

Finding Joy in Focus

Day 19 of 31 : Philippians 3:10-14 : MANUP.online

Philippians 3:10-14

¹⁰ I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, ¹¹ so that one way or another I will experience the resurrection from the dead! ¹² I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. ¹³ No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Q: What's your biggest distraction?

Focus is CHOOSING where you give your ATTENTION.

4 Truths about Focus:

1. Focus on what matters most.
2. Focus on what you can change.
3. Focus on how you want to finish.
4. Focus on your eternal rewards.

Focus is CHOOSING where you give your ATTENTION.