



10 Ways to set your mind on things above

Our single most prevalent reason for falling into unbelief and worldliness is determined by what we focus on. As a man thinks in his heart so is he! (Proverbs 23:7, AMPC). Everything in our surrounding world compels us to view and make decisions based on our natural circumstances. However, in order to trust God for the impossible, a different mindset is needed - an intentional focus on something other than what can be seen. Our focus is to be on things above, where God is. (Colossians 3:1).

Not only is our focus challenged, but also the way we live. It needs to look different. How do we accomplish that? How do we differentiate ourselves from the world around us?

The following passages provides us with wonderful guidelines to help establish us in a heavenly mindset. Consider studying these verses for yourself. Read them. Write them. Pray them. Ask the Holy Spirit to transform your life so you can stand out as a living testimony of a Living God!

1. Set your mind to REJOICE

Philippians 4:4 – Rejoice in the Lord always. Again I will say, rejoice!

Nehemiah 8:10 also states that the joy of the LORD is our strength. This joy is not mere happiness, it is joy despite circumstances (James 1:2), knowing that Jesus will never leave us nor forsake us (Heb. 13:5).

Father forgive me for sometimes longing for what others have. Strengthen me with might in the inner man to rejoice in You always. May Your joy become my strength so I can rejoice in every circumstance.

2. Set your mind on GENTLENESS

Philippians 4:5 - Let your gentleness be known to all men. The Lord is at hand.

The way we respond to circumstances, especially when we are wronged, shows how much of Christ has been formed in us (1 Thessalonians 2:2, 1 Peter 2:19). There is nothing wrong with addressing a wrong, but Christians are never to retaliate.

Father, forgive me for any past actions or attitudes of impatience and retaliation. I pray for a soft and gentle spirit to rest on my life, that I will not easily be moved by any wrongs done against me.

3. Set your mind on PRAYER, SUPPLICATION AND THANKSGIVING

Philippians 4:6 - Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God...

This invitation is to pray immediately and ask God's help whenever you detect anxiety or fear in your heart about anything. Also to give thanks, believing that He will certainly hear and answer your prayers.

Father, thank you for the remedy of prayer, supplication and thanksgiving to combat fear, anxiety and worry. Every time I worry or stress, please remind me to pray and invite You into each matter or situation. I choose to trust You with everything in my life.

4. Set your mind to be guarded by PEACE

Philippians 4: 6-7 - ...let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Pouring out our hearts to the Lord in prayer releases all our worries and burdens. It makes room for the peace of God to flood our hearts and minds, and Jesus makes all this possible! It has the physical effect of releasing stress in the body as well.

Father thank you for Your peace which surpasses all understanding – thank you that my heart and mind can be hidden in You through Christ Jesus. I set my heart and mind on Your salvation all my days.

5. Set your mind on what is TRUE

*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.*

When we have the wrong perspective on matters we stress and become worried. Lies or distorted truths will always result in worry and fear. Whenever fear grips your heart – immediately ask the Holy Spirit to speak truth from His perspective to your heart.

Father, forgive me for repeatedly falling into the trap of fear, anxiety and worry. Jesus, you are the Way, the Truth and the Life. I choose to set my heart and mind on what is True and to trust You alone (John 8:32, 14:6).

6. Set your mind on what is NOBLE

*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.*

Everything in the world prompts us to look out for ourselves, our own needs, interests, desires and rights. A noble person is admired and respected because they are unselfish, morally good and generous. They always do and give more than is required or necessary, often to their own

disadvantage! Scripture encourages us to focus on noble behaviour, which is contrary to selfish behaviour.

Father, forgive me for the tendency to defend myself, looking out only for my own needs, rights and desires, especially in times of shortage and lack. Help me remember that to give is more blessed than to receive (Acts 20:35) and that You love a cheerful giver (2 Corinthians 9:7). Help me to seek out ways in which to show Your love to others, not grudgingly or of necessity, but in abundance and joy.

7. Set your mind on what is JUST

*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.*

Being just means to be 'fair'. When something is morally and ethically sound, it's just. A just person does not give in to rudeness, manipulation or peer pressure.

Father forgive me for the times when I compromise on what is just, right and true because of peer pressure, intimidation or manipulation. I pray for the spirit of righteousness and justice to prevail over my life. May all my deeds and words honour You by being just.

8. Set your mind on what is PURE

*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.*

A pure diamond has no defect. Matthew 5:8 says, the pure in heart will see God. In that regard, spiritual purity is to be set free from the wrong beliefs we obtain from our physical senses and the belief system it creates. It means you are free from any negative thinking, as well as emotional baggage.

Father of mercy, I pray for deliverance from every wrong thought pattern that wrongfully entangles and captures my mind and emotions. Please give me a new, pure heart, a heart after Your own heart (Acts 13:22). Abundantly grow in me all the fruit of Your Holy Spirit.

9. Set your mind on what is LOVELY

*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.*

We call someone lovely when they are interesting, wise and caring. They are not critical of others, show special personal interest, never make fun at someone's expense and are pleasant to listen to. They are humble, well mannered and show others respect.

Father, I confess that I fall far short of these characteristics and need to grow so much! Holy Spirit will You please transform my heart, mind and soul to be set towards loveliness in all I do and speak. I pray for the image and mind of Christ to become a reality in my life (1 Corinthians 2:16).

10. Set your mind on what is a GOOD REPORT AND PRAISEWORTHY

*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.*

The media seldom reports any good news. Social media and our own sinful nature incline our hearts to first spot the negative in everything. This verse invites us to search out opportunities for a good report and to point out praiseworthy matters!

Father, I admit and confess my tendency to agree with doom and gloom! I pray this day for a fresh outpouring of Your Holy Spirit in my heart and mind – so I will in everything set my mind on You and the things above, and contemplate the goodness of my Lord all day long.