

# **IN THE MARGINS: Obsessed.**

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## **Are You Obsessed by Something?**

When you hear the word “obsession,” what comes to mind? Maybe you think of someone fanatically following a hobby, a sport, or a celebrity. But obsession isn’t just about extreme fandom. It’s something that can quietly creep into our lives, sometimes without us even realizing it.

## **The Subtle Nature of Obsession**

Most of us, if asked, would probably say, “No, I’m not obsessed with anything.” But if we take a closer look, we might find that our thoughts and energies are often dominated by one thing more than we realize. And usually, that “one thing” is ourselves. Our own needs, our desires, our plans, our fears – these can take center stage in our lives.

## **A Healthier Obsession**

Now, what if we took that same energy we spend on our self-obsession and redirected it? What if, instead of being consumed by our own issues, we became obsessed with God? Not just with what He can do for us or how we can serve Him, but with God Himself – His nature, His love, His presence in our lives.

## **Benefits of Being Obsessed with God**

When we make God the center of our lives, incredible things start to happen:

- **Peace:** When our minds are set on God, there’s little room for worry or fear. “You keep him in perfect peace

whose mind is stayed on you, because he trusts in you” (Isaiah 26:3, ESV).

- Protection: Being obsessed with God means we dwell in His presence, and that’s a fortress no enemy can breach. “The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold” (Psalm 18:2, ESV).
- Purpose: Our lives take on new meaning when we focus on God. We’re not just drifting along; we have a direction and a purpose that is aligned with His will. “For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them” (Ephesians 2:10, ESV).

## **How to Cultivate a God-Centered Obsession**

- Daily Devotion: Spend time every day reading the Bible and praying. Let God’s word shape your thoughts and actions. “Your word is a lamp to my feet and a light to my path” (Psalm 119:105, ESV).
- Worship: Make worship a regular part of your life, not just on Sundays but every day. Sing, meditate on His goodness, and praise Him for who He is. “Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation!” (Psalm 95:1, ESV).
- Community: Surround yourself with other believers who can encourage you and help you stay focused on God. “And let us consider how to stir up one another to love and good works” (Hebrews 10:24, ESV).
- Service: Look for ways to serve others. When we serve in God’s name, we’re reminded of His love and our dependence on Him. “As each has received a gift, use it to serve one another, as good stewards of God’s varied grace” (1 Peter 4:10, ESV).

## The Fortress of God's Love

Think of being obsessed with God as being in a fortress – a place of safety and security where nothing can harm you. This fortress is not built by human hands but by the love and power of God. When we are inside this fortress, the worries of the world can't touch us. We are protected by His truth, His promises, and His presence.

- Shelter in the Storm: “God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea” (Psalm 46:1-2, ESV).
- Unshakeable Foundation: “He only is my rock and my salvation, my fortress; I shall not be shaken” (Psalm 62:6, ESV).

Being obsessed with God is not about neglecting our responsibilities or living in a bubble. It's about putting Him at the center of our lives so that everything else falls into place around Him. When we're obsessed with God, we're not ignoring our problems; we're putting them in the hands of the One who can handle them.

Let's make a conscious effort to shift our focus from ourselves to God. Let's become healthily obsessed with the One who loves us, protects us, and gives our lives true meaning and purpose. By doing so, we find a peace and security that nothing else in this world can offer.