



Week 1 "Focus"

INTRODUCTION

It's crazy how busy and distracted our society has become recently. Did you know that the average person spends almost 2 hours a day on social media and watches about 5 hours of TV a day?! Those numbers are crazy! With access to the whole world in the palm of our hands, e.g., cell phones, it is easy for all of us to experience distractions in our lives and sadly these distractions can cause some major issues. We might be late for a job interview, we could be elsewhere-minded during time spent with our families or on a date, or maybe we might even fall into a pond watching the latest cat video on YouTube. My point is we put a lot of our attention and focus on things in this world that are pointless and distract us from our main purpose.

God is the one who should be receiving our attention and focus! I guarantee if you put more intentionality into spending time with our Savior than spending time on your phone or in front of your TV, you will start to experience life change that only He can give! So, let our actions, not our words, determine what we truly value and that should be Jesus Christ!

DISCUSSION QUESTIONS

1. What are some things that are distractions in your life? Do you view these as "actual" distractions?
2. Do you find yourself seeking out forms of distractions in your life? Why do we do this as humans?
3. Has a distraction ever caused a serious problem in your life? Explain.

Read Luke 10:38-42

"Determine what is most important"

4. What do you consider to be the most important things in your life? How did you determine that?
5. Does what you consider the most important thing in your life line up with what God views as important?
6. Often times our actions reveal what we truly value, but why is it so easy for us as believers to say all the right things, yet do the complete opposite?
7. How has your age and life experiences changed what you view as important?

"Don't leave the most important to chance"

8. Do you struggle with saying no? How can we learn to be discerning of when to say no?
9. Why is it worth having an intentional plan for what is of most important?
10. What are some ways that you protect what is most important?

Read Hebrews 12:1-2

“Do the most important things CONSISTANTLY”

11. How can we stop being spontaneous and start being consistent?
12. How does our desire for immediate results distract us from important results?
13. What steps can we take to throw off what hinders us and focus our eyes on Jesus?

ACTION STEP

For your action step this week, make an intentional effort to think about what in this world you are most focused on. Being focused is not a bad thing, but when all of our focus goes to something not Godly, that's when things start to get shady. So, this week, spend some time in prayer seeking God and asking Him to help you focus your life on Him. Once we start putting God at the center of our lives then all aspects of our lives will start to fall into place and we will truly start to experience this world how God intended us to.

Take Next Steps + Pray Together + Take Care of Each Other = Community Groups!