

REFOCUS

Part 1

6 Steps to Focused Living

*Now we see things imperfectly as in a cloudy **mirror**, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. I Corinthians 13:12 NLT*

1. **Identify** what you need to focus on

Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be. Matthew 6:19-21 NLT

DISCUSSION: What has your priority list looked like this past year?

DISCUSSION: How do you feel about the below priority list? How does this match up with your current list? How do you need to reprioritize your focus? Bonus: Have your group make priority lists and bring them in a couple of weeks to talk about them.

- God
- Marriage
- Family/Friends
- Work
- Health

2. **Remove** your distractions

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that **hinders** and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Hebrews 12:1 NIV*

- Time Wasters
- Control

- Poor Company
- Wrong Place
- Ignore Impulses

DISCUSSION: In what way do you wrestle with some of the above areas? What part of your struggle is a healthy struggle that you recognize and in which you are able to be disciplined? What part of your struggle do you give-in causing it to be a distraction?

DISCUSSION: What are some of your limitations that distract you from keeping to your "in-focus" priorities?

3. Plan out your goals tentatively

What do you want from these areas? Write out one sentence for each.

Next Step of Action

- God
- Marriage
- Family/Friends
- Work

PRAYER PROJECT: Take 7-10 minutes to read and meditate on the below passage.

Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit," yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is, you boast in your arrogance. All such boasting is evil. So whoever knows the right thing to do and fails to do it, for him it is sin. James 4:13-17

Then sit with the Lord and talk to Him about some of your priorities that need to change. Talk to Him about some of the changes that you need to make.

Now connect with 2-3 others in your group and talk about your Prayer Project experience. Take some time to pray for one another regarding re-prioritizing your focus.