



Experience 02: Focus

Tuesday, January 12, 2021

2 Timothy 3:16-17

There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus. Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us.

(MSG)

Focus. If you look up the word Focus in a dictionary, online of course, you find that the word can be both a noun and a verb. If we are using the noun, Focus, we refer to the center of activity, attraction, or attention. However, if we are using the verb, we are talking about adjusting the Focus of an eye or maybe a camera lens. Read the verse for today again. What part of your life do you need to bring into focus? What area of your thoughts, your actions or your emotions do you wish were different? What God has to say can radically change our lives.

Over the next 40 Days you will have the opportunity to experience activities that help each of us Focus. We will spend time together learning about reading the Bible. We will also investigate practices like meditation and memorization, which can help us shift the lens we're looking through toward a more Godly perspective.

Wow- slow your roll man. Memorization is hard! Meditation- that sounds weird- are we going to Sedona and sitting on a vortex?

Meditation, for our purposes, is simply taking something God says and focusing on it for a few minutes. A verse, a story about Jesus, a phrase, or maybe even one word. It's not weird or new age. Even though many other religions use the practice, meditation is quite useful in slowing down the hamster wheel in our minds and adjusting our hearts.

Memorization is daunting for me. I've always said, "I'm not good at memorizing things," then a Bon Jovi song from 25 years ago comes on the radio and I'm belting out the lyrics and

my kids say, "How do you know the words to so many OLD songs?" You too? Yeah, I hate to admit, I remember the things I care to remember. What if over the next few weeks, you and I could memorize just 2 or 3 verses together? That would be cool, right? Well let's go for it!

Actions to take

- In your journal list 3 or 4 areas of your life that you want to Re-Focus. The more specific you can be the better.
- Read Psalms 119:9-16. Now Read it again slowly. In your journal the phrases in these verses that resonate with you.
- Ask God to use this season of Worship Experiences to help you bring His Words and way of life more into Focus within your life. Write a prayer to this effect in your journal.