



The Power of Focus

One of the ways to be sensitive to the LORD is by focusing on the Lord and filtering everything we hear, think, smell, or see through God's word bringing godly thought and perspective to it.

Victory in the life of the believer is learning how to focus to the right things. This underscores the need to have our minds renewed so we can focus accurately. A unrenewed mind will not achieve the desired results because it will be constantly put of focus. In Romans 12:1-2, we see that you cannot focus on the Lord and the things of the spirit without renewing the mind. The unrenewed mind is a barrier to focusing on Jesus or setting your mind on the things of the Spirit. Through the renewed mind, we see Jesus through the Word.

- a) Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
 - i) A lack of peace is clearly because of focusing on something else other than God.
- b) Psalm 101:3 I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.
 - i) What we hear and see has the potential of affecting or redirecting our thoughts and desires. We need to guard our hearts from what we hear and see. We cannot just be letting all the trash and junk and then expect to have our focused stayed on the Lord.
- c) Matthew 6:22-23 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

- i) Our eye is our focus. It's our attention. We must keep our attention single upon Jesus. This is key to victory. It's singleness of purpose (Phil 3:13). The strength of a laser lies in the fact that all light is concentrated on one point.
- d) Proverbs 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.
 - i) You are who you are today as a result of your thoughts. Our mind is very crucial in living a godly life. You can't protect your heart without starting with your mind—thoughts. Your thoughts are your focus—it's your attention. Your life goes in the direction of your dominant thought—your focus!
- e) Colossians 3:1-5 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory. Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:
 - i) We are to seek the things above (Spiritual things).
 - ii) Set your mind on the things above
 - iii) Our mind is our switch. We set our mind on the things of the Spirit by focusing our attention and thoughts on the things of the Spirit.
 - iv) We should set (Stay, fix) our mind on the risen Lord, and the finished work of the cross and the realities in who we are in the Spirit. This allows the law of the Spirit and life to flow from our Spirit to our soul and body.
 - v) Notice: The way we are to put to death our members on the earth is by Setting our minds on the things above—Spiritual (Colossians 3:2), not by willpower.
- f) Romans 6:11 "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord."
 - i) We can't reckon ourselves dead to sin without the mind. We have to see ourselves dead to sin and treat ourselves dead to sin.

- ii) Dead to sin means **no thought, no focus, to forget like a dead man, out of mind and sight** (Psalm 31:12 I am forgotten as a dead man out of mind: I am like a broken vessel.)
- iii) Alive to God or Alive to something = means to think about, constantly mindful of something, obsessed about it, remember, to focus our attention, set our mind on God. You are dead to what you do not focus on, to what has none of your attention, but you are alive to what you focus on and put your attention on.
- **If you are focused on sin, it will control, dominate, and influence you. It is empowered through focus. Whatever we focus on, we empower—God or sin.**
- iv) Any attempt we take to overcome sin in our own will power is a focus on sin.
- If you focus on sin, it will Control, Influence, and Dominate (CID) you. Focusing on sin empowers it. Whatever we focus on, we empower—God, sin, or something else. Our focus is what empowers things. Whatever we focus on—God, sin, or anything else, will dominate, Influence, and control us. Whatever we are focus on is what we are "alive" to. It is what we think about, keep our mind on, focus on, remember, or are obsessed about.
- g) 1 Corinthians 15:31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.
- i) We are to die daily—not weekly, or monthly. This is a daily commitment and decision.
- ii) How can one die daily? To die to something, you have to take your focus off of it onto something else. Stop seeing and thinking about it. Whatever you are focused on and constantly think about, you are alive to. Whatever you stop focusing on, you will die to and vice versa.
- Alive: think, set mind, remember, and focus.
 - Dead: out of mind, thought, focus, forgotten as a dead man.
- iii) Example of Soccer. I was once over focused on soccer that if my team lost, I would have a tough and rough day, but now I'm dead to it and I did that but being focused more on the Lord and It killed my desire for supporting soccer teams. I'm dead to soccer and alive to God. Hallelujah!

- iv) Lust is among many things as a result of focus. The more you focus on sexual stuff, you become more and more alive to that and hence a stronghold and the more you are focused on The Lord, the more you die to all these desires.
 - v) There is no focus on the Lord without His Word. It all starts, continues, and ends with His Word.
- h) Romans 8:6 For to be carnally minded is death; but to be spiritually minded is life and peace.
- i) What we set our minds or focus on determines the outcomes we will have—death or life and peace. If it is on the carnal or worldly things, we will have a result of death, but if we focus or set our mind on the spiritual, we will get life and peace. All these are based on one thing—focus.
 - ii) If you are experiencing death, you need to change what you are thinking on.
- k) Philippians 4:6-8 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
- i) The result of turning our cares into prayers and focus our attention on the Spirit will be is the peace of God which guards our heart and mind in Christ Jesus.
 - ii) Perfect peace is the result of meditating on the things of the Spirit (Romans 8:6). Replace your thoughts with and by thinking about the things of the Spirit.
 - iii) Things of the Spirit include things that are true, honest, just, pure, lovely of a good report, virtuous, and praiseworthy. These are things we are to things about.
 - iv) Instead of worrying, we can change our thoughts, focus on God. How? It is through prayer, supplication, and thanksgiving. Prayer, supplication, and thanksgiving produce a focus on the Spirit which destroys worry and fear. If you want to change your focus—pray and give thanks, etc.

- v) Depression is thinking and focusing on depressing things. It is focusing on bad, ugly, and negative.
 - vi) Worship is focus. You cannot worship what is out of your focus. You would have to give it your attention to enter into worship. Whatever you are focusing on is what you are worshipping.
- l) Romans 4: 17-21 (As it is written, I have made thee a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were. 18 Who against hope believed in hope, that he might become the father of many nations, according to that which was spoken, So shall thy seed be. 19 And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: 20 He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; 21 And being fully persuaded that, what he had promised, he was able also to perform.

In these passages, we see ways we can get the results of Abraham.

- i) ① Calleth those things that be not as though they were
- ii) ② Against hope, believed in hope to become or see.
- iii) ③ Not weak in faith—Not considering a situation dead. If we consider our situation dead, we become weak in faith. We can't believe.
 - Consider = think upon, meditate, deliberate etc.
- iv) ④ Don't consider yourself or the other person's situation dead or impossible.
- v) ⑤ How do we not stagger (waver) at the promise of God through unbelief? By giving glory to God. We stagger at God's promises through unbelief
- vi) ⑥ How do we become strong in faith? By giving glory to God and being fully persuaded that what he had promised, he is also able to perform.

How to help our focus on God?

1. Word

2 Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, *even* as by the Spirit of the Lord.

- a) We need to be in the Word. This does not mean to be constantly in the Bible. We need to be at a place where we constantly filter every voice and everything through the Word of God, looking and listening to His voice.

We need to be continually beholding ourselves in the mirror or glass of God's Word. This will magnify and improve our focus on the Lord.

2. Prayer

- a) Prayer causes us to be focused on the Lord which in return increases our sensitivity to Him. One of the things I have learned is not to be only sensitive to the Lord during prayer. We can pray and ask the Lord to give us sensitivity to Him.

3. Praying in tongues

- a) My experience while praying in the spirit is, I have gotten sensitivity to the Lord like never before. We can grow in our sensitivity to the Lord through this.
- b) When we speak in tongues, we speak mysteriously. We pray for what we know not.

4. Meditation

Meditating on the works of the Lord and His Word, opens us to focusing, hearing the Lord, and becoming sensitive to Him.

- a) Psalm 77:12 I will meditate also of all thy work, and talk of thy doings.
- b) Psalm 119:15 I will meditate in thy precepts, and have respect unto thy ways.

5. Fellowship with Him and practicing His presence

- a) Every believer has relationship with the Lord, but having relationship is not synonymous to having fellowship with Him. We need fellowship after relationship.

This involves talking to the Lord through the day and constantly being focused and listening in to Him.

- i) This includes praising, giving thanks, and giving Him glory. This includes acknowledging (to know, inquire of Him, recognize, give ear to Him, let Him lead us, remember Him, and listen for His voice) Him in all we do and before we do.
- b) We will grow in sensitivity to the Lord as we yield and respond to His leadings even the slightest.

6. Spend time with the Lord

- a) Every relationship requires time. Time is a crucial investment in being or growing in our focus on the Lord.

7. Be still

- a) Psalm 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.
 - i) We need to take some time and be quiet before the Lord. This increases our focus on Him.

8. Obedience to the Lord

- a) The increase of our focus on the Lord is connected to our obedience to Him, first in believing and in action (2 Thessalonians 1:8 In flaming fire taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ:).
- b) The more we obey the Lord, the more we become laser focused on Him and grow in this area.

9. Living a godly life and keeping godly company and fellowship

- a) Hebrews 3:13 But exhort one another daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin.

i) Sin hardens our hearts and removes our focus from the Lord. If we want to stay focused on the Lord, we need to live a separate and godly life.

b) 1 Corinthians 15:33 Be not deceived: evil communications corrupt good manners.

i) There are certain relationships and company that we keep that causes our focus to be either focused on the Lord or removed from Him.