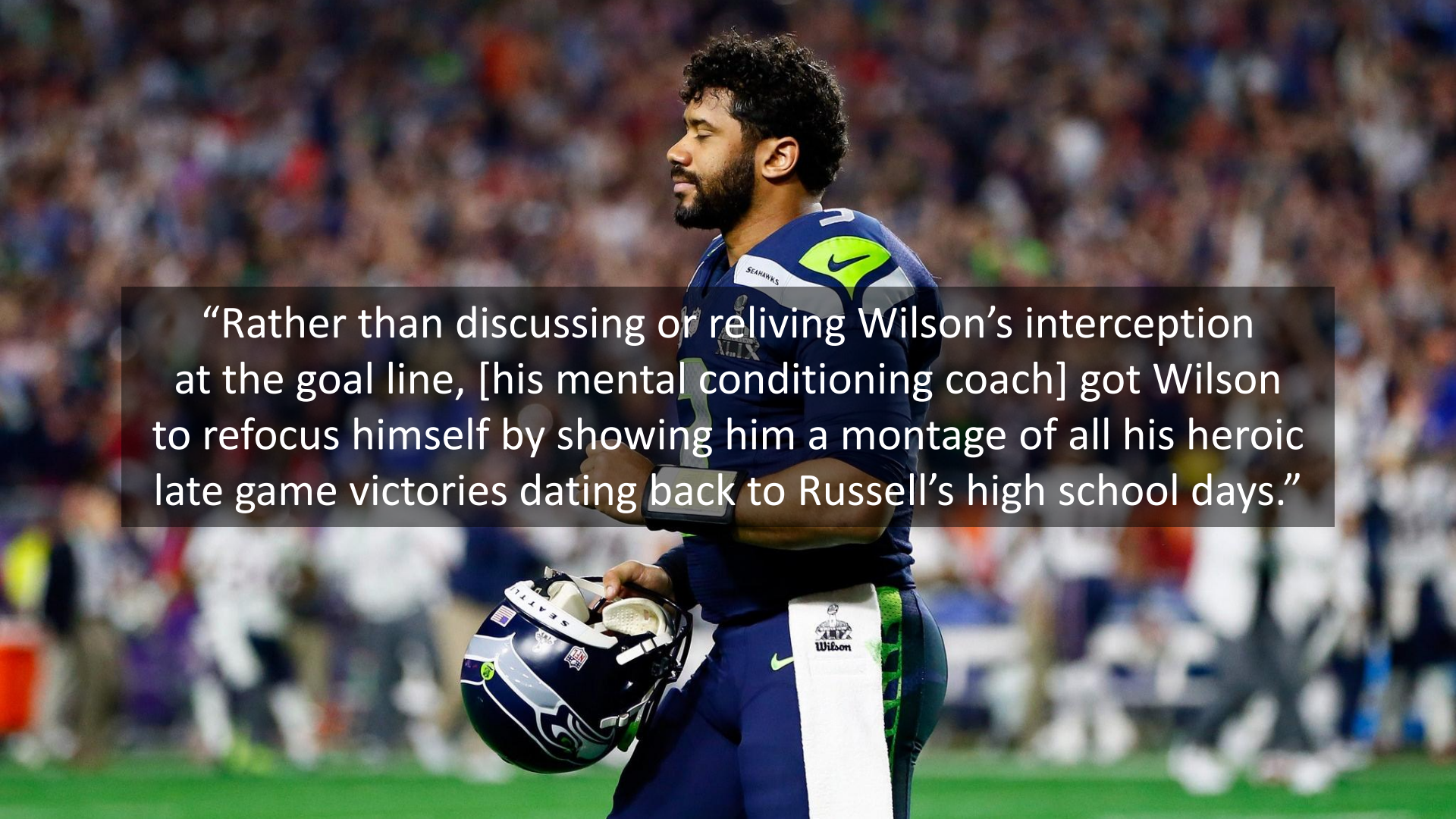


I  
Believe



# centering

“Being centered means that you have a reference point or a place to come back to when life's challenges and emotions push you off balance. The center is the place you know you have to get back to.”  
*-psychologytoday.com*

A photograph of Russell Wilson, a professional football player for the Seattle Seahawks. He is shown from the waist up, in profile, facing left. He is wearing a dark blue jersey with "SEAHAWKS" and a Nike logo on the shoulder. He is holding a dark blue football helmet with white and green accents. The background is a blurred crowd of spectators in a stadium.

“Rather than discussing or reliving Wilson’s interception at the goal line, [his mental conditioning coach] got Wilson to refocus himself by showing him a montage of all his heroic late game victories dating back to Russell’s high school days.”

“You still lack one thing: Sell all you have and distribute it to the poor, and you will have treasure in heaven. Then come, follow me.”

Luke 18:22 CSB

“If anyone comes to me and does not hate his own father and mother, wife and children, brothers and sisters—yes, and even his own life—he cannot be my disciple.”

Luke 14:26 CSB

“But seek first the kingdom of God and his righteousness, and all these things will be provided for you.”

Matthew 6:33 CSB

But one thing I do:  
Forgetting what is  
behind and reaching  
forward to what is ahead,  
<sup>14</sup> I pursue as my goal  
the prize promised by  
God's heavenly call  
in Christ Jesus.

Philippians 3:13b-14 CSB

This book of  
instruction must not  
depart from your mouth;  
you are to meditate on it day  
and night so that you may  
carefully observe everything  
written in it. For then you  
will prosper and succeed  
in whatever you do.

Joshua 1:8 CSB

centering is a powerful biblical principle

“myths and  
endless  
genealogies”

1 Timothy 1:4a

**These**

promote empty  
speculations rather  
than God’s plan,  
which operates  
by faith.

1 Timothy 1:4b CSB

Now the goal  
of our instruction is  
love that comes from  
a pure heart, a good  
conscience, and a sincere  
faith. <sup>6</sup> Some have departed  
from these and turned  
aside to fruitless  
discussion.

1 Timothy 1:5-6 CSB

love that comes from a pure heart,  
a good conscience, and a sincere faith

vs.

fruitless discussion



“empty talk  
and  
deception”  
Titus 1:10

But you are to  
proclaim things  
consistent with  
sound teaching.

Titus 2:1 CSB

I want you  
to insist on these  
things, so that those  
who have believed  
God might be careful  
to devote themselves  
to good works.

Titus 3:8b CSB

But avoid foolish  
debates, genealogies,  
quarrels, and disputes  
about the law, because  
they are unprofitable  
and worthless.

Titus 3:9 CSB

Titus 3:4-7 CSB

But when the kindness of God our Savior  
and his love for mankind appeared,

<sup>5</sup> he saved us

—not by works of righteousness that we had done,  
but according to his mercy—  
through the washing of regeneration  
and renewal by the Holy Spirit.

<sup>6</sup> He poured out his Spirit on us abundantly  
through Jesus Christ our Savior

<sup>7</sup> so that,

having been justified by his grace,  
we may become heirs with the hope of eternal life.

Titus 3:8-9 CSB

This saying is trustworthy.

I want you to insist on these things,  
so that those who have believed God might  
be careful to devote themselves to good works.  
These are good and profitable for everyone.

<sup>9</sup> But avoid foolish debates, genealogies,  
quarrels, and disputes about the law,  
because they are unprofitable and worthless.

foolish debates, quarrels and disputes  
that are unprofitable and worthless

vs.

**the gospel**

the blood of Jesus that washes white as snow  
and the power of the gospel that broke the curse of sin  
and makes the broken whole