

The Mind of the Believer

Part I and II

Message 24 and 25

1.12.25

1.26.25

Romans 8:5-11 (CSB)

Primary Verse: 5-9

⁵For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit.

⁶Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace. ⁷The mindset of the flesh is hostile to God because it does not submit to God's law. Indeed, it is unable to do so. ⁸Those who are in the flesh cannot please God. ⁹You, however, are not in the flesh, but in the Spirit, if indeed the Spirit of God lives in you. If anyone does not have the Spirit of Christ, he does not belong to him.

¹⁰Now if Christ is in you, the body is dead because of sin, but the Spirit gives life because of righteousness. ¹¹And if the Spirit of him who raised Jesus from the dead lives in you, then he who raised Christ from the dead will also bring your mortal bodies to life through his Spirit who lives in you.

[Introduction to the Text:](#)

A. There is no such thing as neutral thinking.

1. Today's passage makes this bold, clear statement.
2. Whatever gets our attention sets our direction.
3. Throughout the New Testament, we are made aware of the importance of the mind and our thoughts.

- a. That's because sin is first an inward response before it is an outward action.
- b. In Matthew 15 and Mark 7, Jesus tells us it isn't what goes in us that defiles us but what comes out of us.
- c. Notice what Jesus said:

Mark 7:21–23

²¹ For from within, out of people's hearts, come evil thoughts, sexual immoralities, thefts, murders,
²² adulteries, greed, evil actions, deceit, self-indulgence, envy, slander, pride, and foolishness. ²³ All these evil things come from within and defile a person."

4. Today's passage in Romans "makes it abundantly clear that the way one thinks is intimately related to the way one lives, whether in Christ and in the Spirit by faith, or alternatively in the flesh, in sin, and in spiritual death."¹

- a. Jesus said, "Where your treasure is, there your heart will be also."
- b. Whatever has my attention has my affection.
- c. Whatever has my affection has my worship.

B. Like most of Romans, today's passage is complex.

- 1. And it feels almost impossible to cover every piece and aspect in one sermon, regardless of length.
- 2. Let me give you a summary up front:
 - 1. Worship follows focus.
 - 2. What I'm focusing on is what I'm worshipping.
 - 3. If my mind and heart are fixated on anyone or anything other than Jesus, then I'm not pleasing God and not participating in the life that the Spirit provides.

¹ Silva, Phroneo, 619.

Romans 8:5-9

⁵For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit.

⁶Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace. ⁷The mindset of the flesh is hostile to God because it does not submit to God's law. Indeed, it is unable to do so. ⁸Those who are in the flesh cannot please God. ⁹You, however, are not in the flesh, but in the Spirit, if indeed the Spirit of God lives in you. If anyone does not have the Spirit of Christ, he does not belong to him.

1. Our Thought Life Matters

A. Our world understands this biblical principle.

1. Our culture is focused on positivity, manifesting positive results, envisioning the end in sight, mindfulness, and all sorts of other methods of encouraging positive thinking and being.
2. This is not all bad.
3. But some of this advice is misguided at best and, at worst, attempts to substitute the power Jesus promised for the power of the human mind and willpower.
4. No matter how positive your thinking is, if Jesus and His Kingdom aren't our focus, then we are missing it.
 - a. You cannot "will" yourself to heaven.
 - b. You cannot "think" your way to god or deity.
 - c. But your thinking will change as you give your life to Jesus.
 - d. Matthew 6:33 (CSB)

³³ But seek first the kingdom of God and his righteousness, and all these things will be provided for you.

B. The biblical truth is that our mindset, our inner life, does matter.

1. Paul told the Philippians: Phil. 4:8

⁸Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

2. Did you know our focus, thoughts, attention, and affection are all precious commodities?

3. And **there is a bidding war for our focus, attention, and affection.**

a. Hobbies, endless scrolling loops, and general distractions all either try to buy our attention or sabotage it.

b. This isn't anything new, but it is definitely one of the greatest struggles for our day and time.

C. **THOUGHT:** What if the extreme distractedness of our age is being used by sin to rob God of worship?

1. If I give all my attention to lesser things, I have less to give to God.

a. When I give all of my energy to lesser things, I have less for God.

b. When I give all of my attention to lesser things, I can't focus on worshipping Jesus.

c. These lesser things may be good, but they can easily become idols.

2. Some of us can read novels for hours, but 15 minutes in Scripture feels like we are dying.

- a. I can talk for hours, but 10 minutes of prayer is more than I can handle.
- b. The moment I sit down to worship, or pray, or study, I find myself reaching for my phone for that next dopamine hit.
- c. It's terrible, and I hate it, and it feels like there is a war for my attention and focus.
- d. It's like the Apostle Paul in Romans 7, trapped in a cycle of not doing what I should.

3. The world system knows that what has our attention has our worship.

D. Earlier in Romans 8, The Apostle had just told the Romans they were no longer under condemnation.

1. Because of Jesus, we no longer have to walk according to the flesh, but now we walk according to the Spirit.
2. When we give our lives to Jesus, everything changes:
 - a. Our allegiance changes from self to God.
 - b. We move from the Law of sin to the Law of the Spirit.
 - c. And our thinking, our mindset, changes.

⁵For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit.

2. Mindset begins with Action

A. Reading Verse 5 in the New Living Translation is helpful here:

1. NLT: 5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

2. Romans 8:5 emphasizes action:

- a. setting our mind on either sin or the Spirit.
- b. The meaning of flesh in this text is that which is sinful.
- c. Our default setting is not thinking about Jesus but thinking about everything else.

B. Living a life in the Spirit begins with our mind/thoughts.

1. This contrasts with Law, which was not concerned with attitude but behaviors.
 - a. For example, the Law condemned murder but could not deal with the root, which is hate.
 - b. The Law condemned adultery but was powerless against the root, which is lust.
 - c. The Apostle Paul said he did not know what coveting was until the Law told him, and then sin, the flesh, caught hold of that and made him covet.
2. Jesus showed the difference between a life under the Law and a Life in the Spirit in his Sermon on the Mount in Matthew.
 - a. Jesus said to hate a person was to commit murder.
 - b. Jesus said to lust at a person was to have already committed adultery.
 - c. For as impossible as the standards seemed under the Jewish Law, Jesus raised the standards under the New Covenant in the Spirit.
 - d. The Law deals with our actions; the Spirit deals with our inner life.
3. Scripture deals with our thoughts because where the mind goes, the body is sure to follow.

a. Whatever has my attention has my affection.

b. Whoever controls my mind controls me.

C. The Good News is that you can choose what controls your mind.

1. That's where the verb part comes in.
2. The wording in verse 5 stresses action.
 - a. We set our mind on the flesh or on the Spirit.
 - b. We apply effort and action.
 - c. We direct and control our attention.
3. We choose where we give our attention and our affection.

D. The Apostle Paul told the Corinthians about the power believers should exercise:

1. 2 Corinthians 10:3–5 (CSB)

³For although we live in the flesh, we do not wage war according to the flesh, ⁴since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments ⁵and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.

2. Our Mindset is the result of setting the attention and focus of our mind.

a. This is one of the hardest things we do.

b. If you struggle with ADD or ADHD, controlling your focus feels like an impossible task.

c. Add in the influence of TikTok, Facebook reels, and YouTube Shorts, most of us millennials and younger have accidentally trained our physical brains to crave dopamine.

1. That's why when I'm concentrating on writing a sermon, I find myself pulling up Facebook when I get stuck.

2. That's why when we get the least bit bored, we start flipping through endless loops of content.

3. That's why we are more comfortable "multi-tasking" than focusing on any one thing.

4. But multi-tasking is not a productivity hack, it is detrimental to productivity.

3. **Controlling our mind isn't easy, but it's necessary.**

a. And the good news is that God has given us His Spirit to help.

b. Later in Romans 12:2, we read:

²Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

c. **Philippians 4:7** (CSB)

⁷And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

4. The Law made us powerless to control our minds and our behavior.

a. But a person who sets their mind on the Spirit will find help.

b. Setting our mind on the things of God is something believers are empowered to do.

c. All of us are called to focus our attention, affection, and direction on Jesus.

d. You may have been asking, "God what can I do for you?"

1. What if the answer is simply, "focus on me?"

2. God wants to use us in so many ways.

3. But first and foremost, we are called to Him.

4. And that begins with our thoughts and emotions.

Apply: Where have your thoughts been lately?

A. If we were to take a “thought audit” of the past few weeks, what have we been thinking about?

1. I would suggest that very few of us have been intentionally thinking about sinful things.

a. But some have.

b. Some of us have entertained thoughts that are far from God’s will or plan for us.

c. A thought becomes a sin when we entertain it.

d. Jesus was tempted but was without sin.

e. The temptation is not sin, but dwelling upon it is.

James 1:14–15

¹⁴ But each person is tempted when he is drawn away and enticed by his own evil desire. ¹⁵ Then after desire has conceived, it gives birth to sin, and when sin is fully grown, it gives birth to death.

f. When we give our desires enough time to conceive and give birth, it births sin.

1. I’ve heard it said that it isn’t the first look that is sinful; it’s the second one.

2. If you’ve been entertaining thoughts and emotions that you know are sinful, don’t let this service end before you confess and repent before God.

2. What would putting Christ first in our thinking look like?

a. Philippians 4:8 gives us a great metric:

⁸ Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

Is it true?

Is it honorable?

Is it just?

Is it pure?

Is it lovely?

Is it commendable?

Is it morally excellent?

Is it praiseworthy?

B. Because mindset is so important and because our attention determines our direction, what if I gave all of us a few challenge this week?

1. **Challenge #1: Add 10 minutes to your regular prayer time.**

a. If you don't have a regular prayer time, then set an alarm or reminder and then set a timer for 10 minutes.

b. And talk to God.

c. Talk to God about yourself, your family, about questions or concerns.

d. Read aloud 10 minutes worth of Psalms.

e. If you are already praying for 20 minutes regularly, make it 30. Just add 10 minutes.

2. **Challenge #2: Personal Thought Audit.**

a. Take time to be aware of what you are thinking about.

b. What are you focused on, obsessed with, or distracted by?

c. When you have a few minutes, where do your thoughts go?

d. Then, ask yourself:

a. Has this become my worship?

- b. Have I prayed about this situation?
- c. Have I let this person or thing distract me from my main purpose and calling?
- e. This doesn't mean you can't have fun.
 - 1. You can have hobbies, watch movies, or play games.
 - 2. It is ok for these things to be PART of your life, but they cannot BE your life.

3. Challenge #3: Apply the 4:8 filter from Philippians.

Is it true?

Is it honorable?

Is it just?

Is it pure?

Is it lovely?

Is it commendable?

Is it morally excellent?

Is it praiseworthy?

C. Remember, this is possible because of the Spirit.

⁵For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit.

- 1. When you struggle, remember to turn to the Holy Spirit for help.
- 2. What He calls us to, He empowers us to do.

WEEK 2

3. The result of setting the mind is our mindset

Romans 8:6-8 (CSB)

⁶ Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace. ⁷ The mindset of the flesh is hostile to God because it does not submit to God's law. Indeed, it is unable to do so. ⁸ Those who are in the flesh cannot please God.

Hang with me for a minute and remember my notes are online if you want to go back and read what I said.

A. The Greek shifts from a verb to a noun.

1. Verse 5 is the action: we "set" our mind.

2. Verse 6-8 is the result.

a. By setting our mind on the flesh and sinful desires, we die.

b. When we set our mind on the Spirit, we receive life and peace.

B. How we live is a direct result of where we have focused our attention.

1. The Apostle is telling us that our mindset determines where we walk and how we live.

2. If our mind is set on following the desires and leadership of our flesh, it will lead to death.

3. If our mind is set on the Spirit, we have life.

C. What does this even look like?

1. In Galatians 5, Paul explains the differences between a life focused on the flesh compared to a life focused on the Spirit.

2. The Book of Galatians is kind of like a condensed version of Romans and deals with many of the same themes.

3. In Galatians, Paul makes the distinction between the mindset of law and the mindset of the Spirit very clear.

D. Galatians 5:18–25 (CSB)

¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ Now the works (**the actions and results**) of the flesh are obvious (**We know the answer, he says**: sexual immorality, moral impurity, promiscuity, ²⁰ idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, ²¹ envy, drunkenness, carousing, and anything similar. I am warning you about these things—as I warned you before—that those who practice such things will not inherit the kingdom of God.

1. A mind set on the law of sin and death will produce these works.

2. If this kind of fruit is what your life is producing, then the Apostle Paul says you will not inherit the kingdom of God.

3. That means you are not saved.

a. If you are living a life that is producing moral impurity, or factions, or envy, or drunkenness, or anything similar, your mind is not set on the Spirit but on your flesh.

b. Paul is clear: A mind set on law produces these things and these things are evidence of death, not life.

E. The rest of that passage is:

²² **But** the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. The law is not against such things. ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

1. A person who has their mind set on the Spirit will produce ever-increasing amounts of love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control.

2. This is a process of growing and maturing and becoming more and more like Jesus.

3. We all have room for growth when it comes to the fruit of the Spirit.

4. But if your life is producing the works of the flesh, then you don't have your mind set on straight.

5. If you are producing and developing the fruit of the Spirit, even though you will never be perfect in this, you are setting your mind on the Spirit.

F. In Romans 8, "Paul reminds his readers that the life-giving power of God's Spirit is finally effective only in those who continue to let the Spirit change their lives."²

1. The Holy Spirit is mentioned more times in Romans 8 than anywhere else in the Bible.

2. Could it be because the only way we can live like this is if the Spirit makes it possible?

3. This life Paul is talking about is a partnership between the Holy Spirit and Us.

4. The Spirit helps us while we do what we can.

4. Whatever has my attention has my affection.

A. Whoever controls my mind controls me.

1. The world knows this.

2. My Apple watch reminds me to practice mindfulness.

² Douglas J. Moo, *The Epistle to the Romans*, The New International Commentary on the New Testament (Grand Rapids, MI: Wm. B. Eerdmans Publishing Co., 1996), 485.

3. YouTube channels promote to me a lifestyle of peace through mindfulness and positive thinking without the need for a Savior.³

4. Many Christians have used language and techniques that have their roots outside of Scripture, phrases like manifesting and self-affirmation.

5. Christians must resist any teaching that tells us the answer to our problem is within us instead of in Christ Jesus.

B. In Christ Jesus, we do have power over our thoughts and minds.

1. With the Spirit's help, we can take captive every thought.

2. Because Jesus set us free from the law of sin and death, we can live a life of freedom, set apart for God's purpose.

3. When we actively set our mind on Jesus, we can experience life, joy, and peace.

C. A great test of our mindset is what happens when we are alone with our thoughts.

The twentieth-century Archbishop of Canterbury William Temple once said: "Your religion is what you do with your solitude." In other words, wherever your mind goes most naturally and freely when there is nothing else to distract it—that is what you really live for. That is your religion. Your life is shaped by whatever preoccupies your mind. The overcoming of sin in our lives begins in our minds; and victory over sin is only ever the result of having minds set on the Spirit.⁴

1. American Christians can't handle silence, solitude, or boredom.

2. When left to ourselves, we too often find the pull of our flesh to be stronger than our mindset.

³ An example: <https://drdavidhamilton.com/the-science-of-affirmations/>

⁴ Timothy Keller, *Romans 8–16 for You*, ed. Carl Laferton, God's Word for You (The Good Book Company, 2015), 16–17.

5. How do we crucify the flesh and put on the mind of Christ?

#1. Have the right filter. Philippians 4:8 (ESV)

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

A. Filters control what is allowed in and what stays out.

1. It isn't enough to have a filter.
2. We need to have a Jesus-infused filter.
 - a. **Picture of Cheryl Evans water from last year.**
 - b. The Sawyer water filter was the difference between something that was undrinkable and something that was drinkable.
 - c. It was the difference between a substance that could make me sick and a substance that would nourish me.
 - d. The water wasn't the problem, it was the pollutants in the water.
3. I submit to you that many things are good or neutral.
 - a. But those things become perverted or contaminated.
 - b. And that which was designed to nourish, like water, then makes me sick.
 - c. Example: Some churches play secular music before and after service.
 1. The reasoning is that, one it creates a familiar atmosphere.

2. Second, the thinking is that everything can be Spiritual, and nothing is secular or worldly if you view it right.

3. Obviously, that isn't happening here.

4. One of the reasons is that music has a memory.

a. One person told me like this:

b. When they hear those songs, it reminds them of a life where they were far from God.

c. They don't want to go back to that place.

4. As we filter things with the mind of Christ, there will be things we walk away from because, in their present situation, they carry impurities.

B. Paul says in Philippians to think about these things.

1. Our filter should ask:

2. Is this honorable and just?

3. Is this pure AND lovely?

4. Is this commendable and excellent?

5. Is this worthy of praise (not shameful)?

6. IF IT FITS, then I allow it through and think about it.

C. If it doesn't fit, then we take that thought captive.

1. "Lord, I know this thought does not honor you. Help me to push it aside."

2. "Lord, this thought is intrusive, and I don't know where it came from. Would you deal with it and the root?"

D. Then, be bold and set your mind somewhere else.

#2. Crucify the flesh by being bold. 1 Peter 1:13 (CSB)

¹³Therefore, with your minds ready for action, be sober-minded and set your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

A. Your mind has to be ready to take action.

1. Stay prepared.
2. Stay ready.
3. Peter says, stay sober-minded.

B. Sober-minded is:

1. Focused
2. Clear
3. Set

C. Sober-minded minds are set completely on the grace that Jesus brings us.

#3. Crucify the flesh by making no excuses. Romans 13:14 (CSB)

¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh to gratify its desires.

A. Make no provision to gratify the flesh.

1. When sin is an option, it becomes a temptation we cannot resist.
2. When we are tempted, if we do not filter it and are not bold with it, we start looking for provisions and excuses.

B. What is a provision or excuse?

1. It is a justification that provides enough separation for me to escape the pull of the Spirit.
2. An excuse is what I put between myself and the conviction of the Holy Spirit for me to feel temporarily good about what I'm doing.

3. Sometimes, we do this by avoiding sobriety.
 - a. Drunkenness and getting buzzed release our inhibitions, causing us to act like we normally wouldn't.
 - b. Many of us "numb" ourselves through excessive media consumption or even junk food.
 - c. When our mind is not focused or set, we let down our filters and do not think clearly.
4. Temptation rarely shows up when we are ready for it.
 - a. It waits until we are tired.
 - b. It waits until we are frustrated.
 - c. It waits until we are depleted.
 - d. It waits until we are hungry.
 - e. It waits until we are stressed.

6. How do we create filters that enable boldness that reject excuses?

A. We all know the importance of reading the Bible and praying.

1. These practices are foundational.
2. We never outgrow them.
3. If we are straying from Scripture, prayer, and worship, it is a sign that our mind is not as set upon the Spirit as it should be.
4. But what else can we do?

B. Fasting

1. One of the most powerful practices we all can start is fasting.
 - a. If you are physically able, set aside a 24-hour period every week to fast.
 - b. This is more than skipping a meal.

- c. This is the intentional denial of our human appetite.
- d. When we fast, we physically become more sensitive to the effects of insulin
- e. Spiritually we become more sensitive to the Spirit's voice, our true thoughts and emotions, and a more accurate understanding of where we are spiritually.

2. Denying self is one of the hardest practices to implement.

- a. When we fast and deny ourselves, we find the power our own desires have over us.
- b. Fasting is a great way to deny ourselves.
- c. And while we are hungry, and notice our desire for junk food and snacking, we remind ourselves that we do not live by bread alone but by the very word of God.

C. **Abstinence.**

1. I think there is a distinction between fasting food and abstaining from other things.

2. Scripture speaks of married couples abstaining from sex for a short season so that the couple may pursue God.

a. Why?

b. Not because sex is bad but the temporary denial of what is good (sex or food) for that which is better (life in the Spirit) is good for us.

3. Abstaining could include many things.

a. Abstaining from sex is probably easier than giving up our phones.

b. What if we abstained from our favorite hobby for a week or month and dedicated that time to serving, worshipping, or drawing closer to Jesus?

4. Several weeks ago in Kid's church, Delanie Rinne was teaching the kids about putting Jesus first.

a. But what does that look like when you are 8 or 10 or 12?

b. One parent told me they were driving when their boy in the backseat gave their Nintendo to his parents and asked them to take it.

c. The reason: the young man wanted to spend more time with Jesus.

5. In a world of instant and constant gratification, abstinence and fasting are powerful.

a. Delayed gratification is huge.

b. I encourage all of us to ask the Holy Spirit, "What are you calling me to give up or give away?"

c. It could be social media, a meal or two a week, or something very unique to you.

d. Denying and dying to self is for all of us.

D. Confession

1. To confess is to say the same thing about my sin as what God says about it.

2. Sometimes we need to be open and honest with ourselves and call our attitudes or actions for what they are: sin.

E. Worship.

1. Worship is always directed at someone who exceeds us.

a. We might "worship" and "celebrate" a great golf shot, or a Caitlin Clark, or a person who seems to make friends and money without any effort.

b. Our worship is always directional and always goes in the direction of who or what we admire.

2. When we worship Jesus, we take our mind, our attention, our affections, and direct them to the One who is greater and higher.

a. What has our attention has our affection.

b. What receives our highest admiration receives our worship.

7. We crucify the flesh by setting our minds on God and denying ourselves.

1. What is your next step?

a. What is the next step the Spirit is asking you to take?

b. Some of the steps will be terrifying, even though they are safe.

1. A while back, Julie and I were at the Royal Gorge in Colorado.

2. The gorge is huge, and there were 3-ways to get across:

a. The bridge.

b. The gondola.

c. The zip-line.

3. Over the years, I have hated heights.

a. When we started work in this building, it was all I could do to get in a scissor lift and go all the way to the ceiling.

b. But now, that is not only easy but kind of fun.

4. The Royal Gorge a few years ago would have been impossible for me.

a. The zip-line was not something I wanted.

b. And the bridge was too easy.

c. But the gondola was a challenge I needed to make, so I went across.

5. For Julie, the obstacle was the bridge.

a. As I was riding the Gondola, she tried to walk across the bridge, but she froze.

b. A park ranger approached her in a UTV and asked, "Do you really want to cross?"

c. When Julie said yes, the ranger said, "I will take you across, but you have to get yourself back."

d. I'm really proud of Julie for saying yes and going across.

e. But now, she had to walk.

f. By that time, I'm on the other side ready to walk with her.

1. After the Gondola, the bridge is easy.

2. I'm walking, taking pictures, feeling the bridge swing and sway, staring at the abyss.

3. For me, it was easy but it was still terrifying for Julie.

4. But she made it.

6. In this process of becoming more like Jesus, the Spirit knows what you can handle and what needs to be challenged in you.

a. Some are ready for the zip-line, so to speak.

b. Some are ready for a gondola ride, trusting that the cable won't break in the wind.

c. Some need the safety of a massage suspension bridge with monster sized cables.

d. Others need the help of a comforting presence like a park ranger, who has traveled the bridge thousands of times before.

e. While we all experienced the beauty of the Royal Gorge differently, we still experienced it.

7. I don't know your next step, but I know you have one.

3. Setting our minds on Christ is something we are all called to do.

a. Crucifying our flesh, making sure our desires do not own us, is something we are all tasked with.

b. And it doesn't get easier when we get older.

c. But God helps us, even in our weakness.

d. He is faithful and invites us and empowers us to set our minds on Him so that life may flow in us and through us.

Prayer