



## Forward, Part 2

Pastor Mark Thomas | 1-7-2024

### Key Scriptures:

#### **Psalm 62:5-6 (KJV)**

“My soul, wait thou **only upon God**; For my expectation is from him. **He only** is my rock and my salvation: He is my defense; **I shall not be moved.**”

### Only On Him

Jesus alone should be our rock! The tendency of humanity is to let that truth slip in our lives as we begin to focus on everything but God. We cannot focus on worldly things all day and have victory in our lives. If we place our confidence fully in the Lord, keeping our focus on Him, we will experience peace that passes understanding, empowering grace, and God’s goodness in every area of our lives!

### Keeping Our Focus On Jesus

#### **1. Know Jesus is the only answer.**

- a. David encouraged himself to know God is his only rock (Psalm 62:5-6).
- b. No one, and nothing else should be our rock.
- c. The people who put their hope only in God are joyful (Psalm 146:1-5).
- d. Focusing only on Jesus keeps us from pressuring ourselves and others.

#### **2. Look away from distractions.**

- a. Distractions are a major weapon of the enemy.
  - i. Peter had his eyes on Jesus until he was distracted and began to sink (Matthew 14:23-32).
  - ii. We cannot see our miracles when we focus on the problems.
- b. Hebrews 12:2 tells us to look to Jesus and follow His example.
  - i. Jesus authored our faith and will perfect it as we focus on Him.
  - ii. Jesus focused on future joy when going to the cross.
  - iii. We were the joy that was set before Him; we were His focus.
- c. We can follow Jesus’ example and focus on Him, His promises, and His goodness.

#### **3. Get clear vision.**

- a. “We obtain this vision from God’s Word. His word enables us to see what He sees. It paints a picture of our complete redemption on the inside of us. And from the inside, you work it out to the outside by your faith declarations, by your actions, and by your praising.” —Pastor Mark Thomas
- b. In Romans 4:19-21 Abraham saw the promise was greater than the problem.

#### **4. Only God is unlimited.**

- a. “FOCUSED: Fixed On Christ Unlimited Supply Every Day.” —Jerry Savelle
- b. God is the source and unlimited supply for those who focus on Him.
- c. Proverbs 4:20-22 shows how keeping our focus right has great benefits!

## Supportive Scriptures

- **Hebrews 10:38** (The just live by faith.)
- **Psalms 62:1-7** (God is David's only rock.)
- **Psalms 146:1-5** (Look to God only and not to people.)
- **Romans 8:11** (The same Spirit that raised Jesus lives in us.)
- **Hebrews 12:2** (Fix your eyes on Jesus who went to the cross for the joy of our salvation.)
- **Matthew 14:23-32** (Peter walks on water but sinks when distracted from Jesus.)
- **Proverbs 4:20-22** (Focusing on God's Word is life and health to us.)