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

* Our circumstances press upon our mind what we think. If we are concentrating on the Worldly thinking = Despair, if we concentrate on Spiritual thinking = Peace
* Learn to discipline yourself to spiritual thinking (life/peace) – Psalm 4:7

**Personal Evaluation** – What is the condition of my thinking? Take time to practice your spiritual thinking.

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Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. **2**[[a](https://www.biblegateway.com/passage/?search=Colossians+3%3A1-3&version=NASB#fen-NASB-29520a)]Set your mind on the things above, not on the things that are on earth. **3**For you have died and your life is hidden with Christ in God. **Colossians 3: 1-3**

* How do you seek things above? You seek them with your mind (thinking); you think on grace, mercy, love, kindness, etc…..
* Kingdom thinking – vs. 2 set your mind on things above
* Like-minded with Christ – vs. 3 even here on earth we are united with Christ if our mind is set and seeking what God is doing for us.

The pattern of our thinking results in a pattern of living.

**Philippians 4:1-8**

* Let your patience be known to others
* Worry is wasted energy (vs. 6), pray and talk to God and your heart and mind will be protected

**Take one of these and think on it daily:**

Monday – Quality of Truthfulness

Tuesday – Quality of Honor

Wednesday- Quality of Right

Thursday – Quality of Purity

Friday – Quality of Loveliness

Saturday – Quality of Good Repute (good opinions of someone/something)

Sunday – Dwell on excellence and anything worthy of praise