

June 28, 2026

Sermon Title -- **What Captures You - Controls You**

Romans 8:5-8 Passion Translation

Introduction

Over the past few weeks – we have been doing a deep dive into the second piece of our foundation principle ... **We established that belief** – is not primarily a head issue – but it also involves our heart ... I introduced to you that there are – two types of feelings – working within us – that are always running simultaneously ... **Reactive feelings** that are generated by our natural thought process ... And **Perceptive feelings** which are generated by the Holy Spirit – by a mind that is stayed on Him.

Last week – I exposed a natural coping mechanism we have all learned to do – when dealing with unwanted feelings – emotional suppression ... Suppression is a proven means of silencing those uncomfortable emotions in the moment ... But on the flip side – suppression also silences the voice of the Spirit ... Practicing this coping mechanism – leaves us without either a resolution – or a revelation – on how to deal with our particular situation.

So, the question this entire mini-series has been building toward is simply this ... How does a person move from being completely dominated by reactive feelings ... To the place where we are completely dominated by intuitive feelings ... Where the Spirit is communicating freely and uninterrupted throughout our entire day.

Let me remind you of our overall focus of this part of the journey ... Belief – is what brings about the manifestation of kingdom truth in your life ... Belief is more than just intellectual data that is processed in the mind ... Belief is taking that intellectual data and combining it with how you feel about that data.

Mark 9:23-24 New Living Translation

“What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.” ... 24
The father instantly cried out, “I do believe, - - but help me overcome my unbelief!”

I believe Paul addresses this issue – in four of the most practical verses he ever wrote ... So, this morning – we are going to let the text do – what only the Word can do – awaken what is already alive on the inside.

Romans 8:5-8 Passion Translation

Those who are motivated by the flesh – only pursue what benefits themselves ... But those who live by the impulses of the Holy Spirit – are motivated to pursue spiritual realities ... For the mind-set of the flesh is death – but the mind-set controlled by the Spirit – finds life and peace ... In fact, the mind-set focused on the flesh – fights God's plan – and refuses to submit to his direction – because it cannot! ... For no matter how hard, they try – God finds no pleasure in those who are controlled by the flesh.

Two Mindsets -- Two Sources -- Two Results

Romans 8:5 -- Passion Translation

Those who are motivated by the flesh – only pursue what benefits themselves ... But those who live by the impulses of the Holy Spirit – are motivated to pursue spiritual realities.

This is often overlooked and not properly understood ... Paul is NOT describing two categories or types of people here ... He is describing two options – that are available to the same person – at the same moment – of each day ... A fleshly mindset or a spiritual mindset – are not assigned to different groups of people ... They are two choices on the same path – and every person has access to either one ... The point Paul is making is – which mindset are you choosing to function in – as you go throughout your daily activities.

We have been building this distinction for weeks now – we have just been using different language ... So, catch this - - Carnal mindedness – is setting the mind on the things of the flesh – which in turn – produces reactive feelings ... A mind that is solely focused upon the

circumstances – the bills – the medical diagnosis – the personal conflicts – the political environment – will always generate feelings that revolve around those focuses ... So, catch the process – a particular circumstance will typically drive your thought process ... Which in turn – creates reactive feelings – now catch this spiritual nugget – which will develop what you BELIEVE about the situation you find yourself in ... That Belief will always influence your behavior and decision making ... This is the carnal – fleshly mind – running exactly as it was designed to operate.

But Paul says there is another option – another system running at the same time ... Those who live by the impulses of the Holy Spirit – are motivated to pursue spiritual realities ... Spiritual mindedness – is setting the mind on kingdom truth – rather than the realities of this natural realm ... When that happens – perceptive feeling flow from your spirit – rather than those reactive feelings of the soul ... These feelings will also influence behavior and decision making ... This is the kainos – kingdom mind – running exactly as it was designed.

Now here is the golden nugget so many people miss ... What you focus upon you will strengthen ... What captures your attention – captures you ... I have been beating this drum for decades now - - Stop focusing on the problem and focus upon your God ... Proverbs 23:7 clearly states - - As a man Thinks – so is he ... Paul is clearly stating – we have a choice to make ... We can choose to function from a carnal mind – or a spiritual mind ... The choice is yours ... And catch this – the results are dramatically different.

A Sober Truth

Romans 8:6 Passion Translation

For the mind-set of the flesh is death – but the mind-set controlled by the Spirit – finds life and peace

We could probably spend an entire mini-series on this verse alone ... So let me just bring out the highlights I feel the Spirit wants us to awaken to ... Let's take the first part - - **“For the**

mind-set of the flesh is death” ... Let me just keep it simple and say this ... Negative – critical thinking leads to chronic emotional turmoil ... This constant mental and emotional state is doing more harm to people than they realize ... Science knows it ... The medical community knows it ... Chronic stress – as it is called – I believe it is the #1 cause of all sickness and disease ... This is the way of the world in which we live ... Everything is negative – critical – all in an attempt of stirring up emotional turmoil ... And I’ll toss this in – it is all based in the demonic for the purpose of destroying God’s creation.

“But the mind-set controlled by the Spirit – finds life and peace”

Let me clarify the phrase – **“Controlled by the Spirit”** ... This speaks directly to our oneness with Him ... I fully understand this is a hard – intellectual concept to grasp ... This is expressly why the scripture tells us the natural man can’t understand the things of God ... I tried sharing this oneness principle with someone last week ... All I will say is it didn’t register well with him ... If you still struggle with this kingdom principle – let me leave you with this:

John 17:21-23 New King James Version

21 that they all may be one, - - as You, Father, - are in Me, - and I in You; - that they also may be - - **one in Us**, - that the world may believe that You sent Me. ... 22 And the glory which You gave Me - I have given them, - that they may be one - just as We are one: ... 23 I in them, - and You in Me; - that they may be made perfect in one, - and that the world may know that You have sent Me, - and have loved them - as You have loved Me.

What does the Spirit want us to grasp from this portion of Scripture? ... Let me leave you with another text that answers that question:

Isaiah 26:3 New King James

You will keep him in perfect peace – whose mind is stayed on You – because he trusts in You.

Let’s briefly break this down ... You must come at it from the oneness perspective ... When you are wholly focused upon Him and not the circumstance ... When your attention is completely placed upon Him ... When your complete being is resonating with the frequency of the

kingdom and not the disharmony of this world ... Then you will experience on the inside His perfect peace ... That peace that Jesus said He gives – not as the world gives.

Mystical Nugget

The key to all this is really simple ... Where you place your attention – you will receive ... What captures your attention – captures you ... This is what I know ... What captures your attention – will gain influence and control over you ... If the things of this world capture your attention – they will lead you to death ... If the things of the kingdom capture your attention – they will lead you to life and peace ... And guess what – you get to choose – where to place your attention

Now catch this – you must be purposeful and consistent in your choosing ... As Paul gives us another sobering reminder

Why the Shift Doesn't Happen Automatically

Romans 8:7-8 New Living Translation

For the sinful nature is always hostile to God. It never did obey God's laws and it never will. That's why those who are still under the control of their sinful nature can never please God.

So, what is it Paul wants us to understand here? ... Paul uses a specific term here that I feel needs to be properly defined and understood – especially in the light of our oneness with the God-head.

The Sinful Nature

Let's develop some foundational clarity before we move forward ... I want to remind you of something I said why back when we first started this journey ... “You are free to think and feel any way you choose” ... I am not telling you what to believe – nor how you ought to feel about anything I am sharing ... So again - - You Do You ... Fully understanding that – As you think – you will be – which will create the environment in which you live ... So - - In light of where we

are at in God's timeline and revelational understanding of the Holy Spirit – how should we define and understand this phrase - - sinful nature?

The Cross – the shed Blood of Jesus – didn't simply forgive the sins of mankind – it completely destroyed its power ... Not only that – but Christ performed a spiritual circumcision – the cutting away the old Adamic nature – that once dominated over mankind (Col. 2:11) ... Sin is no longer our master – nor our identity ... So, you are not a sinner saved by grace ... You are a son who has been eternally set free ... You do not sin – because sin is still part your nature ... You sin – because you choose to think – feel – and act – from the old patterns that no longer define – who you are ... You sin because you choose to – and remember how to – not because of some internal battle that must be fought against every day.

Let me leave you with these verses you can meditate on your own:

Colossians 2:11 ... Romans 6:6–14 ... Romans 8:1–9 ... Hebrews 9:26 ... 1 John 3:8 ...
2 Corinthians 5:17 ... Ephesians 4:22–24 ... Romans 12:1-2

Takeaway

Let me leave you with this simple but weighty reminder as we close out this mini-series ... You have a choice to make – every single day – in every single moment ... Not a one-time decision – but a deliberate choice of where you will place your attention ... If you don't – whatever is the loudest – most logical – deepest emotion – you are experiencing in the moment – will capture it for you.

Throughout your day – randomly stop and ask yourself – where is my attention at the moment? ... What am I focused on? ... If it is not where you want it to be – readjust – refocus – place your attention upon Him and when you do – you will be kept in perfect peace.