

## What Is Your Focus?

**Phm 1:6** *I pray that your participation in the faith may become effective through **knowing every good thing that is in us** for the glory of Christ. (Holman Christian Standard Bible)*

Focus is so important. **Actually, what you focus on will be strengthened and increased in your life.** We all are focused on something all of the time. The views of religion and the world are opposite to God. Religion teaches that to advance in godliness and to make progress in your spiritual walk you need to focus on the bad things that are in you. Most of us are taught all our lives to focus on the bad things in us and that we should try to irradiate them so that we can be the best we can be. **What happens when we spend our precious time focusing at our shortcomings, failures, and weaknesses? They actually become strengthened and increased in our lives!!** Focusing on your shortcomings, failures, and weakness have one thing in common. **It is focusing on self.** Selfishness can never produce a godly life. **God has another plan for you!**

Paul gives us a secret to transformation in the Christian life. Instead of focusing on the bad in us, what are we to focus on? **We are to focus on every GOOD thing that is in us in Christ!** When we do this then these good things will be strengthened and be increased in our lives. When you were saved God came into you and dwells in your heart. **When you got saved He put every good thing He possesses and is in you.** Just like the Prego commercial says, “It is in there!” Often we do not know about all these good things in us because they were placed within our spirit. Our spirit which is in the spirit realm, exists outside of our sense realm. We cannot see, hear, touch, smell, or taste the spiritual realm with our natural senses. Feeling has nothing to do with being a successful Christian! **We must contact this realm by revelation and faith.** The above verse says that we actually are able to participate in the faith and cause it to be energetic and working in our life by knowing the good things that are in us. The word “knowing” is the Greek word which means revelation knowledge. We can only get revelation knowledge through the Word of God and the Spirit of God. How are we going to get revelation knowledge of who we are, what we have, and what we can do in Christ? It is by spending time meditating in the New Testament epistles—especially in the first half of each these epistles. These show us what we have become in Christ and all the good things that are in us.

**What does this new focus mean for you? It means you need to stop beating yourself up for your mistakes, sins, weaknesses, and faults! Give yourself a break!** Even if you don’t actually beat yourself up, you may just have a negative feeling about yourself. **If you are like this you need to get in touch with reality!** The spirit realm is more real than the natural realm! The spiritual realm is true reality. **What you are in your spirit is true reality.** However, if we just focus on our natural self with our natural senses then the reality we experience will actually be

deception! The spirit realm has the power to rule over the natural realm. You need to get a revelation of the good things that are in you in Christ.

Do you know the great benefit of focusing on the good things in you in Christ! They will actually cause the bad things in you to be overcome by the power of the Spirit of God. When you focus on the good things in you in Christ it means you are spiritually minded. To focus on the bad things in you is actually being fleshly minded! When you are spiritually minded it means the Spirit is controlling you. When you are fleshly minded it means that the flesh is controlling you! When God is controlling you then His holiness, purity, love, and power-all these good things in you- is released into more of you! When God expands in your life, then less of your old life will be seen! Focus is important. What is your focus?

1. How much time do you spend focusing on your faults, sins, shortcomings, and failures?
2. Have you been spiritually minded or fleshly minded in your focus?
3. Faith exercise: Read Ephesians chapter 1. Find in this chapter all the good things that in you or is true of you because of Christ. Once you write these down, put your name in those verses and confess them over your life. Read them first person and in the present tense. Ex. ***I am*** blessed with every spiritual blessing in heavenly places in Christ! After you confess them, close your eyes and try to see each of these things in chapter 1 as being true of you right now. You impact your heart when you can see yourself differently!
4. Confession: I am changing my focus right now! I choose to focus on the all the good things in me in Christ. I am spiritually minded and the Spirit controls me right now! I have God in me and I have every good thing He has and is in me. I have good things in me right now. The good things in me dominate me. The good things in me control me. The good things in me are changing the bad things in me. I am filled with good things!