

Staying Focused The Unstoppable Life

“Therefore... let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith...” Hebrews 12:1-2 (NIV)

1. FOCUS DETERMINES DIRECTION.

“fixing our eyes on Jesus...” Hebrews 12:2 (NIV)

HOW TO FOCUS ON JESUS:

- a) Begin your day with a Jesus-centered thought.
Colossians 3:2
- b) Start your day with prayer, reading or hearing the Bible, sing worship or listen to worship.
- c) Let His words guide your values and choices, not culture or emotion.
- d) Set boundaries to protect your spiritual focus.
- e) Stay in a community who love Jesus more than they love pleasing you.

Action Step: Focus on **Jesus**. Keep your eyes on Him, not the distractions around you.

2. FOCUS REQUIRES LETTING GO.

“... throw off everything that hinders...” Hebrews 12:1 (NIV)

“You say, ‘I am allowed to do anything’—but not everything is good for you. You say, ‘I am allowed to do anything’—but not everything is beneficial.” 1 Corinthians 10:23 (NLT)

“... Forgetting what is behind and straining toward what is ahead...” Philippians 3:13 (NIV)

LET GO OF WHAT:

- o **Distracts**
- o **Drains**
- o **Delays**

Action Step: Identify the **good** things in your life that are becoming **excess** and let them go to stay focused.

3. FOCUS IS MAINTAINED THROUGH DISCIPLINE.

“... let us run with perseverance...” Hebrews 12:1 (NIV)

Action Step: Start your day with prayer or a scripture reading to strengthen your spiritual focus.

4. FOCUS IS FUELED BY VISION.

“... fixing our eyes on Jesus, the pioneer and perfecter of faith.” Hebrews 12:2 (NIV)

Action Step: Reconnect with your **purpose** in Christ, and let His vision renew your focus.

Challenge for This Week:

- 1) **Evaluate:** What is distracting you from focusing on Jesus?
- 2) **Eliminate:** Let go of something in your routine that is weighing you down.
- 3) **Elevate:** Add a new habit, like morning prayer or scripture reading, to help you focus.

