



Experience 17: Focus

Tuesday, February 2, 2021

Psalm 119:9-16

I'm single-minded in pursuit of you; don't let me miss the road signs you've posted. I've banked your promises in the vault of my heart so I won't sin myself bankrupt. Be blessed, GOD; train me in your ways of wise living. I'll transfer to my lips all the counsel that comes from your mouth; I delight far more in what you tell me about living than in gathering a pile of riches. I ponder every morsel of wisdom from you, I attentively watch how you've done it. I relish everything you've told me of life, I won't forget a word of it.

MSG

When was the last time you had tunnel vision? You know that moment when you were so focused on something that you had to be jolted back to reality? Like when you're driving to work but you're having an imaginary conversation in your head with someone that upset you, then halfway to work you can't remember if you closed the garage! It's that feeling we get when we have been scrolling our socials or playing a video game and cannot believe that two hours went by since we last looked at the clock. Our focus is like magic! Our focus makes time stand still or pass by at light speed. Our focus can make driving across country enjoyable or miserable. Our focus shapes not just where we go but how we feel as we go.

An important realization in life is that we can learn to harness the power of our focus. It is for this reason that both the Israelites and the first followers of Jesus had a

deep commitment to memorizing scriptures. They explored this power consistently. What if like them, you found a verse in the Bible that made you feel good, one that was uplifting to you, and you committed it to memory? What if the next time you were bored, irritated, or stressed, it triggered a reminder for you to say or re-read your verse in a slow, thoughtful way? Practices just like that have been a source of growth and encouragement to anyone who has ever taken memorization seriously, and it can be for you too.

Actions to take

- Grab that Journal and list the top 5 moments in your week where you feel like time really flies. Pay attention to how those activities, habits, places, and circumstances make you feel. Write down and name where your focus is when you are there.
- Take time to explore some of the most inspiring verses you've seen in the Bible. Try to remember where you were when you were introduced to them, what words jumped out to you, and how it made you feel. Choose one verse that was especially meaningful to you to memorize.
- Write your Bible verse on a note card or make it your phone background. Put it somewhere that you will have to face it often throughout your day.
- Decide ahead of time your "trigger" of when you will look again at your verse. I like to pick moments like when I am stuck behind a really slow driver. As I begin to feel that anxious feeling, I recite or glance at my verse. - Send us an email (pastorchrisc@ccof.church) letting us know what verse you picked and why you chose it. We'd love to hear what you're committing to memory!