

# *Always mind your Mind*

Feeling and actions follow thinking. Wherever the mind rests, the feelings follow.

*The mind set on the flesh is death, but the mind set on the Spirit is life and peace.*

Don't dwell on the darkness of the world or you will feel like death itself.

*Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God.* Col 3:1-3

Allowing the mind to dwell on the negative forces of the world is to give it the position of prominence and relegate the reality of the glory of the kingdom of God to a lost cause.

The mind sets the priority for the will and the emotions.

*that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.* Eph 4:22-24

The mindset = the feelings. The feelings indicate the mindset.

Every moment of idleness needs to be a time to meditate on the reality of Christ and the Spirit's power to secure you in intimacy with the Father who is over all things.

Whenever the world confronts us with fear and doubt, the Spirit is present to reassure us that nothing can separate us from the love of God. But the mind sets the agenda.

Spiritual mindfulness is the way to godliness.

*For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.*

*With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.*

Eph 6:12-18

If our mind is set on the everyday things we can see as our first priority, then we have not begun to live by faith as servants of the Most High God.

This being the case, we will never get around to equipping ourselves to stand firm in the spiritual war, and we will be unable to help others grow up into the image of Christ so they can resist the spiritual forces of darkness in the heavenly places.

Lapses in spiritual mindfulness are always injurious to our souls, and by extension to the souls of others.