



FOCUS

DON'T SHIPWRECK YOUR FAITH

OUTLINE



1. Focus defined



2. Our focus



3. Loosing focus



4. Regaining focus



5. Don't drift

1. FOCUS DEFINED

WHAT DO WE MEAN WHEN WE SAY FOCUS



ENGLISH NOUN

1. The centre of interest or activity.

2. A center of activity, attraction, or attention.

3. The state or quality of having or producing clear visual definition.

4. A state or condition permitting clear perception or understanding.



ENGLISH VERB

1. adapt to the prevailing level of light and become able to see clearly.

2. (focus on) pay particular attention to.

3. to cause to be concentrated.

4. to adjust one's eye or a camera to a particular range.

5. to concentrate attention or effort.

BIBLICAL HEBREW

ראה

r' h to see; to understand;
to spy, reveal, look at,
examine, inspect; to show

BIBLICAL GREEK

Epecho

hold fast; fix attention
on; hold out to; refrain

Aphorao

determine, see

2. OUR FOCUS

WHO AND WHAT SHOULD WE FOCUS ON?

WHO AND WHAT SHOULD WE FOCUS ON

Our
Father

Jesus

The
Spirit

The
Word

The
Cross

The
Gospel

The
Battle

JESUS

looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

← Hebrews 12:2 (ESV)

THE WORD

Incline my heart to your testimonies, and not
to selfish gain!

Psalm 119:36 (ESV)

LIVING TEACHING

Keep a **close watch** on **yourself** and on the **teaching**. Persist in this, for by so doing you will save both yourself and your hearers.

1 Timothy 4:16 (ESV)

3. LOOSING FOCUS

DANGERS TO A FOCUSED LIFE IN CHRIST

DANGERS TO A FOCUSED LIFE IN CHRIST

Distraction

Busyness

Weariness

Doubt

Fear

Worry

The World

DOUBT

so that we may no longer be children, tossed to and fro by the waves and carried about by every **wind of doctrine**, by human cunning, by craftiness in deceitful schemes.

Ephesians 4:14 (ESV)

STAY AWAKE

Therefore, **stay awake**, for you do not know on what day your Lord is coming.

Matthew 24:42 (ESV)

BE ON GUARD

Be on guard, keep awake. For you do not know when the time will come.

Mark 13:33 (ESV)

BE SOBER

So then let us not sleep, as others do, but let us keep awake and **be sober.**

1 Thessalonians 5:6 (ESV)

4. REGAINING FOCUS

TOOLS TO REGAIN AND MAINTAIN YOUR FOCUS

TOOLS TO REGAIN & MAINTAIN YOUR FOCUS



Be still



Be one



Switch off



Read



Meditate



Talk to God



Listen to God



Talk to the body



Set your mind

LISTEN TO GOD

Hear, my son, and be wise, and direct your heart in the way.

Proverbs 23:19 (ESV)

SET YOUR MIND

If then you have been raised with Christ, **seek the things that are above**, where Christ is, seated at the right hand of God. **2 Set your minds** on things that are **above**, not on things that are on earth.

Colossians 3:1–2 (ESV)

BE ONE

Teach me your way, O Lord, that I may walk in your truth; **unite my heart** to fear your name.

Psalm 86:11 (ESV)

5. DON'T DRIFT

THINK ABOUT OTHERS, GRAB THE STEERING WHEEL



GET FOCUSED!

- Stop thinking about yourself
- Think about others
- Steer the boat
- Stay on course

HOLD FAST AND SERVE

holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.

Philippians 2:16 (ESV)

A CLEAN CONSCIENCE

holding faith and a good conscience. By rejecting this, some have made shipwreck of their faith,

1 Timothy 1:19 (ESV)

RUN TO WIN

Do you not know that in a race all the runners run, but only one receives the prize? **So run that you may obtain it.** **25** Every athlete exercises **self-control** in all things. They do it to receive a perishable wreath, but **we an imperishable.**

1 Corinthians 9:24–27 (ESV)

RUN TO WIN

26 So I do not run aimlessly; I do not box as one beating the air. **27** But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:24–27 (ESV)



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