

LIFE GROUP

DISCUSSION QUESTIONS

Set Your Mind on Things Above July 20, 2025

Summary

In Colossians 3:1–11, Paul urges believers to “set their minds on things above,” calling for a spiritual renovation of our thoughts and identity. In this message, Pastor Dale spoke about how our minds shape our actions, and unhealthy patterns often begin with unchallenged thoughts. Paul reminds us that we are already raised with Christ — secure, hidden and being renewed — and that we must actively put to death sinful habits by replacing lies with God’s truth. Change begins when we live *from* our true identity, not *for* it.

Scripture

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. Colossians 3:1-11 (NIV)

Let’s Start

Can you think of a time when a random or surprising thought popped into your mind — good or bad — and it made you stop and wonder, “Where did that come from?”

Gratitude and Prayer

How has God been at work in your life since we last met?

Let’s Talk

1. Paul says, “You have been raised with Christ.” How does understanding your identity in Christ affect the way you think and live day to day?
2. What kinds of thoughts (fear, anxiety, jealousy, lust, etc.) do you find most challenging to bring under Christ’s authority? Why?
3. If your mind is like a house, what rooms need cleaning, clearing or redecorating with godly thoughts?

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4. How do you see unwanted thoughts growing into behaviors? What biblical example from the message stood out most to you?
5. Walk through the four steps (recognize the lie, reject the impulse, refocus with truth, declare your identity). Which of these feels most natural for you? Which is hardest?
6. What specific thought do you want to “put to death” this week? What truth will you replace it with?
7. How does the Bhutanese pastor’s story encourage or challenge your faith journey? What would it look like to live with that kind of courage?

Let’s Act

Pastor Dale provided a 4-step plan adapted from Dr. Jeffrey Schwartz and inspired by Dr. Lee Warren, who called it spiritual brain surgery, to rewire your thinking around the truth of Jesus.

Step 1: Recognize the Lie — When an unwanted thought enters your mind, call it what it is: a lie.

Step 2: Reject the Impulse — Say to yourself, “This thought is coming from my old self — not from the mind of Christ.” You don’t have to entertain it, feed it or follow it.

Step 3: Refocus with Truth — Intentionally replace the lie with a Christ-centered truth. Choose a verse, a promise, a better thought — one that brings life, not death.

Step 4: Declare Your Identity in Christ — Say it out loud. Memorize it. Own it: “I am chosen. I am loved. I am forgiven. I am a child of God.” “Because I am in Christ, I don’t have to obey that thought. I am new. I am free.”
