



YOUR MINDSET MATTERS

by elizabeth richardson

Since I was little, my mother has repeated a well-known Psalm: “This is the day that the Lord has made. We will rejoice and be glad in it.” Psalm 118:24 (NLT). Over the years, I realized that it is not just a nice scripture to recite but a declaration to live by. Acknowledging each day as the Lord’s establishes your mind for victory. No matter what happens, you claim joy because you know who your Savior is and that He has ordained the day’s events before they even happen.

Proverbs 4:23 (KJV) gives us a similar instruction: “Keep thy heart with all diligence; for out of it are the issues of life”

The condition of our heart is linked to the condition of our lives. Our hearts, our minds, must be kept with diligence (that is, guarded or protected) or we will find ourselves running into messy situations. Our mindset dictates our actions and decisions. It shapes how we view our relationships, ourselves, and God.

How can we guard our hearts for victory? By controlling our perspective. Perspective can make or break our faith. Just as we can decide to claim victory in Psalm 118, we can decide to obey God’s instruction in Proverbs 4:23—our lives depend on it!

1. Mind Your Company

The easiest way to transform your mind is to choose your relationships wisely. Are your friends pushing you closer to Christ? How about your significant other? Are they challenging you to let go of bad habits or leading you to sin? Who you spend time with and how you view your relationships are areas where you can practice guarding your heart. It might require you to watch what you say to others or how you treat them. Or, maybe you should start considering whether the relationships you have are Christ-centered. Seek God for wisdom on how you can better show His love to those around you and filter out any relationships that are causing you to compromise.

2. Mind Your Quiet Time

What do you spend your time doing? What you do in private comes out in public. Your online life, the shows and movies you watch, and the places you go matter. While you can pretend that you are following Christ in your daily walk, your heart will show otherwise. However, the more you build a sincere relationship with the Lord, the more fruit will bear in your life that glorifies Him. Your one-on-one devotions, reading His Word and spending time in prayer, allow the Lord to transform your mind. God's plan is personal. His plan for you is unique to you, but you will never know it if you do not know Him. He is the only One who can show you the steps you need to take to guard your heart, build your faith, and live a victorious life for Him.

3. Mind Your Thoughts

Your thought-life impacts your faith more than you think. Make up your mind to go to the gym in the morning, and you will most likely go. Dwell on how much you do not want to go, and you probably will not. While it sometimes seems impossible to control your actions, you have more power than you realize. It all starts within the mind. If you are convinced that going to the gym will better you physically and mentally, you will go no matter what. Similarly, if you believe what God says, and you are convinced of His transforming power, then you will do what He says.

THREE WAYS TO TAKE YOUR MIND CAPTIVE

The enemy knows how important your mindset is in shaping your life, so he will always aim head-first! Discouraging thoughts are not of God, and most negative things we tell ourselves are not true. The enemy tries to plant false ideas about who God is and who you are, but knowing His Word, you can fight back and think on truths He has already written (see Philippians 4:8). God has given you power in Him and power to control your mind.

If God leads you to let go of anyone or anything for His sake, trust Him. You will never make a mistake praying about it, consulting the Word about it. In a world that constantly pushes you to compromise, stand your ground and listen to God first. Guarding your heart ultimately means doing anything in your power to keep it guarded.