

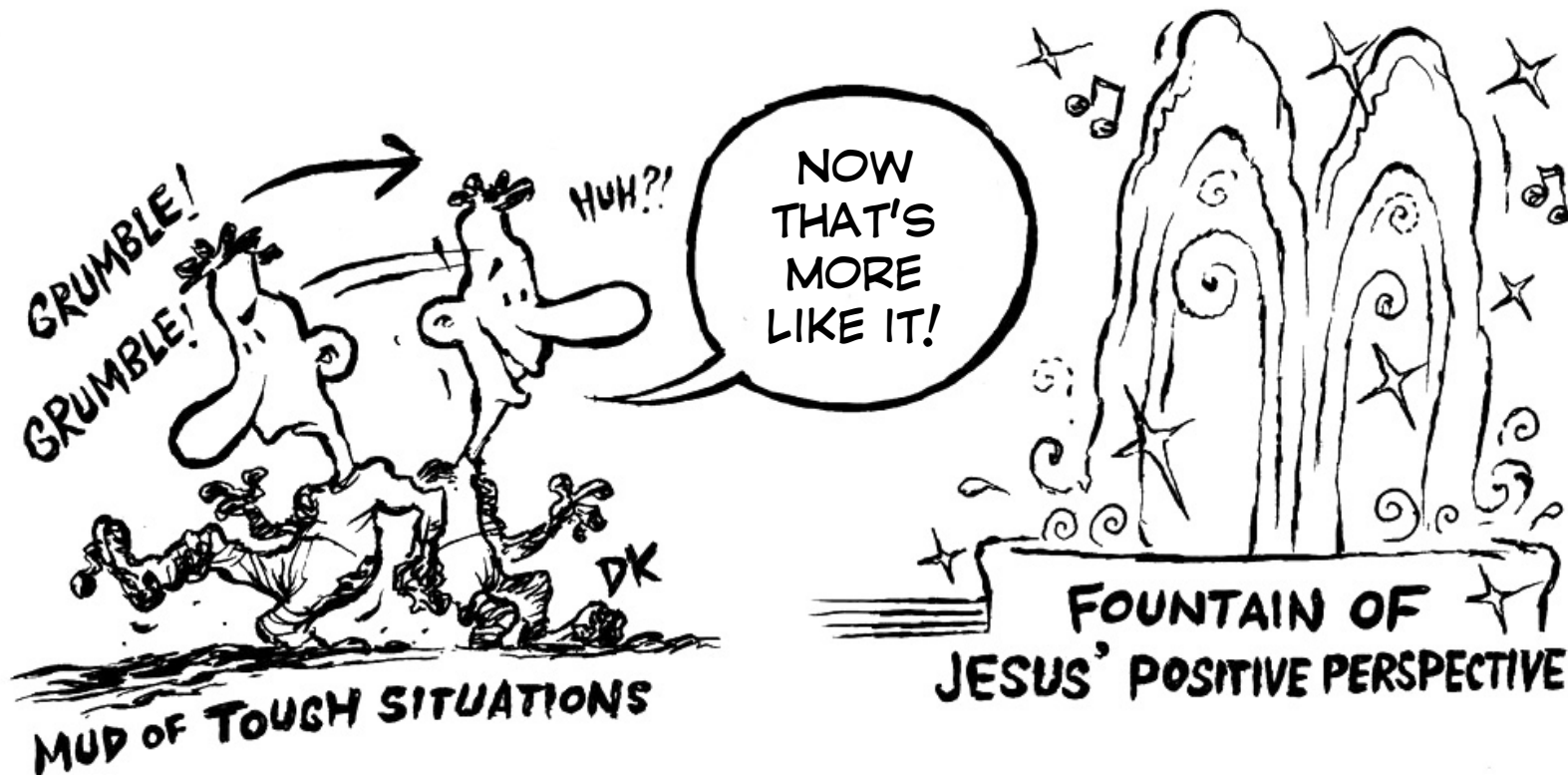
WHAT'S YOUR FOCUS?

In life there will always be difficulties. Circumstances will never be perfect for you during your life, and you will

at times be tempted with fears and worries. However, the way to rise above those things is through keeping

your eyes on Jesus and focusing on the light of His Word¹ and His promises to us. (See "Focus on the Light.")

To focus on God's light is to turn your sight away from the mud puddles of disappointments or fears or tough situations of life, and to the brilliant, splashing fountain of Jesus' positive perspective. Instead of grimacing at the mud, you instead come and admire the spectacular fountain that is God's love for you. You watch the beautiful colors rising up and crashing down. You cup your hands and drink of the refreshing waters. You take off your shoes and jump into the bubbling waters, splashing and drinking as you go.



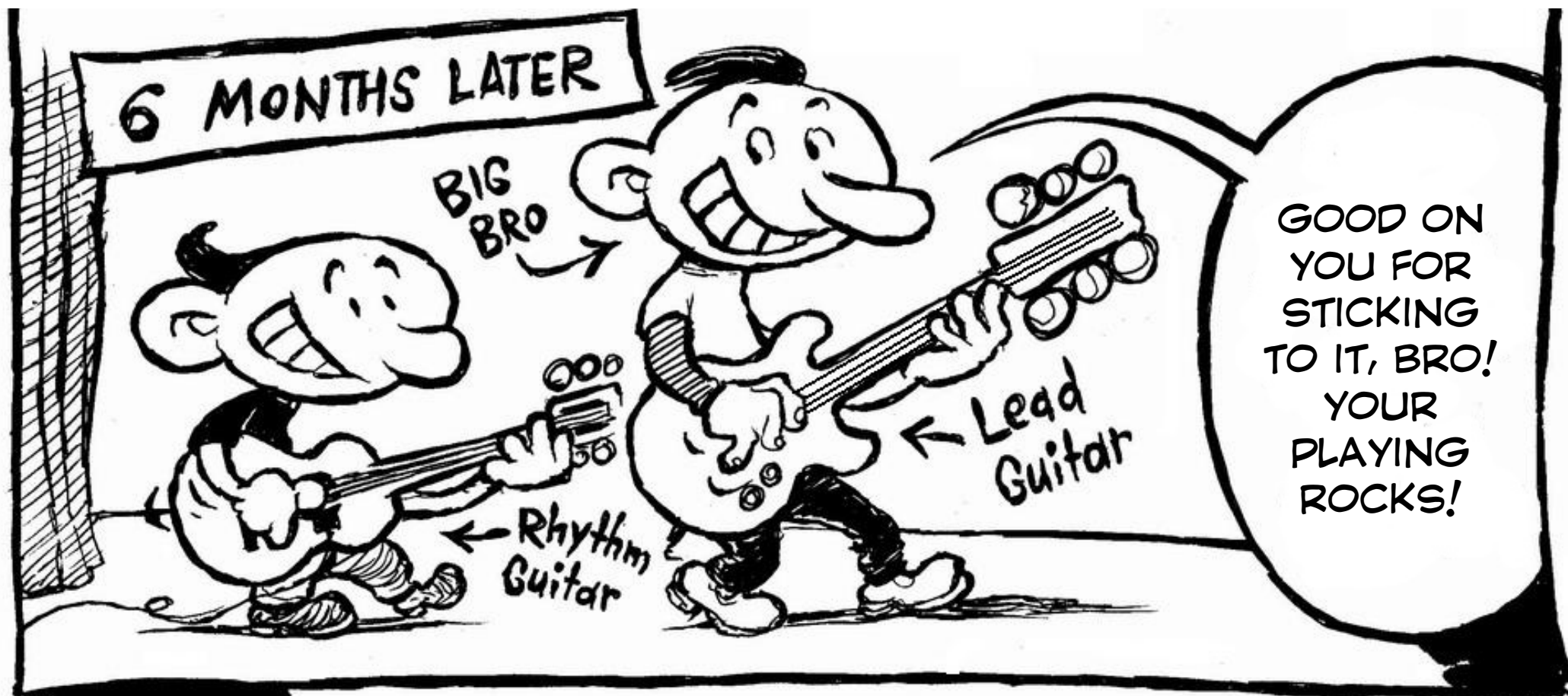
¹ Your word is a lamp to my feet and a light for my path. (Psalm 119:105 NIV).

Keep your eyes on Jesus, reminding yourself that He is in control. Drink in His promises by reading them and thinking on them. Splash about joyously in Jesus' presence by praising Him in spite of your surroundings. That's focusing on His light!

The next time you're tempted to look at those puddles of fear, unhappiness, disappointment, anger, or difficulty—stop and ask yourself, "Is waddling in this puddle of gloom going to make me happy? Will tasting this muddy goo strengthen my spirit? Will getting myself all dirty in the muck and mud make Jesus happy to see me in this state?" Then turn your spirit around and face the brilliant fountain of light that is bubbling and beckoning you to come near, and rush into the light!

I'M GOING TO LEARN HOW TO PLAY GUITAR! I WANT TO PLAY SONGS ABOUT GOD'S LOVE WITH MY BROTHER'S BAND. ...





Ask Jesus:

Dear Jesus, is there any situation or circumstance in my life where I can focus on Your light more, instead of being negative or fearful?

Quick phrases for fueling faith:



Focusing on the light is saying, "Jesus, I trust You!" in place of, "Ack, I'm scared!"



Focusing on the light is saying, "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you,"¹ instead of, "Oh dear! This situation looks terrible! We're doomed!" [² Isaiah 26:3 NLT]



Focusing on the light is saying, "Thank You, Jesus, for being in control," instead of, "This is such a bummer! Why did this have to happen?"



Focusing on the light is claiming Jesus' promises, praising Him for the answers, and refusing to dwell on the negative.