Daily Devotion #84

Keep Your Mind in Check

*Colossians 3:2 – “Set your mind on the things above, not on the things that are on earth.”*

You have heard the phrase, “An idle mind is the devil’s playground”. That’s because it’s true. Whoever came up with that knows what they are talking about. God did not and does not intend for us to allow our minds to go unchecked. Our sin is too powerful. Even though it doesn’t have complete power over us, because we are born again by the Holy Spirit, it does cause us a lot of grief.

Grief in the sense that we often focus our energies on the things of this life. And that stands to reason, because we typically think about or dwell on the things we can see in front of us. For example, last night my wife and I attended a family night for a man who passed away this week. Thankfully he was a believer according to the testimony of his wife and son, and they were rejoicing that he is no longer in pain. Too often, however, grief can turn into more than what God wants for us to dwell on. And if we are not careful, our minds can gravitate toward things that draw us away from God instead of to Him.

As the Apostle Paul was helping the church in Colossae learn about God, one of the main instructions he left them with was our verse for today. He cautioned them to keep a check on their minds. In fact, the meaning of the phrase, “set your mind” can also be translated “think” or “have this inner disposition” according to John MacArthur, pastor and Bible teacher. The point is Paul wanted the believers to make sure that, like a compass always points north, they should have their inner disposition always pointing to the things of heaven.

As we have said many times in these devotions, we are living in very unusual times for not only our country but also the entire world. And when things are outside of what is considered normal, the mind has a way of pointing toward things that are not heathy, both physically and spiritually. Just yesterday I was talking with someone who told me that one of his family members, and his family member’s child, are both on two anti-depressants. I’m not saying medication is ungodly or unhelpful in times of great distress, but it can be an indicator that our minds are pointed to the things of earth instead of heaven. People are fearful right now; they are uncertain about the future; they are confused over the different bits of information they receive, and there is a growing lack of truth for just about anything or anyone. All of this can lead to detrimental mental anguish.

God knows these things about us. So again, His instruction is to make sure that we are not overwhelmed with the issues and situations and even people of this life, but to constantly recalibrate our minds to make sure they are always focused on heaven and the things of heaven. The idea of “setting” is the idea of placing it in a firm place or a place where there is a good foundation. So, place your inner self on what is good and holy and righteous and remember that you will not always be a part of this earth.

Today would be a good day to reorient your life. Kind of like getting in your car and resetting the compass. Remember how the owner’s manual says to reorient the compass? You get in the car and drive in big circles for a few rounds until it resets itself to north. So get in your Bible and go round and round with the Scriptures.

Take a minute to recalibrate your spiritual mind. Refocus your soul on the truth that you belong to another Kingdom. You are a citizen of heaven. If you have placed your soul into the hands of Jesus and your Lord and Savior, then you are a citizen of heaven. And the Holy Spirit will keep your mind focused on what is good and holy and pure and true as you keep looking forward to the day you will be with God forever.