Have you ever been in a situation where you have a hard time concentrating? Perhaps it is the noise of the TV or the neighbor's dog barking, but it becomes difficult to stay focused. We all go through that and especially when we set aside time to be alone with our Lord. Isn't it amazing how many things can distract us, calling us away from those quiet times of refreshment? As in every area of our walk with the Lord these verses remind us that part of this problem is resolved by choosing to focus and stay focused on the Lord and His Word.

Romans 8:5-6 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 <u>set their minds on the things of the Spirit</u>. [6] To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (ESV)

Colossians 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. [2] <u>Set your minds on things above</u>, not on earthly things.

To *set our minds* is to focus, to pay attention to, and it requires a choice. An effort has to be made. Where will I fix the thoughts and my heart? **Piper- A Godward Life Vol. 1** "I think we tend to slip into a passive way of thinking about change - that change may simply happen to me one of these days as I talk through my problems. I see a much more aggressive, non-passive approach to change in the New Testament. Namely, 'Set your mind on...'" p. 229

PRAYER: Lord God, help me to focus on You, not the difficulties of the day. Help me make the choice to set my mind on those things which honor You. Please Lord, give me the ability to concentrate my heart on the fact that You are in control of all things no matter what goes on around me. Lord, help me to Trust YOU in each and every situation and continue to *set my mind on YOU*.

Pastor Mark Kieft