



Experience 22: Focus

Tuesday, February 9, 2021

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

NIV

I am aware that using Jesus as an example sometimes allows us to take ourselves off the hook, because let's be honest, none of us are Jesus. So let's move past that truth- you aren't Jesus- but we would be wise to emulate Him as much as possible!

In the historical biographies of his life, Jesus is often shown to intentionally withdraw into times of prayer and locations of retreat. Choosing to Focus and put God's word deep into our hearts and minds requires us to also be intentional.

When is your normal time of reading and Focusing on God's Word? I think that almost everyone should set aside time at the beginning of their day to do this. Even if you aren't a morning person, the benefits far outweigh the cost and effort. The only folks I would give a pass to are parents of young children! But the rest of us- for reals- is your time in Focus with the Lord and His word consistent? What if you gave 20 minutes to practice these Powerful Experiences each day- to Focus, Pray, Praise...what do you imagine would be different in your life?

Now think about where this time is going to take place- not only is a consistent time

important I have seen over and over again in my life that location is equally important. For me, I need a space that is separate from my workspace. Often, it's the table on our backyard deck. Or if I can't go out there, I will sit at our kitchen table instead of at my desk. A comfortable chair, your journal and Bible already in place—take a look at your physical

space—how could you designate a small portion to become a place where you Focus on God?

Today we are going to walk back through SOAP, which is an important method of Focus that takes some practice.

Actions to take

- Put your regular time to Focus on God and His Word on your calendar.
- Evaluate the physical space where this time of Focus will happen, make any changes you think appropriate.

Ok let's get some S.O.A.P. going today!

- Find your journal and Bible. Read Psalm 126
- In your journal write the passage you've read at the top of the page with a big S next to it.
- Write an O- and start to record your Observations. What does this passage tell me about God/Jesus? What does it tell me about people? What do you notice?
- Write an A- If this is really God's word, what changes would I have to make in my life? In just these few short verses you may sense God is directing you toward a change in your life- it could be very simple or quite grand. Don't worry about how you'll make this Application happen- just jot down what you sense it is.
- Now write a P in your journal. Write a Prayer asking God to help you in putting this Application firmly into your life today. Ask Him to give you opportunity and courage! Tell Him what is filling you with Joy, like the Psalmist today!
- Tell yourself- Good Job! Send me an Email at PastorChris@ccof.church and let me know how this went for you today!