

# MIND SET

## DEALING WITH A DISTRACTED MIND (Romans 8:5-11)

Talk-it-Over Notes | June 13-14, 2026

### REVIEW IT

When you feel like you're never going to change, the truth is you are going to change because you have a new nature. Romans 8:5-11 addresses the challenge of living with a distracted mind. Our life and peace of our change will be largely determined by what we set our minds on. — The difference between a life governed by the "flesh" (our own self-justification projects) and a life governed by the Spirit. Paul teaches that our mindset determines whether our lives move toward life and peace or toward frustration and spiritual death.

A great illustration is the story of two Olympic runners, Harold Abrahams and Eric Liddell, to illustrate how people can do the same thing for radically different reasons: one seeking to justify himself through achievement, the other running as an act of worship and joy. This highlights that our mindsets are crucial, not just our actions.

Three daily choices to manage a distracted mind:

1. Feed your mind with truth—regularly take in God's word as the foundational reality that brings freedom.
2. Focus on the right things—deliberately think about **Jesus, others, and eternity**, not just yourself or temporary concerns.
3. Practice saying "no" by the Spirit—simplify your mental input, unsubscribe from distractions, and train yourself to resist the constant demands for your attention.

**Spend some time in the word:** Read Romans 8:5-11

### TALK ABOUT IT

1. The sermon ended with a challenge to find one thing from the sermon that you will take with you. What was your one thing?
2. What are some ways you've observed the world successfully distracting people...
3. How do these distractions affect our ability to focus on what God is doing through the trials of life?
4. Let's connect a couple of dots... How does living a life without condemnation (Romans 8:1) free us from "self-salvation projects" of trying to prove our worth?

### ACT ON IT

Identify one area in your daily life where your mind tends to be distracted or focused on self-centered concerns. This week, intentionally replace that distraction with truth from God's Word—choose a verse or spiritual reminder to meditate on whenever you notice your mind drifting. As you do, ask the Holy Spirit to help you say "no" to unhealthy mental habits and "yes" to setting your mind on Jesus and eternal priorities.

### PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.