

## **What You Focus On Develops**

### **Scripture:**

“Set your minds on things above, not on earthly things.” — Colossians 3:2 (NIV)

### **Main Idea:**

Whatever you focus on will develop in your life.

### **Devotional:**

A simple principle of photography offers us profound spiritual insight: *Whatever you focus on always develops.*

When you point a camera lens at something and adjust the focus, that subject becomes sharp and clear while everything else fades into the background. It's not that the other things aren't there—they're just not your focus.

In the same way, your life follows your focus. What you give attention to begins to grow. What you think about shapes your attitude. What you dwell on determines your direction. Whether it's fear or faith, pain or purpose, chaos or Christ—what you magnify will multiply.

### **Consider This:**

- Are you constantly focusing on what's going wrong?
- Do you replay past hurts or future fears?
- Or are you choosing to center your heart on God's promises?

There may be many things happening around you—distractions, noise, pressure—but what you lock your spiritual lens on will shape how you see everything else.

- Focus on God's faithfulness, and you'll find peace.
- Focus on His Word, and you'll grow in truth.
- Focus on Jesus, and you'll walk in purpose.

Philippians 4:8 reminds us:

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

### **Head Change (What you think):**

My thoughts will naturally drift to what I give my focus to.

### **Heart Change (What you feel):**

I feel peace, clarity, and hope when I focus on God's truth instead of my fears.



**Life Change (What you do):**

This week, I will refocus my attention on God's promises and intentionally practice Philippians 4:8.

**Reflection:**

What have you been focusing on lately—worries, offenses, failures, or God's goodness, grace, and guidance? What you focus on develops. Choose today to fix your lens on the One who never changes.

**Prayer:**

Lord, help me to fix my focus on You. With so many distractions around me, I confess I've often let fear, doubt, and negativity fill my view. But today, I choose to center my heart on Your truth, Your promises, and Your presence. Let what develops in me be faith, peace, and purpose. In Jesus' name, Amen.