

Midweek Study & Reflection

Focus on Jesus

Read Hebrews 12:2; Matthew 6:24

1. How do you keep your eyes fixed on Jesus?
2. What things, people, situations cause you to take your eyes off of Jesus?
3. Is there an area in your life that needs to be refocused? Who/what do you need to help you refocus?

Focus on the Goal

Read Hebrews 12:2; Philippians 2:5

1. Why is it difficult to find joy in our struggles?
2. In difficult situations, do you take time to pray and focus on Jesus? Why or why not?
3. Thinking of a difficult situation in your life, how would focusing on Jesus help you deal with the situation?
4. What are some ways to begin practicing joy in our circumstances? What responses or attitudes need to be adjusted/replaced in order to find joy?

Focus on Identity

Read Philippians 2:5; Philippians 1:6

1. What does it mean to have a mind focused on Christ? What changes & practices need to occur to be more focused on Christ?
2. Reading “that he who began a good work in you will carry it on to completion”, how does that affect your identity?

Prayer & Praise

Try to take time each day to pray about your focus. Reflecting on what the Lord has done for you, take time to praise and give thanks for what He has done for you.

Sorrow for Joy

A Cross for a Crown: The Great Exchange

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*“I will cling to the old rugged cross
And exchange it someday for a crown.”*

Hebrews 12:2 (NIV)

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2 (MSG)

Keep your eyes on *Jesus*, who both began and finished this race we’re in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he’s *there*, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. *That* will shoot adrenaline into your souls!

1. Refocus.

fixing our eyes on Jesus, the pioneer and perfecter of faith.

Matthew 6:24 (NIV)

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Hebrews 2:10 (NIV)

In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation perfect through what he suffered.

2. Focus on the Goal.

For the joy set before him he endured the cross,

Philippians 3:12-14 (NIV)

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Psalms 25:15 (NIV)

My eyes are ever on the Lord, for only he will release my feet from the snare.

3. Focus on our Identity.

scorning its shame,

Philippians 2:5 (NKJV)

Let this mind be in you which was also in Christ Jesus,

Philippians 1:6 (NIV)

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

4. Focus on the King.

sat down at the right hand of the throne of God.

Romans 8:34 (NIV)

Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.

Colossians 3:1 (NIV)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.

2 Corinthians 5:15 (NIV)

And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.