

Establish the Direction of Your Thinking in the Morning

Discipline 1: Begin the Day by Deliberately Setting Your Mind on God

Key Scripture: Romans 12:2 (NKJV)

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Central Truth: We cannot consistently live God's way while continuing to think the world's way. We must allow the Holy Spirit to renew our minds through God's Word.

I. Our natural thinking is not God's thinking

Isaiah 55:8–9 — God's thoughts and ways are higher than ours.

- God sees from an eternal perspective. We ordinarily see from a temporal perspective.
- God judges according to holiness and truth. The world often judges according to pleasure, popularity, and personal advantage.
- God possesses perfect knowledge. Our understanding is limited.

Isaiah 55:6–7 teaches that we must forsake not only sinful ways but also unrighteous thoughts.

Proverbs 3:5–6 calls us to trust the Lord rather than depend upon our own understanding.

Teaching Principle: To walk with God, we must acknowledge that our thinking needs correction.

II. We have been conditioned to think like the world

Ephesians 2:1–3 — Before salvation, we followed the course of this world.

Our thinking has been shaped by our upbringing, education, culture, entertainment, personal experiences, and sinful nature.

Even after conversion, worldly habits of thinking may remain.

Romans 12:2 gives us two commands:

1. Do not be conformed. Refuse to allow the world to determine your values and standards.
2. Be transformed. Allow God to renew your thinking so that your desires, judgments, and decisions reflect His truth.

A renewed mind is essential to a transformed life.

III. God's way of thinking differs from the world's

The world's thinking	God's thinking
Put yourself first.	Seek God's kingdom first. Matthew 6:33
Retaliate when wronged.	Overcome evil with good. Romans 12:21
Trust in wealth.	Trust in the living God. 1 Timothy 6:17
Depend on yourself.	Trust the Lord. Proverbs 3:5–6
Seek people's approval.	Seek to please God. Galatians 1:10
Worry about tomorrow.	Trust your heavenly Father. Matthew 6:25–34
Measure greatness by status.	Greatness is expressed through service. Mark 10:43–45

Reflection Question: How many of your daily reactions come from what the world has taught you rather than what Christ has taught you?

IV. The Holy Spirit enables us to think differently

1 Corinthians 2:14–16 — Spiritual truth requires spiritual discernment. Through the Spirit, believers have the mind of Christ.

Romans 8:5–6 — The mind set on the flesh is associated with death, while the mind set on the Spirit is life and peace.

Ephesians 4:22–24 — We must put off the old man, be renewed in our minds, and put on the new man.

John 17:17 — God's Word is truth.

John 14:26 — Jesus promised that the Holy Spirit would teach His disciples and bring His words to their remembrance.

The Word reveals God's truth. The Spirit enables us to understand, embrace, and apply that truth.

Teaching Principle: God has not merely commanded us to think differently. He has given us His Holy Spirit to make transformation possible.

PAGE 2 — APPLICATION AND DAILY PRACTICE

V. Deliberately establish the direction of your thinking each morning

Colossians 3:1–2 (NKJV)

“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.”

Paul commands us to set our minds on heavenly things.

This does not mean ignoring earthly responsibilities. It means approaching those responsibilities from God's perspective.

Begin each morning by asking yourself four questions:

1. Whose wisdom will guide my decisions today? — Proverbs 3:5–6
2. Whose values will determine what matters most to me? — Matthew 6:33
3. What will govern my reactions to people and problems? — Romans 12:17–21
4. Will I depend upon my own strength or the Holy Spirit? — Galatians 5:16

Teaching Principle: Before allowing the world to direct your attention, deliberately submit your mind to God's authority.

VI. Continually bring your thoughts into obedience to Christ

2 Corinthians 10:5 — Bring every thought into captivity to the obedience of Christ.

Beginning the day with God is only the beginning. We must continue directing our thinking toward Him throughout the day.

Use Scripture to guide your response to life's circumstances.

When you experience Remember God's Word

Anxiety	Philippians 4:6–8
Anger	James 1:19–20
Temptation	1 Corinthians 10:13
Mistreatment	Romans 12:19–21
Discouragement	Romans 8:28–39
Uncertainty	Proverbs 3:5–6

Psalm 119:11 — Store God's Word in your heart.

Psalm 1:2 — Meditate upon God's Word day and night.

The goal is not merely to know Scripture but to allow its truth to govern our thinking, attitudes, decisions, and conduct.

VII. Living the Word This Week

Practice these five actions each morning:

1. Give God your first attention before becoming occupied with the day's concerns.

2. Read a passage of Scripture and consider what it reveals about God's ways.
3. Ask the Holy Spirit to expose worldly patterns in your thinking.
4. Deliberately submit your decisions, attitudes, and expectations to God's Word.
5. Throughout the day, examine your reactions and redirect your thoughts toward Christ.

Questions for Personal Reflection

- What worldly patterns of thinking do I still struggle to overcome?
- When problems arise, do I first respond according to my feelings or God's Word?
- Am I consciously depending upon the Holy Spirit to renew my mind?
- What can I change tomorrow morning to begin thinking more consistently according to God's truth?

Memory Scripture

Philippians 2:5 (NKJV)

“Let this mind be in you which was also in Christ Jesus.”

Closing Prayer

Heavenly Father, Your thoughts are higher than my thoughts, and Your ways are higher than my ways. Forgive me for allowing the world's thinking to influence my attitudes and decisions. Holy Spirit, renew my mind through Your Word. Help me begin each morning seeking Your wisdom and continue throughout the day thinking according to Your truth. Teach me to see my circumstances from Your perspective and to respond as Christ would have me respond. In Jesus' name, Amen.

Final Thought

We cannot consistently walk in God's ways while continuing to think according to the world's ways.

God has given us His Holy Spirit so that we may increasingly think, judge, desire, and live as Christ would have us live.

Know the Word. Know the Truth. Live the Truth.