

Danny Anderson
Being Spiritual, week 4

We always have something on our mind.

A spiritual person focuses their mind on eternal things.

- Set your minds on things that are above, not on things that are on earth. - Colossians 3:2
- So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. - 2 Corinthians 4:18

Why do our thoughts matter?

- For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. - Romans 8:6
- “What occupies your mind means more than anything else in your life.” - John Maxwell
- ...be transformed by the renewal of your mind. - Romans 12:2

1. A spiritual person is thinking about God.

- My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night. - Psalm 63:5-6
- “God is the treasure, and where the treasure is, there is the heart. By this we may test our love for God. What are your thoughts most upon?” - Thomas Watson

2. A spiritual person is thinking about God’s will.

- But seek first the kingdom of God and his righteousness and all these things will be added to you. - Matthew 6:33
- “I delight to do your will, O my God; your law is within my heart.” - Psalm 40:8

3. A spiritual person is thinking about God’s Word.

- Oh how I love your law! It is my meditation all the day. - Psalm 119:97
- But his delight is in the law of the Lord and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in season and its leaf does not wither. In all that he does, he prospers. - Psalm 1:2-3
- Your word is a lamp to my feet and a light to my path. - Psalm 119:105

A person is spiritual to the degree that his or her focus is on eternal things.

WEEKLY BIBLE READING			
One Year New Testament	SUNDAY 2 Peter 3:1-18	MONDAY 1 John 1:1-10	TUESDAY 1 John 2:1-17
This Week →	November 29	November 30	December 1
WEDNESDAY 1 John 2:18-3:6	THURSDAY 1 John 3:7-24	FRIDAY 1 John 4:1-21	SATURDAY 1 John 5:1-21
December 2	December 3	December 4	December 5
WEEKLY MEMORY VERSE: COLOSSIANS 3:2			

FOR GROUP DISCUSSION

Answer these questions prior to your Small Group meeting this week.

1. Something is always on our minds. We think up to 70,000 thoughts each day. How conscious are you of what thoughts you allow to enter your mind?

Describe some of the thoughts currently running through your mind each day. Would you say these thoughts are mostly positive or negative; encouraging or discouraging?

2. READ Colossians 3:1-3 and 2 Corinthians 4:18. Describe what the apostle Paul is asking us to think about. What does he mean by the phrase “things that cannot be seen”? Create a list of what you believe Paul is talking about.

Take a moment to evaluate your thought process through this lens. On a scale of 1-10 (1 representing thoughts focused on the worldly things and 10 representing thoughts focused on heavenly things), where would you grade yourself? Why do you feel your thoughts have landed where they have on this scale?

3. READ Romans 8:5-6. Let’s try to foresee how this passage plays out in our lives. How could the worldly thoughts you are currently producing lead to spiritual death? On the opposing side... If you allow your thoughts to be controlled by the Holy Spirit, how does that lead to spiritual life?

Our thoughts have transforming power, because they present options to our will, which is where our choices are made. Once the choices are presented to the will, we act on those choices. What thoughts presented to the will are leading to bad choices that you know need to change?

4. What should you be thinking about that will support your will in making choices that lead to “life and peace”? READ Psalm 63:5-6, Matthew 6:33, and Psalm 1:1-3.

A spiritual person allows God, God’s will, and God’s word to saturate his/her thought life. Take a moment to discuss how you will incorporate each of those things (God, his will, and his word) into your thought life in a practical way this coming week.



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