

## REFOCUS: 17 Jan – 24 Jan

At times in life we face situations that take our attention away from 'keeping the main thing the main thing'. There are many 'things' that can take centre stage – work, hobbies, worry, terrorism, debt, the list could go on! However, we as Christians know that it is not a 'thing' that should be the centre of our focus but a person and His name is Jesus.

Jesus at the centre of it all (to coin a lyric of an Israel Houghton song) makes all the difference in any and every situation we may face. This journey of life and our relationship with God can take us to places that we never imagined we would go. But in it all, know that God is your friend, help, guide and life-long companion, both for your steps now and the journey ahead. At the start of this New Year, let us prayerfully make Jesus the centre of our focus.

Using Isaiah 43:18-21 as our basis this month we 'turn our eyes to Jesus' and refocus on His plans and purpose for our lives.

## KEY BIBLE VERSES

I will lift my eyes to hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth. **Psalms 121:1-2**

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food and the body more important than clothes?

...but seek first the kingdom and his righteousness and all these things will be given to you as well.

**Matthew 6:25, 33**

Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.

**Philippians 4:8**

## Prayer Points

- Pray that you'll know the peace and grace of God in every situation.
- Pray for those who are facing trying situations and are struggling with it.
- Ask God to show you what distracts you and turn your attention again to Him.
- Pray that each ministry connected to your local church keeps their focus on the right thing.
- Pray for those in leadership in your local church that they would have a fresh vision of Jesus.

## Creative Ideas

- Make a note of one area you feel you needs to be refocused. Keep the note in your bible or in a place you will look regularly. Each time you see this note, pray on the topic.
- Pick two friends with whom you can pray. Share ways that you would like to see Jesus at the centre of your life. Pray for one another and try to hold each other accountable through the year.
- Maybe put a note with a key Bible verse or simply the name of Jesus in a place you look at regularly (mirror, alarm clock, kettle) as a reminder to keep your focus on him.
- Why not get some items that represent focus: magnifying glass, reading glasses, mirror and use them as a catalyst for prayer about refocusing.