

Worksheet: Setting My Mind

Since, then, you have been raised with Christ, **set your hearts on things above**, where Christ is seated at the right hand of God. **Set your minds on things above**, not on earthly things. For you died, and your life is now hidden with Christ in God.

—Colossians 3:1–3 (emphasis added)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ**.

—2 Corinthians 10:4–5 (emphasis added)

Those who live according to the sinful nature have their minds set on what that nature desires; but **those who live in accordance with the Spirit have their minds set on what the Spirit desires**. The mind of sinful man is death, but **the mind controlled by the Spirit is life and peace**.

—Romans 8:5–6 (emphasis added)

What significant challenge, trial, or temptation am I facing at this time?

How has my thinking been off-target and incorrect?

What teaching or examples in the Bible inform me how God wants me to think? (If you need wise spiritual advice to help you think through this part, please reach out and get it.)

• _____ • _____

Some ideas to help you set your mind as God wants and to keep it set:

- Create a journal filled with godly thoughts. Reread it often.
- Set your mind in Bible study first thing in the morning.
- Memorize a relevant scripture.
- Record the scripture in some form, and look at it throughout the day.
- Write down your “new thought” and also review it throughout the day.
- Pray about it frequently, consistently. Take time out to pray during the day when you need to reset your mind.
- Review your scripture or “new thought” before you go to bed.
- Ask for help, encouragement, and prayers from godly friends.
- Use Philippians 4:8 to help you create a list of godly thoughts that fit each adjective (true, noble, right, etc.)

To download this worksheet, visit WarriorfortheLord.com/downloads.