

# **Set Your Mind on the Spirit**

**Romans 8:5-6**

**Psalm 1, Psalm 119**

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:5-6)

<sup>1</sup> Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

<sup>2</sup> But his delight is in the law of the LORD, and on his law he meditates day and night.

<sup>3</sup> He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Psalm 1:1-3)

<sup>4</sup> Not so the wicked! They are like chaff that the wind blows away.

<sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

<sup>6</sup> For the LORD watches over the way of the righteous, but the way of the wicked will perish. (Psalm 1:4-6)

# Living Water

Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” (John 4:14)

Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’ Now this he said about the Spirit (John 7:38-29)

# **Holy Spirit Within**

...his Spirit who dwells in you (Rom 8:11)

...strengthened with power through his Spirit in your inner being (Eph 3:16)

We all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. (2 Cor 3:18)

**He is like a tree planted by streams of water.**



**To set the mind on the Spirit is life and peace.**

A combine harvester is shown in a field, harvesting grain. The harvester is white and green, with the brand name 'CLAAS' visible in red on its side. The air is filled with a thick cloud of chaff and grain particles, illustrating the concept of the wicked being like chaff. The background shows a vast field of golden-brown grain under a clear sky.

**The wicked are like chaff  
that the wind blows away.**

**To set the mind on the flesh is death.**

# **Set Your Mind on the Spirit**

1. Read Spirit-inspired Scripture daily.
2. Meditate on truths and applications that the Spirit impresses on you.
3. Pray (and/or sing) in response to the Word as the Spirit leads you.
4. Write insights and events in a journal as a record of the Spirit's activity.

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# Godly meditation

*to dwell upon, keep thinking about,  
run through your mind over and over*

“If you know how to worry, you already know how to meditate.” (Rick Warren)

“deep thinking on the truths and spiritual realities revealed in Scripture for the purposes of understanding, application, and prayer” (Don Whitney)

## **Meditation refocuses us**

“Meditation refocuses us from ourselves and from the world so that we reflect on God's Word, His nature, His abilities, and His works ... So we prayerfully ponder, muse, and 'chew' the words of Scripture. ... The goal is simply to permit the Holy Spirit to activate the life-giving Word of God” (Bruce Demarest, *Satisfy Your Soul*)

# **The fire of meditation**

“The reason we come away so cold from reading the Word is because we do not warm ourselves at the fire of meditation.” (Thomas Watson)

“They usually thrive best who meditate most.” (Thomas Brooks)

# **Meditation, action, success**

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. (Joshua 1:8)

## **Soul satisfaction**

O God, you are my God; earnestly I seek you; my soul thirsts for you... Because your steadfast love is better than life, my lips will praise you... 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 63:1-6)

# The first fruit of love

The first fruit of love is *the musing of the mind upon God*. He who is in love, his thoughts are ever upon the object. He who loves God is ravished and transported with the contemplation of God. God is the treasure, and where the treasure is, there is the heart. By this we may test our love to God. What are our thoughts most upon? Do we contemplate Christ and glory? Oh, how far are they from being lovers of God, who scarcely ever think of God! (Thomas Watson)

# Delightful meditation

Ps 119:11 I have stored up your word in my heart, that I might not sin against you.

15 I will meditate on your precepts and fix my eyes on your ways.

16 I will delight in your statutes;

I will not forget your word. 27 Make me understand the way of your precepts, and I will meditate on your wondrous works.

# **Meditating day and night**

Psalm 119:97 Oh how I love your law! It is my meditation all the day. 98 Your commandment makes me wiser than my enemies, for it is ever with me. 99 I have more understanding than all my teachers, for your testimonies are my meditation. 148 My eyes are awake before the watches of the night, that I may meditate on your promise.

# **Spirit leads in meditation**

I remember the days of old;  
I meditate on all that you have done;  
I ponder the work of your hands...  
Teach me to do your will, for you are my  
God! Let your good Spirit lead me  
on level ground! (Psalm 143:5-10)

# **Focus heart and mind**

Mary treasured up all these things,  
pondering them in her heart. (Luke 2:19)

Set your minds on things that are above,  
not on things that are on earth... Let the  
word of Christ dwell in you richly. (Col  
1:27; 3:1-2,16)

# **Abiding and bearing fruit**

As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience. (Luke 8:15)

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. (John 15:7-8)

# **Meditating**

- As you meditate on the Bible, the Spirit shows applications to life events. Christ enters more deeply into your life.
- As you meditate on your life events, the Spirit will bring Bible truths to mind. You enter more deeply into Christ's life.

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# **Biblical Examples of Journaling**

- Most of Job is a journal of conversation, inner struggle, and encounter with God.
- Many psalms are feelings, thoughts, and prayers that have been put into writing.
- Ecclesiastes is a journal of mid-life crisis leading to fresh insight.
- Jeremiah, Habakkuk, and other prophets write down personal struggles.
- Epistles share personal experiences.

# **Blessings of Journaling**

- Tracking God's activity in your life
- Seeing how God answers your prayers
- Setting goals and evaluating progress
- Getting realistic and knowing yourself
- Keeping mind focused in meditation
- Clarifying impressions and insights
- Remembering what the Spirit shows you, rather than forgetting in a few days
- Supporting other spiritual disciplines

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