

All In The Mind (Change Your Thinking, Change Your Life) Part 4- Set Your Mind

ICE BREAKER QUESTIONS

1. What is something good happening in your life?
2. When something bad happens, do you tend to react negatively or try to find something good about it?

WORD

Colossians 3:1-2

3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

Paul wrote this letter to the Colossians from his prison cell. There were cultural pressures tempting the Colossians to turn away from Jesus, this is the reason why Paul wrote this letter to encourage the Colossians to address the issues they are facing.

Among these issues are (a) **people were worshipping the Greek and Roman gods, and many people simply added Jesus as another deity to worship.** Another pressure that they are facing is from the (b) **Jewish Christian community telling the non Jews to complete their commitment to the Messiah by following all of the laws found in the torah, specifically eating a kosher diet, observing sacred days, and circumcision.**

Paul is telling the Colossians that they should *not set their minds* on the pressures that they are facing.

DISCUSSION

What situation are you experiencing now that could use some setting your mind with the truth? How can your life group help?

WORD

How to help us set our minds

1. We died with Christ, and we were raised with Christ.

Colossians 2:20

Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules:

Colossians 3:1

Since then you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.

Paul explained since We have died with Christ, we have also been raised with Christ. Paul clearly wants us to understand that our new life does not flow by doing all the right things. That the things that follow in this chapter are not meant to save us, but they naturally flow out of the fact that we have died and been raised by faith in Christ Jesus. That the good things that come out from us flow naturally because we were risen with Christ.

2. What does setting our minds on the things above mean

Colossians 3:5-7.

Put to death, therefore, whatever belongs to your earthly nature:

sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 You used to walk in these ways, in the life you once lived.

Paul is telling us here, the examples of our old human nature: sexual immorality, impurity, lust, evil desires and greedy. He is telling us that's what the life we once had. But we are no longer the same people that were living that life.

3. Why is it important to set our minds on the things above?

- So we will not be shaken (Luke 6:46-49)
- Because our lives are shaped by our thoughts. (Proverbs 4:23)

DISCUSSION

Do you find it difficult to set your mind from bad to good situation?
Why do you think that is?

LIFE APPLICATION

Look for God's goodness! It's easy to set our minds with the bad, the negative, the old human nature and the challenges. We must look and set our minds for the good, the positive, and the opportunities. God works in all things for good. We can choose to set our minds positively instead of passively receiving what happens to us.

VERSE TO MEDITATE ON

*"For to me, to live is Christ, and to die is gain."
(Philippians 1:21)*

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.

All rights reserved. This material maybe copied for personal use, but may not be republished, modified, or sold in any manner without written consent of Every Nation Church East Calgary



EVERY NATION
EAST CALGARY