

Behold Him

An acronym to help you focus your mind on Jesus and be fully present with Him

B

Be Still : pause, be with Jesus, be thankful and present

Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth! Isaiah 46:10

Come to me, all who labor and are heavy laden, and I will give you rest. Matthew 11:28

E

Eternal Things : think about heaven, things to come

Set your minds on things that are above, not on things that are on earth. Colossians 3:2

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

H

Holy Like You : confess your sins and adore the gracious Jesus

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

but as he who called you is holy, you also be holy in all your conduct, 16 since it is written, "You shall be holy, for I am holy." 1 Peter 1:15-16

O

Only You : make Jesus your sole desire

And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself." Luke 10:27

Give me an undivided mind to fear your name. I will praise you with all my heart, Lord my God. Psalm 86:11-12

L

Loved : ponder your place as a beloved child of God

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. Ephesians 5:1-2

Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. 1 John 3:1

D

Delight in the Word : discover His desires by meditating on His Word

Delight yourself in the Lord and he will give you the desires of your heart. Psalm 37:4

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. Psalm 27:4