

Bible Study Series: Spiritual Disciplines

Spiritual Disciplines helps us stay focused on what is important. Focus is going to be important if we are to live the life that God has called us to live.

What is Focus?

Focus is selective attention. Selective attention is the process of directing our awareness to relevant stimuli while ignoring irrelevant stimuli in the environment.

Simply, focus is not just what you decide to look at, it is also what you decide not to look at. Focus must be intentional.

Why Focus Matters?

What you focus on governs how you feel.

- a. Isaiah 26:3
 - i. Your focus determines your peace.
 - b. Matthew 14:22-32
 - c. The difference between Jesus and Peter walking on the water was **focus**.
2. What you focus on can determine your level of fruitfulness
- a. John 15:1-8
 - i. 7 If ye **abide** in me, and my words **abide** in you, ye shall ask what ye will, and it shall be done unto you. ⁸Herein is my Father glorified, that ye **bear much fruit**; so shall ye be my disciples

Growing fruit is a result of abiding in Christ. Abide means to Stay, Remain, Meditate, Focus

What are things that will cause you to lose focus?

1. Distractions- When the devil can't destroy you, he tries to distract you. Though it is not always the devil.
 - a. Matthew 14:30
 - i. Peter was distracted by the sound of the wind.
 - ii. Philipians 4:6-7
 1. Worry is a distractor. Worry (Distractions) are calls to prayer.
2. Detours- Detours are divine. God uses detours to develop your destiny
 - a. Exodus 13:17-18
 - i. God took them on a detour. God doesn't lead us to our destiny in straight lines
3. Disappointments
 - a. Disappointments are symptomatic of misplaced focus. If you will change your focus, then you will change your condition.