



# FIT FOR LIFE

:: **Be careful what you think, because your thoughts run your life.** [Proverbs 4:23, NCV]  
:: **For as he thinks within himself, so he is.** [Proverbs 23:7a, NASB]

What we think informs who we **ARE**  
and determines who we **BECOME**.

**2 Corinthians 10:5b [NIV]**

...we take captive every  
thought to make it obedient  
to Christ.

**Romans 12:1-2 [NIV]**

<sup>1</sup> Therefore, I urge  
you, brothers and sisters, in  
view of God's mercy, to  
offer your bodies as a living  
sacrifice, holy and pleasing  
to God—this is your true  
and proper worship.<sup>2</sup> 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.

Be **CHANGED!**

**Romans 8:5-11 [AMP]**

<sup>5</sup> For those who are living according to the flesh set  
their minds on the things of the flesh [which gratify  
the body], but those who are living according to the  
Spirit, [set their minds on] the things of the Spirit [His  
will and purpose]. <sup>6</sup> Now the mind of the flesh is  
death [both now and forever—because it pursues  
sin]; but the mind of the Spirit is life and peace [the  
spiritual well-being that comes from walking with  
God—both now and forever]; <sup>7</sup> the mind of the flesh  
[with its sinful pursuits] is actively hostile to God. It  
does not submit itself to God's law, since it

cannot, <sup>8</sup> and those who are in the flesh [living a life that caters to sinful appetites  
and impulses] cannot please God.

<sup>9</sup> However, you are not [living] in the flesh [controlled by the sinful nature] but in the  
Spirit, if in fact the Spirit of God lives in you [directing and guiding you]. But if anyone  
does not have the Spirit of Christ, he does not belong to Him [and is not a child of  
God]. <sup>10</sup> If Christ lives in you, though your [natural] body is dead because of sin, your  
spirit is alive because of righteousness [which He provides]. <sup>11</sup> And if the Spirit of Him  
who raised Jesus from the dead lives in you, He who raised Christ Jesus from the  
dead will also give life to your mortal bodies through His Spirit, who lives in you.

Be subject to **TRUTH**, not **THOUGHTS**.

**Colossians 3:2-3 [NIV]**

<sup>2</sup> Set your minds on things  
above, not on earthly  
things. <sup>3</sup> For you died, and  
your life is now hidden with  
Christ in God.

SET :: STUDY :: SEEK

## How to receive forgiveness from God:

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

### **You can do that now by simply talking to God in a prayer like this:**

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

**If you chose to follow Jesus today, text “FAITH” to 309-250-2007 to receive additional information about next steps in following Jesus.**

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### **For Further Reflection:**

:: Share a time when your thoughts were a liability and not a help. What made that particular dynamic difficult for you?

:: Take a moment to read Romans 12:1-2.

:: What are some of your initial observations from the passage?

:: What do you find most comforting in Paul’s words? Most challenging?

:: Read/Review Romans 8:5-11.

:: What stands out to you as you reflect on this passage?

:: What part of Paul’s words are most helpful in your journey? Why?

:: In Colossians 3:2-3, Paul calls us to “set our minds.” How might that be reflected in our daily lives? What do you think can happen when don’t choose to live that way?

:: Identify 1 thing you can do this week to more intentionally set your mind on Jesus, study His Word or seek Him. Ask a friend to pray for you as you take that next step.

#### **Philippians 4:8 [NIV]**

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Unless otherwise noted, today’s Scripture is from the New International Version [NIV].  
Shawn Cossin (@shawncossin) – May 22 & 23, 2021

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