

Part 4: Stay in the Race

Bible Study 2: Focused

If you are running, you should be moving in a direction. There should be **momentum in your spiritual life**. Looking back over the last 6 months, can you identify spiritual momentum in your life? Acts 20:24; Gal 5:7; Heb 12:1

Ever seen a runner run backwards? (1 Cor 9:24) A running believer is **forward focused**. We see it clearly in Paul's life who says of himself in Phil 3:13-14: *"But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus."*

What would a forward focus look like for you? _____

Forward focused believers have the following characteristics:

They know where they are going, having a sense of God's calling upon their lives. Consequently, they have a sense of direction and it affects their decision making. They understand that God has purpose for their lives and in striving to realise it, they are focused on God and God-given goals (keeping their "eyes on Jesus" Heb 12:2) and as a result can say no to things that are trivial or irrelevant. They choose wisely from among their options – which moves them forward towards their goals. All of this forward focus results in energy that drives them forward; a certainty of God's enabling power.

1. You are in what the world is calling the "new normal." With the above description of a forward facing believer, what action points can you set up for yourself in building your new normal.

When you watch a runner in a race, the runner's energy is focused towards the finish line. The focus involves them **physically, mentally, emotionally and spiritually**, their whole person or being is involved in reaching their end goal. All of the energy is focused until the prize is won.

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 1 Cor 9:25

Paul lived his life with this focus. Read the following passages and identify what it was that motivated Paul:

Matt25:21,23 _____

2 Cor 5:10 _____

Acts 20:24 _____

What motivates you? What statement could you make about your motivation. _____

What causes you to become distracted in your race? _____

Lord, thank you that You enable me to be focused on the prize, keeping my eyes on You, the author and perfecter of my faith. Help me to examine what motivates me, to be honest about the level of momentum in my life and what distracts me. Help me build a fresh focus in my life that builds momentum.