

PART 3: Focused Mind

DATE: 01-17-2021

START

Taking care of our mental health is important for so many reasons. What our minds focus on shape our thoughts and behavior. If we are struggling with our mental health then our thoughts and behaviors can become unhealthy.

- What do you think of when you talk about mental health?
- How have you struggled with regarding your mental health?

READ

[Colossians 3:1-2](#) (NASB)

Therefore, if you have been raised with Christ, keep seeking the things that are above, where Christ is, seated at the right hand of God. Set your minds on the things that are above, not on the things that are on earth.

THINK

In Colossians 3, Paul picks up Jesus' teaching and tells the church to keep seeking the things that are above and to set our minds on these things. In other words, focus on Jesus and His kingdom. Not as a way to escape reality, but to shape our thoughts and actions as people living under Jesus reign as king.

- How can focusing on Jesus and His kingdom help us mentally?
- How can we focus on Jesus' kingdom in our everyday lives?
- What thoughts do you focus on most that are in conflict with Jesus?

The Kingdom of God is a vast idea that has many components. It can help to focus on certain aspects of Jesus and His kingdom when we are struggling. One thought that was mentioned this weekend was "Jesus is my life."

- How can the thought "Jesus is my life" shape how you think and act?
- What thoughts consume your mind?
- What thoughts need to change?

PRAY

"God I know there is this battle being held in my mind between my sinful nature and your Spirit. Thank you for fighting for me, and help me to align my thoughts to you and your kingdom."

ACT

This week, spend a few minutes each day and meditate on the phrase, "Jesus is my life." Focus on it before you walk into work, before you walk into your home after work, before you interact with someone, or even before you get out of bed before you start your day. Take notice how it shapes your interactions with others.

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ONE CHURCH. RIGHT WHERE YOU ARE.