

Focus – 10/10/21

Pastor Rick – Part 1

Message Summary:

God desires to show us how we can focus on the good.

Much of what we choose to focus on is triggered by what we think about. Culture tries to rob of us of our focus.

Our “focus” can and must influence our faith.

If you will allow Him, God desires to show us how we can focus on the good.

Philippians 4:8-9

However, knowing what good thoughts are is one thing...putting them in our brain and choosing to focus on them is another. How do we do this consistently?

1. Recognize the wrong-thinking.

2 Corinthians 10:5

Negative Bias - If we want to see our negative thoughts emptied out of our minds, we have to be willing to focus on them when they come into our heads.

If you have been searching for a sense of peace lately, the root issue may begin with what is coming in and out of your mind.

2. Practice replacing!

Philippians 4:8

God’s desire is not for us to be weighed down by our negative or unhealthy thoughts. Instead, He wants us to meditate on the positive things.

Read--study--meditate

Logizomai

“lego”

Psalm 1:1-3

“Haghah”

Whatever we immerse ourselves in the most will eventually come out of us.

Meditation leads to transformation

Romans 12:1-2

3. Encouragement and Accountability

Hebrews 10:24-25

Entering into accountability requires honesty. Honesty requires safety.

Discussion Questions:

1. What is a take-away for you from the message?
2. Read Philippians 4:8 and Romans 12:1-2. How do these verses help us replace the negative thoughts in our minds?
3. Entering into accountability requires honesty. Honesty requires safety. How could your group grow in accountability, honesty and safety?
4. Take time to evaluate the following questions and share as a group:
 - Are you a safe person?
 - Are you quick to judge?
 - Are you quick to give advice or answers?
 - Do you empathize with others and have compassion?