

June 16, 2026

Set Your Mind Higher

June Series: Live What Was Built

Week Focus: Living Above Your Feelings

Scripture – Colossians 3:2 - *"Set your minds on things above, not on earthly things."*

Devotional Reflection

What we consistently focus on will eventually influence how we think, respond, and live. Our minds are constantly being shaped by the information we consume, the conversations we engage in, and the thoughts we repeatedly entertain. Because of this, Scripture repeatedly emphasizes the importance of directing our minds intentionally. In Colossians 3:2, Paul challenges believers to set their minds on things above rather than becoming consumed with earthly concerns. This is not a call to ignore reality; it is a call to view reality through the lens of God's truth.

Many of the emotional battles we face begin in our thought life. Anxiety often grows when we focus only on what could go wrong. Discouragement grows when we dwell on disappointments. Fear increases when we continually rehearse worst-case scenarios. While circumstances may be real, our perspective determines how we respond to them. A mind fixed only on earthly problems can quickly become overwhelmed. A mind focused on God's promises finds strength even in difficult seasons.

Setting your mind on things above means intentionally directing your attention toward God's character, His promises, His wisdom, and His purposes. It means reminding yourself that God remains faithful even when circumstances are uncertain. It means choosing to meditate on truth instead of allowing negative thoughts to dominate your thinking. This does not happen automatically. Just as a compass must continually be pointed in the right direction, our minds must continually be aligned with God's Word.

The enemy often attacks believers through distraction. If he cannot stop your faith, he will attempt to shift your focus. He wants you consumed by temporary problems while forgetting eternal truths. Yet God's Word calls us to lift our perspective higher. When we focus on God's presence, His promises, and His sovereignty, we begin to see our challenges differently. What once felt overwhelming becomes manageable because we remember who is in control.

Today, pay attention to where your thoughts are spending the most time. Are they fixed on fear, frustration, and uncertainty, or are they anchored in God's truth? Living above your feelings begins with directing your mind toward what is true, eternal, and life-giving. When your focus rises, your perspective changes, and when your perspective changes, your responses begin to change as well.

Focus for Today

My focus influences my perspective, and my perspective influences my life.

Practice

- Identify one thought that has been occupying your mind lately.
 - Ask yourself if that thought aligns with God's truth.
 - Spend five minutes meditating on Colossians 3:2 today.
 - Replace one negative thought with a specific promise from Scripture.
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Prayer

Father, help me set my mind on things above. Guard my thoughts from becoming consumed with fear, worry, and temporary concerns. Teach me to focus on Your truth, Your promises, and Your faithfulness. When challenges arise, help me see them through the lens of Your wisdom rather than my emotions. Let my mind be shaped by Your Word and guided by Your Spirit today. In Jesus' name, Amen.

Reflection Question

What has been capturing your attention lately, and is it helping you focus on God's truth or distracting you from it?