

5 Steps to Setting Your Mind on Christ.



“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”

Romans 8:5-6 (NLT)

Step 1: Make it a daily choice.

Philippians 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

All your wishes and hopes for the day rush at you like wild animals. And the first job each morning consists simply in shoving them all back; in listening to that other voice, taking that other point of view, letting that other larger, stronger, quieter life come flowing in. And so on, all day. – C.S. Lewis

Step 2: Humble yourself.

- ◆ Admit that you need help.
- ◆ Give thanks for your blessings.
- ◆ Confess your sins.

Step 3: Read the Bible daily.

- ◆ Use a Bible reading plan.
- ◆ Commit short passages to memory.
- ◆ Meditate on one passage for a long time.

Step 4: Pray real prayers.

- ◆ Tell God what’s really on your heart.
- ◆ Hand your anxieties and worries over to God.

Step 5: Listen for direction.

- ◆ Ask the Holy Spirit, “What are you saying to me today?”
- ◆ Think through your calendar for today.
- ◆ Seek guidance on a decision that’s ahead.