



MINDLESS OR *Christ-Minded?*

How to Think About What You're Thinking About

In all likelihood your mind is consumed with the basics of daily life.

According to people who study such things, most people spend most of their time thinking about their own concerns: basic needs, relationships, and the rather immediate future.

Most of the people you meet today will not be intentionally thinking about anything. They will be going through the motions – what researchers deem “mindless.”

Think about that!

Some people are deliberately thinking, focused on the concerns of others and the world, pondering life's mysteries, contemplating God, goodness, beauty and truth, but others – many others in fact – spend the majority of their time NOT thinking.

So, I'll ask you again, “what are you thinking about? And HOW are you thinking about WHAT you're thinking about? And WHY are you thinking about WHAT you're thinking about the WAY you're thinking about it?”

In a sentence, THAT is your worldview. That is the filter, the lens, through which you not only SEE but process and determine to affect the world in which we are living today.

God has a lot to say about what we're thinking about, how we're thinking about what we're thinking about and WHY we should think about what we're thinking about. He cares about our minds and our thoughts. And so should we!

Consider a few of the places where the Bible addresses what's going on in our minds:

ROMANS 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

COLOSSIANS 3:2-10

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

PHILIPPIANS 4:8

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.

PSALM 139:23-24

Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way everlasting!

ROMANS 8:5-9

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 set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.

ISAIAH 26: 3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

I PETER 1:13

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

HEBREWS 8:10

For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my laws into their minds, and write them on their hearts, and I will be their God, and they shall be my people.

And finally,

HEBREWS 10:24-25

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.

I encourage you to think about what you're thinking about and consider how you're thinking about the things you're thinking about.

And then, as you're thinking about what you're thinking about and how you're thinking—consider what God is thinking about and how God is thinking about the things you're thinking about. Does God think your thinkin' is stinkin'?

We need to develop the mind of Christ on the matters of the day. We need a thorough renewing of our mind, as Romans 12:1 says. How can we actually do this? How do we move from “mindless” to the mind of Christ?

In our current time and place, we face endless options for entertainment, the barrage of news from every corner of the globe, and the constant updates from social media and more. We probably don't even take notice of what consumes our minds for most of the day!

But God has provided everything we need for a life of godliness, even for our minds in our overwhelming, worry-inducing, distraction-prone age.

Here are three practices to help us think about what we are thinking about:

① **FILTER YOUR THOUGHTS THROUGH GOD'S WORD.**

Our thought life needs constant tending. As we encounter so many different pieces of information and influence throughout our day, so we renew our minds each day through His Word. We know what, and how, to think by submitting daily to His words— but we must actually know His words in order to do that.

Practice: Meditate on Philippians 4:8 to create a godly filter for your thoughts.

② **ASK THE HELPER.**

Ask the Spirit for help! Are you consumed with worry every morning when you make your coffee? Do you slip into mindless scrolling every afternoon? Build moments into your day to stop, and refocus your thoughts through prayer— particularly when you know you are prone to wander.

Practice: Pray Psalm 130:2-3 that the Lord would search your thoughts, reveal what is most influencing them and then align your mind with the things of the Spirit (Romans 8 5:-9).

③ **PREPARE YOUR MIND FOR GODLY ACTION.**

Be intentional about what you put in— through entertainment, news, etc. Is your media diet preparing you as an Ambassador of Christ, or as a representative of another kingdom of this world? Make shifts to create a mind ready for God's work.

Practice: Consider 1 Peter 1:13 and the command to be sober-minded, with our hope fully set on Christ. This is a call to think on purpose—not just consume content, but reflect, pray, and act like Jesus really is our hope.