



centered

COLOSSIANS



Jesus Is The Center Of Thoughts

COLOSSIANS 3:1-4

Jesus Is The Center Of Thoughts

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory.

COLOSSIANS 3:1-4

Jesus Is The Center Of Thoughts

4 Ways To Transform Your Thoughts

- 1) Setting Your Sights On Heaven (vs1)
- 2) Suppressing Sinful Desires (vs2)
- 3) Shielding Yourself In Christ's Shelter (vs3)
- 4) Savoring The Coming Of Jesus (vs4)

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Jesus Is The Center Of Thoughts

4 Ways To Transform Your Thoughts
1) Setting Your Sights On Heaven (vs1)

vs1

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.

IF THEN

COLOSSIANS 3:1-4

Jesus Is The Center Of Thoughts

4 Ways To Transform Your Thoughts
1) Setting Your Sights On Heaven (vs1)

vs1

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.

RAISED

COLOSSIANS 3:1-4

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4 Ways To Transform Your Thoughts
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vs1

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.

WITH CHRIST

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vs1

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SEEK

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4 Ways To Transform Your Thoughts
1) Setting Your Sights On Heaven (vs1)

10 Practical Steps To Set Your Sights On Heaven

(Seek Things Above)

- 1) Read The Bible Daily**
- 2) Pray Constantly**
- 3) Go To Church - Fellowship**
- 4) Join Bible Study or reGroup**
- 5) Serve Others**
- 6) Worship & Gratitude**
- 7) Limit Worlds Distractions**
- 8) Find God's Will For Your Life**
- 9) Read Christian Books**
- 10) Meditate On Heaven**

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vs1

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ABOVE

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WHERE CHRIST IS

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**SITTING
RIGHT HAND**

COLOSSIANS 3:1-4

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4 Ways To Transform Your Thoughts

2) Suppressing Sinful Desires (vs2)

**Set your mind on things
above, not on things on
the earth.**

COLOSSIANS 3:1-4

Jesus Is The Center Of Thoughts

4 Ways To Transform Your Thoughts
2) Suppressing Sinful Desires (vs2)

vs2

Set your mind on things above, not on things on the earth.

SET YOUR MIND

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4 Ways To Transform Your Thoughts
2) Suppressing Sinful Desires (vs2)

How Does Your Brain Work [medically.]

- 1) Neural Connections
- 2) Learn or Experience
- 3) Use-Dependent
- 4) Reorganization
- 5) Structural Change

How Your Brain Works Better [medically.]

- 1) Critical Periods
- 2) Environment Factors
- 3) Sensory & Motor
- 4) Injury & Recovery
- 5) Therapy & Professional Help

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What Does The Bible Say About Brain Plasticity

- 1) Renew Your Mind
- 2) Take Every Thought Captive
- 3) Have The Mind Of Christ
- 4) Putting Off Old | Putting On New
- 5) New Creation
- 6) Seek Truth - Set Free
- 7) Prayer - Peace Of Mind

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THINGS ABOVE

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NOT

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THIS EARTH

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4 Ways To Transform Your Thoughts
2) Suppressing Sinful Desires (vs2)

10 Ways To Suppress Sinful Desires

- 1) Identify Your Weakness
- 2) Prayer & Dependency
- 3) Memorizing Scripture
- 4) Avoid Triggers
- 5) Cultivate Self-Control
- 6) Replace Habits [worship]
- 7) Think Through Consequences
- 8) Seek Support | Get Disciplined
- 9) Celebrate Victories
- 10) Help Others | Be A Disciple Maker

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10 Ways To Suppress Sinful Desires

1) Identify Your Weakness

{ 1 Corinthians 10:12-13 }

”So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

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10 Ways To Suppress Sinful Desires

2) Prayer & Dependency

{Philippians 4:6}

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

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10 Ways To Suppress Sinful Desires

3) Memorizing Scripture

{Psalm 119:11}

“I have hidden your word in my heart that I might not
sin against you.”

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10 Ways To Suppress Sinful Desires

4) Avoid Triggers

{ 1 Corinthians 15:33 }

"Do not be misled: 'Bad company corrupts good character.'"

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2) Suppressing Sinful Desires (vs2)

10 Ways To Suppress Sinful Desires

5) Cultivate Self-Control

{ Galatians 5:22-23 }

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."

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6) Replace Habits [worship]

{Ephesians 5:17-19}

“Therefore do not be unwise, but understand what the will of the Lord is. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.”

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7) Think Through Consequences

{ Proverbs 22:3 }

"The prudent see danger and take refuge, but the simple keep going and pay the penalty."

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10 Ways To Suppress Sinful Desires

8) Seek Support | Get Disciplined

{ Proverbs 22:3 }

"As iron sharpens iron, so one person sharpens another."

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10 Ways To Suppress Sinful Desires

9) Celebrate Victories

{ 1 Corinthians 15:57 }

**"But thanks be to God! He gives us the victory
through our Lord Jesus Christ."**

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10 Ways To Suppress Sinful Desires

10) Help Others | Be A Disciple Maker

{Matthew 28:19}

“Therefore go and make disciples of all nations,
baptizing them in the name of the Father and of the
Son and of the Holy Spirit, and teaching them to obey
everything I have commanded you.”

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4 Ways To Transform Your Thoughts

3) Shielded In Christ's Shelter (vs3)

**For you died, and your
life is hidden with
Christ in God.**

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vs3

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FOR YOU

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vs3

**For you died, and your life is hidden with
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DIED

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YOUR LIFE

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vs3

**For you died, and your life is hidden with
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HIDDEN

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7 Hidden Areas To Practice Christianity

- 1) Meditating On Scripture
- 2) Time In Prayer & Fasting
- 3) Giving In Secret
- 4) Resisting Temptation
- 5) Confession Of Sin
- 6) Acts Of Kindness
- 7) Forgiveness

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CHRIST-APPEARS

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WHO IS OUR LIFE

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APPEAR-GLORY

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7 Ways Savoring The Coming Of Jesus Changes Us

- 1) Living With Hope (1 Peter 1:3)
- 2) Eternal Perspective (2 Corinthians 4:18)
- 3) Purity & Accountability (1 John 3:2-3)
- 4) Comfort In Trials (2 Corinthians 1:3-4)
- 5) Focus On Things That Matter (Matthew 8:36)
- 6) Motivation To Evangelize (2 Peter 3:9)
- 7) Life Of Wonder & Worship (Revelation 4:11)

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