

Set Your Mind on Things Above #4

August 23, 2026

Last week:

Colossians 3:2 - *“Set your mind on things above, not on things on the earth”*

Romans 12:2 - *“And do not be conformed to this world, but be transformed by the renewing of your mind...”*

- Renewing your mind: - - According to the written Word
- How meditation renews the mind - - Benefits of meditation on the Word
- How to meditate on the Word
 - Slow down (life moves fast, the details are distracting), learn to get in the moment, deal with distractions,
 - Pick a word, verse, passage, etc
 - Set your mind on it, think about each word, allow the Spirit to illuminate
 - **Example: Proverbs 3:5-6** - *“Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him, and he will direct your paths”*
 - *“How would my life (this situation) look if I were to trust the Lord with ALL my heart?”*
 - When you do that the Word becomes LIFE!
 - It becomes part of you; how you think, reason, act, behave
 - It's part of the process of being ‘conformed’ into the image of Jesus

Renewing the Mind:

- **How obedience to the Holy Spirit renews your minds**
 - He's the Father's ‘agent’ to bring you into your destiny
 - He has no agenda of His own, just that of the Father
 - He knows you better than you know yourself
 - Starts with a commitment to be sensitive to Him
 - Learn to follow His lead
 - This is training your mind to be obedient to Him
 - The things he says/reveals to you are always TRUE!
 - When you're obedient to those things, your mind is ‘made new’!
- **How the things you say serve to transform your mind**
 - Your words have more power than you realize

- Your mind is listening to everything you say
- Quote Truths of Scripture - - Keep quoting them until they FEEL like Truth
- You know they are TRUE!
- You're renewing your mind with actual Truth
- *"Get in the Word 'til the Word gets in you"*
- The Word routinely challenges things we have accepted as truth, but are not
- **John 8:32** - *"You shall know the truth and the truth shall make you free"*
- A promise that if/when you adhere to actual Truth (no matter how disingenuous or awkward it might feel at the time) you are cutting the cords that have had you bound.
- Inner talk - the things you say to yourself are extremely important, whether you voice them out loud or not
- Your mind is listening to everything
- **How mistakes made can help renew the mind**
 - One of the great underrated methods of learning - making mistakes
 - I've missed the Lord before, but in that,I learned; my mind was renewed!
 - Whatever it is you're good at came as a result of some huge mistakes made along the way
 - When you see you've made a mistake, stop and think about what you should have done
 - When you make the mental adjustment,your mind is renewed!
- **Keep your mind busy....but don't overdo it**
 - *An idle mind is the devil's playground" (workshop)*
 - Discipline yourself to set your mind on things above *(w/Holy Spirit help)
 - The secret is to get your mind working in your favor and not against you
 - *"The mind is a wonderful servant but a terrible master."*
 - It's not capable of that until it's undergoing the renewing process
 - Think about the RIGHT things
 - When you catch yourself going down the wrong road,learn to take those thoughts captive
 - **Philippians 4:8** - *"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is*

any virtue and if there is anything praiseworthy—meditate on these things”

- **Learn to let your mind rest**

- Overthinking
- *“Overthinking is the art of creating problems that don't exist.”*
- *“The greatest weapon against stress is our ability to choose one thought over another.” — William James*
- *“We suffer more often in imagination than in reality.” — Seneca*
- Worry = fights directly against our faith
- *“Which of you by worrying can add one cubit to his stature/” - Jesus*
- *“Worry is like a rocking chair: it gives you something to do but never gets you anywhere.”*

- **How to deal with negative thoughts**

- This is where the enemy finds most of his success in deceiving us
- **2 Corinthians 10:3-6** - *“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments (imagination-KJV) and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled”*
- Learn to take thoughts captive
 - Identify and seize them immediately or they'll take you down a wrong road
 - Examine them in the light of the Word
 - Is this something the Father has put there? - - Is this something the Father would say to you?
 - The reason the enemy is such a good liar (*father of lies*), is he always comes to you in areas where there's tangible evidence that what he's saying is true. **(it's believable)*
 - *“You're never going to be happy” - - “The joy of the Lord is our strength”*
 - **John 15:11** - *“These things I have spoken to you, that My joy may remain in you, and that your joy may be full”*
 - Jesus' temptation in the wilderness; *“It is written....”*
 - Find you a Biblical promise that offsets/exposes the lie

- **Ways to keep your mind sharp as you age**

- USE IT! - - I think it fits, *"Use it or lose it!"*
- Commit to being a lifetime learner
- *"Whenever you think you know it all, you're as smart/good as you're ever gonna get"* - Cliff Taylor
- Anything that challenges you
 - Games where you have to think
 - Learning something new; ****You CAN teach an old dog new tricks!**
 - Learn a new language
 - Do hard things - - Challenge your brain - - You might be surprised!
 - Neuroplasticity - the brain's ability to change itself through repeated thought and experience
 - What you repeatedly think and practice strengthens the pathways your brain uses to think and respond

Let this mind be in you which was also in Christ Jesus