	February 6
	TODAY'S BIBLE STUDY & MEDITATION
	KEY IDEAS: Do I recognize that God is alive and that He keeps me from destruction? Do I see myself as God sees me, as one that He has already marked out to receive a new body? Do I understand that I need to use my time constructively? Do I live in a way that avoids wasting opportunity and time?
1	God is a our living redeemer — Job 19:25 For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth.
	What hope does this verse give me about my future?
	What examples of God's deliverance can I thank Him for?
2	I am sealed with the Spirit Who is the proof of God's intention to redeem my body — Ephesians 1:13 In whom ye also [trusted], after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise
	What evidence is there that the Spirit is present in my life?
	How is my thinking affected by ignoring the fact that I will receive a new body?
3	I am to be wise and bring every moment under the authority of Christ — Colossians 4:5 Walk in wisdom toward them that are without, redeeming the time.
	How am I making my time on earth count for eternity?
	How could I make more effective use of my time and keep from wasting it?
	Spirit of Truth, how do you want to apply those verses in my life today?
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	OPTIONAL BIBLE READINGS
	Morning: Matthew 23:23-39 Evening: Exodus 39,40