THE WOMEN'S EDITION

FAITH • PURPOSE • FELLOWSHIP

November 2026
Reflection Guide

Set Your Mind on Things Above

A Season of Gratitude

"For real, whatever has your attention, occupies your mind. What's on your mind?"

PASTOR TONYA

WOMEN'S MINISTRY

THE WORD FOR THE MONTH

Set Your Mind on Things Above

> "Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth."
>
> COLOSSIANS 3:1–2

Setting our mind on things above does not mean we will not experience adversity, rather, it means that we are able to see over it! It means we are living above the circumstances and not under them.

PASTOR TONYA

Three ways to practice this Word

Keep seeking.

Return to Scripture, prayer and God's presence throughout the day.

Keep looking above.

Acknowledge life's challenges without allowing them to define your perspective.

Keep your mind on Christ.

Pay attention to what fills your thoughts and intentionally redirect them toward Him.

WHAT'S ON YOUR MIND?

Study. Reflect. Grow.

REFLECTION 01

What is occupying my thoughts this month?

REFLECTION 02

How can I direct my attention toward Christ?

LOOKING ABOVE

A Renewed Perspective

REFLECTION 03

What would it mean to see over, rather than live under, my circumstances?

REFLECTION 04

What has your attention today, and how can you turn that attention toward Christ?

LIVING THE WORD

A Seven-Day Practice

Kingdom-minded living is cultivated in ordinary moments. Set aside a few quiet minutes each day to read, pray, and notice where your thoughts travel.

Day 1 · Seek

Read Colossians 3:1–2 slowly. Which word stays with you?

Day 2 · Notice

Write down what has occupied your mind most often.

Day 3 · Redirect

When a worry surfaces, pause and bring it into prayer.

Day 4 · Remember

Recall a moment when God's presence steadied you.

LIVING THE WORD

A Seven-Day Practice

Day 5 · Encourage

Reach out to a woman who could use a kind word.

Day 6 · Give Thanks

Name three gifts you might otherwise overlook.

Day 7 · Rest

Reflect on what changed as you practiced looking above.

A renewed perspective is practiced, not perfected in a day.

STUDY TOGETHER

Small-Group Discussion

For a small group, begin with the Scripture, allow time for quiet reflection, then discuss the four prompts. Close by praying for one another.

01 What is occupying my thoughts this month?

02 How can I direct my attention toward Christ?

03 What would it mean to see over, rather than live under, my circumstances?

04 What has your attention today, and how can you turn that attention toward Christ?

PRAYER & GRATITUDE

A Moment With God

> Heavenly Father, help us to keep seeking You. When our thoughts are crowded with worries and distractions, draw our attention back to Christ. Give us strength to look above our circumstances, wisdom to follow Your Word and grace to encourage one another. In Jesus' name, Amen.

Name three gifts you might otherwise overlook.

01

02

03

"Let Him saturate your thinking!"

Love never fails,
Pastor Tonya

WOMEN'S MINISTRY