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DAILY BIBLE VERSES AND PRAYER THOUGHTS:

MONDAY - VERSES: Psalm 21:1-2; Matthew 25:34; John 14:2-3; Revelation 4:1-6 PRAYER THOUGHT: Thank God for the beauty of the earth and ask Him to help you remember that heaven is more beautiful.

TUESDAY - VERSES: Genesis 1:31; Isaiah 45:18; Genesis 6:5-7; John 12:31; 15:18-20 PRAYER THOUGHT: Ask God to help you recognize the difference between the earth that He created and the world the devil has corrupted.

WEDNESDAY - VERSES: Romans 1:18-21; Romans 5:12; 1 Corinthians 2:12-15 PRAYER THOUGHT: Pray that you will be able to see the world and worldliness as it truly is.

THURSDAY - VERSES: Acts 19:18-20; Romans 12:2; Colossians 2:8,20; James 1:27 PRAYER THOUGHT: Confess the worldly tendencies and sins that you struggle with. Ask God for the strength and courage to overcome them.

FRIDAY - VERSES: Hebrews 11:10, 13-16; 2 Timothy 4:10; Galatians 4:8-11; Philippians 1:21-23; 1 John 2:15-17 PRAYER THOUGHT: Pray that you will have a sincere desire to be with God in heaven, and that you will show that in what you love.

SATURDAY - VERSES: Matthew 6:19-20; 2 Peter 3:10-14; 2 Corinthians 4:16-18 PRAYER THOUGHT: Ask God to help you see with spiritual eyes rather than physical. Ask Him to help you honestly consider where your affection and treasures are.

If this world truly is not our home, why do we invest so much time, energy, emotion, effort, worry, planning, etc. in every area of it while spending so little on heaven? When do we plan to start investing in our home? When will we start making plans for the move?

ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Each day try to focus on spiritual things rather than physical.
4. At the close of day write down the ways succeeded in keeping focused on spiritual things.
5. Plan to tell the class, next week, how you were tempted to focus on earthly things but were able to refocus on spiritual things, or tell how you failed to keep focused on spiritual things.

SPIRITUAL HEALTH REGIMEN WEEK 10 SPIRITUAL-MINDEDNESS

SCRIPTURE - Colossians 3:2 Set your mind on things above, not on things on the earth.

COMMENT - The Christian's focus should not be on this life in this world but rather on heaven which is our eternal home.

SONG - I'M PRESSING ON THE UPWARD WAY

1. I'm pressing on the upward way, New heights I'm gaining ev'ry day; Still praying as I onward bound, "Lord, plant my feet on higher ground."
2. My heart has no desire to stay Where doubts a rise and fears dismay; Though some may dwell where these abound, My prayer, my aim is higher ground.
3. I want to live above the world, Though Satan's darts at me are hurled; For faith has caught the joyful sound, The song of saints on higher ground.
4. I want to scale the utmost height, And catch a gleam of glory bright; But still I'll pray till heaven I've found, "Lord, lead me on to higher ground."

REFRAIN - Lord, lift me up and let me stand, By faith, on heaven's table land, A higher plane than I have found; Lord, plant my feet on higher ground.

THOUGHTS

A little boy, caught in mischief, was asked by his mother: "How do you expect to get into heaven?"

He thought a minute and then said: "Well, I'll just run in and out and in and keep slamming the door until they say, 'For goodness sake, come in or stay out.' Then I'll go in."



In his book *The Best is Yet to Be*, Henry Durbanville told the story of a man who lay dying and was fearful, even though he was a Christian. He expressed his feelings to his Christian doctor. The physician was silent, not knowing what to say. Just then a whining and scratching was heard at the door. When the doctor opened it, in bounded the doctor's big, beautiful dog, who often went with him as

he made house calls. The dog was glad to see his master. Sensing an opportunity to comfort his troubled patient, the doctor said, "My dog has never been in your room before, and he didn't know what it was like in here. But he knew I was here, and that was enough. In the same way, I'm looking forward to heaven. I don't know much about it, but I know my Savior is there. And that's all I need to know!"



Long ago, William Law warned that the world is now a greater enemy to the Christian than it was in apostolic times:

it is a greater enemy, because it has greater power over Christians by its favors, riches, honors, rewards, and protection, than it had by the fire and fury of its persecutors.

It is a more dangerous enemy, by having lost its appearance of enmity. It's outward profession of Christianity makes it no longer considered as an enemy, and therefore the people are easily persuaded to resign themselves up to be governed and directed by it. Robert H. Lauer



In his book Dare to Believe, Dan Baumann illustrates the unique experience of knowing that something is ours, yet longing to enjoy it more fully. He explained that at Christmas time he would always do a lot of snooping, trying to find the gift --wrapped presents and figure out what was in them. One year he discovered a package with his name on it that was easy to identify. There was no way to disguise the golf clubs inside. Baumann then made this observation: "When Mom wasn't around, I would go and feel the package, shake it, and pretend that I was on the golf course. The point is, I was already enjoying the pleasures of a future event; namely, the unveiling. It had my name on it. I knew what it was." But only "Christmas would reveal it in its fullness."

The glories that await the Christian defy our comprehension. What we can grasp about them, however, fills us with great anticipation. We look longingly to that day when we shall enjoy heaven in all its fullness.



Charles Simeon wrote, "One time it was my privilege to watch the

ascent of a balloon. It was bound to the earth by many cords. As the process of filling it with gas began, it struggled to get free. The first line was cut, and immediately that side was lifted from the earth. Then the second and third ropes were loosened, and finally the others. When the last cord was snapped asunder, the balloon rose majestically toward the heavens, showing the high destination for which it struggled to get free. I thought to myself, that's a picture of the attitude I should possess as a Christian -- one whose affection is set on Heaven. In proportion as my heart is filled with the Holy Spirit's presence, I will demonstrate my aspiration and earnest longing for an eternal inheritance. As one by one the carnal cords are cut that bind my soul to earth, it will rise in its affection to Heaven where it so greatly desires to be."



Anything that cools my love for Christ is the world -John Wesley



SET YOUR MIND ON THINGS _____

INTRODUCTION

I. OUR EMPHASIS SHOULD NOT BE ON THIS _____

- A. DO NOT LOVE THE WORLD - 1 _____ 2:15-17
- B. MIND ON EARTHLY THINGS - PHILIPPIANS __:17-20
- C. CAUSES STRAYING FROM FAITH -1 _____ 6:6-11
- D. FRIEND OF WORLD = ENEMY OF GOD - JAMES 4: _____
- E. NO _____ WITH WORLD & CHRIST - 2

CORINTHIANS 6:14-7:1

II. OUR EMPHASIS SHOULD BE ON THE _____

- A. MINDFUL OF _____ OF GOD - MATTHEW 16:21-23
- B. LOOK AT UNSEEN _____ - 2 CORINTHIANS 4:18
- C. NATURAL OR SPIRITUAL - 1 CORINTHIANS __:13-16
- D. CARNAL OR SPIRITUAL - 1 CORINTHIANS __:1-4

III. _____ IS BEING SPIRITUAL MINDED

- A. _____ GODLINESS - 1 TIMOTHY 4:7-9
- B. DENY UNGODLINESS & WORLDLY LUST, LIVE

GODLY - _____ 2:11-14

- C. LUSTS OF MEN OR WILL OF GOD - 1 _____ 4:1-6

CONCLUSION

In Catherine Marshall's book about her husband Peter, she cites a touching story of a young terminally ill son asking his mother what death was like, if it hurt.

"Kenneth," she said, "you remember when you were a tiny boy how you used to play so hard all day that when night came you would be too tired even to undress, and you would tumble into mother's bed and fall asleep?"

"That was not your bed -- it was not where you belonged.

"And you would only stay there a little while. In the morning, much to your surprise, you would wake up and find yourself in your own bed in your own room.

"You were there because someone had loved you and taken care of you.

Your father had come -- with big strong arms -- and carried you away.

"Kenneth, death is just like that.

We just wake up some morning to find ourselves in the other room -- our own room where we belong -- because the Lord Jesus loved us."

The lad's shining, trusting face looking up into hers told her that the point had gone home and that there would be no more fear -- only love and trust in his little heart as he went to meet the Father in Heaven.

He never questioned again.

And several weeks later he fell asleep just as she had said.

-- Catherine Marshall, *A Man Called Peter*

SET YOUR MIND ON THINGS ABOVE

SCRIPTURE - (Col 3: 1-10) If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. (2) Set your mind on things above, not on things on the earth. (3) For you died, and your life is hidden with Christ in God. (4) When Christ who is our life appears, then you also will appear with Him in glory. (5) Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. (6) Because of these things the wrath of God is coming upon the sons of disobedience, (7) in which you yourselves once walked when you lived in them. (8) But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. (9) Do not lie to one another, since you have put off the old man with his deeds, (10) and have put on, the new man who is renewed in knowledge according to the image of Him who created him,

INTRODUCTION - IS IT POSSIBLE TO LIVE IN THE WORLD BUT NOT BE OF THE WORLD - (John 17:14-18) "I have given them Your word; and the world has hated them because they are not of the world, just as I am not of the world. {15} "I do not pray that You should take them out of the world, but that You should keep them from the evil one. {16} "They are not of the world, just as I am not of the world. {17} "Sanctify them by Your truth. Your word is truth. {18} "As You sent Me into the world, I also have sent them into the world.

I. OUR EMPHASIS SHOULD NOT BE ON THIS WORLD

A. DO NOT LOVE THE WORLD - (1 John 2: 15-17) Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. (16) For all that is in the world; the lust of the flesh, the lust of the eyes, and the pride of life; is not of the Father but is of the world. (17) And the world is passing away, and the lust of it; but he who does the will of God abides forever.

B. MIND ON EARTHLY THINGS - (Phil 3:17-20) Brethren, join in following my example, and note those who SO walk, as you have us for a pattern. (18) For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: (19) whose end is destruction, whose god is their belly, and whose glory is in their shame; who set their mind on earthly things. (20) For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ,

C. WORLD CAUSES STRAYING FROM THE FAITH - (1 Tim 6:6-11) Now godliness with contentment is great gain. (7) For we brought nothing into this world, and it is certain we can carry nothing out. (8) And having food and clothing, with these we shall be content. (9) But those who

desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. (10) For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. (11) But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.

D. FRIEND OF WORLD = ENEMY OF GOD - (James 4:4)

Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.

E. NO FELLOWSHIP WITH WORLD & CHRIST - (2 Cor 6: 14-7:

1) Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? (15) And what accord has Christ with Belial? Or what part has a believer with an unbeliever? (16) And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: "I will dwell in them And walk among them. I will be their God, And they shall be My people." (17) Therefore "Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you." (18) "I will be a Father to you, And you shall be My sons and daughters, Says the LORD Almighty." Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

II. OUR EMPHASIS SHOULD BE ON THE SPIRITUAL NOT THE PHYSICAL

A. MINDFUL OF THINGS OF GOD OR MEN - (Mat 16:21-23) From that time Jesus began to show to His disciples that He must go to Jerusalem, and suffer many things from the elders and chief priests and scribes, and be killed, and be raised the third day. (22) Then Peter took Him aside and began to rebuke Him, saying, "Far be it from You, Lord; this shall not happen to You!" (23) But He turned and said to Peter, "Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men."

B. LOOK AT UNSEEN THINGS - (2 Cor 4: 18) while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

C. NATURAL OR SPIRITUAL - (1 Cor 2: 13-16) These things we also speak, not in words which man's wisdom teaches but

which the Holy Spirit teaches, comparing spiritual things with spiritual. (1 4) But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. (15) But he who is spiritual judges all things, yet he himself is rightly judged by no one, (16) For "who has known the mind of the LORD that he may instruct Him?" But we have the mind of Christ.

D. CARNAL OR SPIRITUAL - (1 Cor 3: 1-4) And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. (2) I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; (3) for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?,(4) For when one says, "I am of Paul," and another, "I am of Apollos," are you not carnal?

III. GODLINESS IS BEING SPIRITUAL MINDED

A. EXERCISE GODLINESS - (1 Tim 4:7-9) But reject profane and old wives' fables, and exercise yourself toward godliness. (8) For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. (9) This is a faithful saying and worthy of all acceptance.

B. DENY UNGODLINESS & WORLDLY LUST, LIVE GODLY - (Titus 2: 11-14) For the grace of God that brings salvation has appeared to all men, (12) teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, (13) looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, (14) who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.

C. LUSTS OF MEN OR WILL OF GOD - (1 Pet 4: 1-6) Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin, (2) that he no longer should live the rest of his time in the flesh for the lusts of men but for the will of God (3) For we have spent enough of our past lifetime in doing the will of the Gentiles; when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries. (4) In regard to these, they think it strange that you do not run with them in the same flood of dissipation, speaking

evil of you. (5) They will give an account to Him who is ready to judge the living and the dead. (6) For this reason the gospel was preached also to those who are dead, that they might be judged according to men in the flesh, but live according to God in the spirit.

CONCLUSION

A. PUT ON CHRIST & MAKE NO PROVISION FOR THE FLESH - (Rom 13:11-14) And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed, (12) The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. (13) Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy, (14) But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

B. TO BE SPIRITUALLY MINDED IS LIFE AND PEACE - (Rom 8:3-14) For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, (4) that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit, (5) For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. (6) For to be carnally minded is death, but to be spiritually minded is life and peace. (7) Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. (8) So then, those who are in the flesh cannot please God. (9) But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. (10) And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. (11) But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. (12) Therefore, brethren, we are debtors; not to the flesh, to live according to the flesh. (13) For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. (14) For as many as are led by the Spirit of God, these are sons of God.