

**I. Review from Session 1 – Everyone Needs a Reset.**

**A. Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper position.

**B. There are times in my life that I need a reset.**

1. Priorities
2. Goals
3. Relationships
4. Thoughts/actions

**C. Isaiah 54:11-14 (GWT)** – <sup>11</sup>*You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. <sup>12</sup>I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” <sup>13</sup>All your children will be taught by the LORD, and your children will have unlimited peace. <sup>14</sup>You will be established in righteousness. You will be far from oppression, so you will not be afraid. You will be far from destruction, so it won’t come near you*

**D. Conclusion from Session 1:**

1. There are times everyone needs a reset.
2. God will initiate seasons of reset in our lives.
3. We need to identify what areas need reset and be willing to do whatever is necessary to see it through.

## II. Reset Your Attention

*Many times, we need an attention reset!*

### A. Attention Definition

1. The mental faculty of considering or taking notice.
2. The concentrated direction of the mind – specifically to a problem or a task.
  - a. It is a good thing when my attention is focused in the right direction.
  - b. It is not so good when my attention stays focused on negativity and other things that is harmful to me.
3. The activity of concentrating the mind on a particular matter.
4. To watch, listen or think about something carefully with interest.
5. Attention is not a passing thought; it is something that occupies our mind for a considerable amount of time.

### B. The Significance of Attention.

1. Our brain creates the vision we have of our lives, according to what things we pay attention to.

Inevitably, if you can identify the things that occupy the majority of your attention, you can see where your life is going.
2. What you are, what you think, what you do and how you feel are all a result of what you are giving attention.
3. Pay attention to what you are giving attention to.

### C. What does the Bible say about our attention?

**Proverbs 4:20-23 (NKJV)** – <sup>20</sup>My son, attend to my words; incline thine ear unto my sayings. <sup>21</sup>Let them not depart from thine eyes; keep them in

*the midst of thine heart. <sup>22</sup>For they are life unto those that find them, and health to all their flesh. <sup>23</sup>Keep thy heart with all diligence; for out of it are the issues of life.*

1. YLT – To my words give attention
2. Most modern translations – Pay Attention
3. Notice the connection between attention and your ears and eyes.
4. Choose wisely what you hear
5. Choose wisely what you see
6. What you hear and what you see will affect your heart, and out of the heart proceed all the issues of life.
7. Revelation – My entire life – the issue of my life – are directly connected to what has my attention – the attention of my ears and eyes.

### III. **Attention Reset – *There are times that I need to reset my attention!***

#### A. **I need an attention reset when:**

1. **What I am focusing on is not taking my life in a productive direction.**
2. **What I am seeing/setting my eyes upon daily isn't releasing God's best in my life.**
3. **What I am hearing/the reports I am hearing are not building my faith, but weakening it. *My attention needs a reset.***  
**Note:** *Sometimes what I am hearing comes from without – the voice of others. Sometimes it is the voice within, my own thoughts.*

#### 4. Reset Examples:

##### a. Elijah –

- 1) Immediately after the best day of his life, Elijah fell into dark depression.
- 2) What caused Elijah's depression? The voice of Jezebel.
- 3) Jezebel's voice became louder than God's voice in the mind of Elijah.
- 4) Elijah's attention was shifted from God's voice that promoted faith, to Jezebel's voice that produced fear and depression.
- 5) Whose voice are you listening to?
- 6) The loudest voice isn't always the right voice!
- 7) Elijah had to have an attention reset. He had to adjust his attention back to faith and away from fear!
- 8) Some people's victory is as simple as resetting their attention from the wrong voice to the right voice!

##### b. David's understanding of how to reset his attention:

- 1) **Psalms 23:4-5 (NKJV)** – <sup>4</sup>*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.* <sup>5</sup>*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over*
- 2) The valley of the shadow of death represents all the dark areas that we must walk through while here on earth.
- 3) David knew from experience what it was to walk through these valleys that were dark.
- 4) I will fear no evil – The flow of the world is to fear everything.
- 5) The flow of the Kingdom of God – is joy, peace and the Holy Ghost.
- 6) Thou preparest a table before me in the presence of my enemies.
- 7) My enemies are present, but I refuse to allow my enemies to keep me from the table that is God has set before me.
- 8) I can pay attention to my enemies, or I can pay attention to what has been set on the table before me.  
Is your attention on your enemies or on the table of opportunities that is set before you.

- 9) As long as your attention is consumed by the enemies around your table, you will never eat/receive.
  - 10) David says, I know my enemies are here, but I would rather give my attention to what God has provided for me than allow the distraction of my enemies to keep me from it.
  - 11) David knew how to RESET his attention when needed.
  - 12) Some of you are so attentive to your enemies – what they did, what they said, what they didn't do, what they didn't say – that you can't eat from the table God has set before you.  
YOU NEED AN ATTENTION RESET!
- c. **I get to choose what/who gets my attention!**
- 1) Some things aren't worthy of my attention!
  - 2) Some people's actions are not worthy of my attention!
  - 3) I choose to reset my attention – to the right things – to the right direction!

#### IV. Conclusion

##### A. The Apostle Paul

**Philippians 4:11-13 (AMPC)** – <sup>11</sup>Not that I am implying that I was in any personal want, for I **have learned** how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. <sup>12</sup>I know how to be abased and live humbly in straitened circumstances, and I know also how to enjoy plenty and live in abundance. I have learned in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency and enough to spare or going without and being in want. <sup>13</sup>I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency]

1. Paul says, I have had to go through many things in my life.
2. I have learned how to pay attention to what is in Christ more than what was going on around him.

3. Paul knew how to RESET his attention to his God vs his problem.
  - a. Take the attention off of poor me.
  - b. Take the attention off of what people did or said.
  - c. Take the attention off of what people didn't do or say that you think they should have.
  - d. Paul stopped being disturbed by refusing to pay attention to what was disturbing.
  - e. I choose to pay attention to what is RIGHT vs what is WRONG!
  - f. Choose a Reset/Initiate the Reset option on your attention!

## B. The COVID Attention Reset

1. Stats this week showed that the majority of people surveyed believe that COVID is getting worse.
2. People's minds are weary from hearing about sickness, death, restrictions, statistics, surges, variants, etc.
3. We need to be like David, and take our mind off of the enemy of Covid that has slipped in at the table.
4. We need to reset our attention on our God, the healer, deliverer, protector, provider, the present help in our time of trouble.
5. **Habakkuk 3:17-19 (NKJV)** – <sup>17</sup>*Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls —* <sup>18</sup>*Yet I will rejoice in the Lord, I will joy in the God of my salvation.* <sup>19</sup>*The Lord God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills.*  
*NOTE: He makes me walk forward with confidence – on the places that are difficult and challenging.*
  - a. Habakkuk knew how to RESET his attention from the present-day troubles – to His God who would see him through.

b. Shift your attention!

*I choose to shift my attention in the right direction!*

*I choose to shift my attention away from negativity – doubt – worry!*

*I choose to shift my attention to God – the answer to everything!*

*I choose to shift my attention to overcoming vs being overcome!*

*I choose to shift to a winner mentality – vs defeated one!*