

Facts about Setting Your Mind

For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.

Romans 8:5-6

Setting your mind is daily focusing and redirecting your thoughts and hopes exclusively on Christ and His truth with determination to walk in the obedience of faith. Our mind is a gift from God, but we can leave it unattended like an open door in a ghetto. Left unguarded, lies and worldly self-centeredness slip in, stealing our peace, joy, and contentment. Given enough time, it will kill our hope in Christ and destroy our well-being and relationships.

Setting your mind isn't done in a daily prayer bubble. It is part of a never-ending conversation as you walk and talk through life with the Father. This is how we walk according to the Spirit and daily live from our inheritance in Christ—the Spirit. Talk to God about everything—your feelings, sorrows, fears, disappointments, needs, hopes, etc. Ask for wisdom, peace, discernment, change, insight, His perspective of you, opportunities, etc.

Facts About Setting Your Mind

1. You have a choice as to where you set your mind
2. You cannot set your mind on two things at once.
3. Your mind will set itself if not chaperoned.
4. Your mind will wander to your feelings or fears.
5. You can replace one thought with another.

