



## Setting Your Mind Results in a Set Mind

Romans 8:5-6

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, [set their minds on] 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.

Being mentally occupied with our problems and fleshly strategizing, or dwelling on lies about yourself, God, life, and others is “setting your mind on the things of the flesh.” Conversely, being mentally occupied with Christ as our life and hope to overcome temptation and our source of discernment and wisdom is “setting your mind on the things of the Spirit.”

- Setting your mind of the flesh results in death (anxiety, fear, doubt, idolatry, sin, etc.).
- Setting your mind on the Spirit results in life and peace.
- Those who continue to (verb) “set their minds on the things of the Spirit,” by the transforming and establishing work of the Holy Spirit, will have a (noun) “mind set on the Spirit.”
- Jam 1:8 a double-minded man is unstable in all his ways.
- Gal 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

### 1. We “Put Away” the “Former Manner of Living” by “Putting on Christ”

“Let’s say that you are sent to Siberia. You need to know how to live there, and the language is unfamiliar. Nobody speaks English. You can’t return home. What will your focus be on? (Trying to learn the language and understand the ways of Siberia.) You will not be trying to put away English, but focusing on learning the new language. Walking according to the Spirit happens when we set our mind on Christ [as our life] and focus on [our new identity] rather than by trying to stop living from the old ways of self-sufficiency.” (Anne Trippe, Marriage the Journey)

- Rom 13:14 But put on the Lord Jesus Christ, and [thereby] make no provision for the flesh in regards to *its* lusts.
- Col 3:1-4 Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

### 2. Do not Set Your Mind On

- Isa 43:18-19 Do not call to mind the former things, or ponder things of the past. Behold, I will do something new, now it will spring forth; will you not be aware of it.
- Isa 54:13 Let the wicked forsake his way and the unrighteous man his thoughts; and let him return to the LORD, And He will have compassion on him, and to our God, for He will abundantly pardon. “For My thoughts are not your thoughts, nor are your ways My ways,” declares the LORD.
- Matt 16:23 Jesus turned and said to Peter, “Get behind Me, Satan! You are a stumbling block to Me; for you are not setting your mind on God’s interests, but man’s.”

## Facts about Setting Your Mind Romans 8:5-6

1. You cannot set your mind on two things at once.
2. If you do not set your mind, it will automatically set itself on something.
3. Your mind will wander to what you are feeling at the time.
4. You can replace one thought with another. (2 Corinthians 10:5)
5. You have a choice as to where you set your mind. (Romans 8:5-6)

