

# THREE DAYS OF FOCUS

## Three Days of Focus: Session One FOCUS

*"Let us fix our eyes on Jesus, the author and perfecter of our faith."—Hebrews 12:2*

*"These things around my life, though they're peripheral  
It's so typical they draw me away."—From TLB "Focus" from The Thrift Store*

Every great accomplishment starts with a decision. A vision of what can be and the perseverance to see it through.

Many people think that musician and athletes are just discovered. They think politicians get elected by merely putting their name on a ballot. They think actors act, dancers dance and life's cards just fall to fate. But that is seldom ever the case.

To accomplish something extraordinary it takes decision, vision and focus. That has never been more true than in our walk with Jesus Christ. Believe it or not the bible teaches that everyone of us is called and equipped to be used in a noble and important way for God. But it also teaches that whether we are used for noble or ignoble purposes is our decision.

*Timothy 2:20-22 In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work.*

The bible says that without a vision people perish. *Prov. 29:18 KJV that without a vision, the people perish.* It tells us not to get bogged down in the things of this world and it challenges us to throw off everything that hinders and the sin that so easily entangles.

**Check out these verses! 1) Hebrews 12:1&2  
2) Philippians 3: 14  
3) Colossians 3:1-2**

**What do these verses say about where our focus should be?**

**What things have the potential to distract us?**

## What can you do to keep from hindered and entangled?

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In our lives there are lots of things to draw us away. There may be fears of what the future may have ahead, baggage from a dysfunctional family life, hurt, or uncertainty. Not only these things, but there are other things such media, nonchristian friends, romantic relationships, sports, selfish ambition and personal dreams. Not all of these are bad but if we want to grow, we need to set first thing first. We must make the decision right now that we want Him more than anything and cleanse ourselves from the things that distract us.

### ***The Good Stuff*** Student discussion verses

*NIV Luke 10:40 But Martha was **distracted** by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

1. Describe the situation in the passage above.
  - a. What was Martha distracted by?
  - b. What was the one thing that was needed?
2. Personally, what things may be distracting you from being close to Jesus?
3. What can you do to focus on Him?

Last thought from Travis Lee

I have often been accused of only being able to focus on one thing at a time. When I am listening to someone talk or when I am working, I tend to zone out everything around me. In fact there was a time when I was so zoned in on what I was doing that I couldn't hear three beside me shouting my name! I want to challenge you to zone in on Christ and zone out everything else in this world.

Challenge: Focus on Christ, forget the peripheral.

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