



REVIEW

Read Colossians 3:1-4, 16-17

1. What does it mean to “set your minds on things that are above, not on things that are on earth?”
2. From the sermon, what four things often steal my upward focus?
3. In what ways does my focus set the direction for my life? How does my concentration impact transformation in my life?
4. Why is choosing to focus on today, not what may happen in the future, important?
5. In what ways does an outward focus take the spotlight off of me? How is this being heavenly minded?

ASSESS

1. Read Hebrews 12:1-2. From the list of four focus thieves, which one or ones do you find to be the greatest distraction for you? How does this impact your ability to daily focus on “things that are above” or “to run with endurance the race that is set before us?”
2. Where do you tend to think “If I only had _____?” How does this lead to a problem centered focus or a focus on the future. In what ways is this dangerous?
3. List some things that God has given you (think: personality, abilities, circumstances). How can you choose to use these for the benefit of others?
4. Colossians 3:16-17 helps us to see how an upward focus leads to an outward focus. What changes do you need to make to ensure you have a daily upward focus?

APPLY

Commit to doing one of the following this week:

1. Write something down that you are thankful for each day for the next month. Share your “thankful list” each week with your group.
2. Consider the four focus thieves. Commit to making a change in the area that most often steals your focus. Share the specific change you will make with your group and ask them to pray for you in that area.
3. Consider ways that God has blessed you. Choose a way that you can use God’s blessing in your life to have an outward focus this week. Be specific.

MY GROUP'S COMMITMENTS

SERMON NOTES

1. I will choose to focus upward.
2. I will choose to focus forward.
3. I will choose to focus outward.

DAILY

DAY
1

READ Philippians 4:1-9

What I learned (observations/interpretation): _____

How I will respond (application): _____

DAY
2

READ Matthew 6:25-34

What I learned (observations/interpretation): _____

How I will respond (application): _____

DAY
3

READ Ephesians 2:1-10

What I learned (observations/interpretation): _____

How I will respond (application): _____

DAY
4

READ Philippians 2:12-18

What I learned (observations/interpretation): _____

How I will respond (application): _____

DAY
5

READ Romans 8:12-30

What I learned (observations/interpretation): _____

How I will respond (application): _____