

Avoiding the distractions of the world:

**How to keep track of your spirit
in a world full of competition.**

1. Pray

1 Thessalonians 5:17 Pray without ceasing.

Philippians 4:6 – 7, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

1. Pray

Philippians 3:8 – 11, “But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish that I may gain Christ.”

1. Pray

2. Think about good stuff

Philippians 4:8 “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.”

1. Pray

2. Think about good stuff

Acts 17:11, “more noble than those in Thessalonica, in that they received the Word with all readiness and searched the Scriptures daily to see if these things were so.”

1. Pray

2. Think about good stuff

3. Reach forward

Philippians 3:12 – 13 “Not that I have already attained or am already perfect; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead.”

- 1. Pray**
- 2. Think about good stuff**
- 3. Reach forward**
- 4. Have the mind of Jesus**

Philippians 2:5, "Let this mind be in you that was also in Christ Jesus."

2 Corinthians 3:18, "But we all, with unveiled face, beholding as in a mirror the glory, are being transformed into the same image."

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2 Peter 1:4, "...by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust."

- 1. Pray**
- 2. Think about good stuff**
- 3. Reach forward**
- 4. Have the mind of Jesus**
- 5. Keep the good stuff**

1 Thessalonians 5:21, "Test all things, hold fast what is good."

- 1. Pray**
- 2. Think about good stuff**
- 3. Reach forward**
- 4. Have the mind of Jesus**
- 5. Keep the good stuff**
- 6. Set your mind on things above**

Colossians 3:2, "Set your mind on things above, not on things on the earth."

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Romans 8:13 "For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live."

1 Timothy 5:24, "Some men's sins are clearly evident, preceding them to judgment, but those of some men follow later."

- 1. Pray**
- 2. Think about good stuff**
- 3. Reach forward**
- 4. Have the mind of Jesus**
- 5. Keep the good stuff**
- 6. Set your mind on things above**
- 7. Seek His righteousness**

Matthew 6:25 – 34, "Seek first the Kingdom of God and His righteousness and all these things shall be added to you."

Romans 3:21 – 26, “But now the righteousness of God apart from the Law is revealed, being witnessed by the Law and the Prophets, even the righteousness of God, through the faith of Jesus Christ, to all who believe. For there is no difference; for all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed, to demonstrate at the present time His righteousness, that He might be just and the justifier of the one who has the faith of Jesus.”

- (Romans 16:17) Note those who cause divisions...and avoid them
- (1 Corinthians 5:11) Do not keep company with “excuse makers”
- (1 Corinthians 6:18 – 19) Flee immorality...You are the Temple of the Holy Spirit.
- (Colossians 3:16) Let the Word of Christ dwell in you richly
- (1 Thessalonians 5:11) Comfort one another and edify one another
- (Hebrews 10:25) not forsaking the assembling of ourselves together
- (Hebrews 12:14) Pursue peace with all men, and holiness.
- (1 Peter 2:2) Long for the pure milk of the Word

1. Philippians 4:6 Pray
2. Philippians 4:8 Think about good stuff
3. Philippians 3:13 Reach forward
4. Philippians 2:5 Have the mind of Jesus
5. 1 Thessalonians 5:21 Keep the good stuff
6. Colossians 3:2 Think on things above
7. Matthew 6:25 – 34 Seek His righteousness