

## **Eyes on Jesus:**

### **Finding Strength and Direction in Life's Challenges**

In times of difficulty and distraction, keeping our focus on Jesus is essential for maintaining spiritual strength and direction. This powerful message explores how we can keep our eyes fixed on Jesus and find stamina during life's dilemmas.

### **What Does It Mean to Keep Our Eyes on Jesus?**

Keeping our eyes on Jesus means more than just a casual glance - it requires an attentive, expectant, and steady gaze. This involves:

- Looking away from distractions
- Focusing on God's Word
- Making a conscious choice to turn toward Jesus
- Building a consistent devotional life

### **Why Do We Need to Keep Our Eyes on Jesus?**

There are several key reasons we must maintain our focus on Jesus:

- He is the source of our strength
- He provides wisdom for difficult decisions
- He helps us navigate life's challenges
- He perfects and completes the work He began in us

### **How Do Distractions Affect Our Spiritual Walk?**

Just as taking your eyes off the road while driving can be dangerous, becoming spiritually distracted can:

- Lead us away from God's path
- Affect those around us negatively
- Make us vulnerable to spiritual attacks
- Cause us to lose sight of our purpose

## Finding Stamina in Life's Dilemmas

When facing difficult situations, we can find strength by:

- Maintaining our focus on Jesus
- Standing on God's promises
- Remembering that Jesus endured challenges
- Drawing strength from the Holy Spirit

## Life Application

This week, challenge yourself to:

- Identify what distracts you from focusing on Jesus
- Commit to daily time in God's Word
- Practice turning away from distractions immediately
- Keep your eyes fixed on Jesus through prayer and meditation

Ask yourself:

- What currently distracts me from focusing on Jesus?
- How can I better structure my daily routine to prioritize time with God?
- In what areas of my life do I need to turn away from distractions and toward Jesus?
- Am I relying on my own strength or truly depending on Jesus?

Remember: Just as Jesus endured the cross by keeping His focus on the joy set before Him, we too can endure life's challenges by keeping our eyes firmly fixed on Him.

## Quotes

1. Keep your eyes on Jesus.
2. When you hear the Word preached, you're receiving the very grace, help, and power of the Holy Spirit to do what you hear.
3. Stamina is the ability to endure and overcome. It takes stamina to press through life's dilemmas.

4. There's a difference between a glance and a gaze. In these last days, it must be a gaze.
5. Let go of what doesn't matter so discouragement doesn't take hold.
6. Believe God. Stand in faith. Speak the Word. Walk by faith, not by sight.
7. To consider Him is to fix your mind on Him until you see Jesus clearly.
8. Religion didn't save me, and it won't finish me. Jesus saved me, and praise God, He will finish what He started.
9. Don't leave your devotion time at home—stay devoted all day.
10. As you sit in God's presence, rubbing shoulders with Him, His presence is rubbing off on you. You're starting to look like Him.
11. It's not my works that make me right; it's the One who gives me light.
12. People don't need your opinion—they need Jesus.
13. Sometimes, you have to go through the tight places to enter the wide-open spaces.
14. You don't have to be trapped between a rock and a hard place—keep pressing in by His mercy and grace.
15. Be confident in this: He who began a good work in you will complete it until the day of Jesus Christ.

## **Verses**

1. John 3:14
2. Numbers 21:4-9
3. Hebrews 12:1-2
4. Hebrews 12:3
5. Hebrews 3:1
6. Galatians 3:3
7. Philippians 1:6
8. Proverbs 4:20-22

## Summary

Keeping our eyes fixed on Jesus is crucial for maintaining spiritual strength and direction in life. This focused attention requires more than casual observation - it demands an intentional, steady gaze that looks away from distractions and toward God's truth. When we maintain this focus, we tap into divine strength, wisdom, and guidance for life's challenges. Through consistent devotional life and conscious choice to prioritize our relationship with God, we can find the stamina needed to navigate difficult seasons and fulfill our purpose.