



Keep Your Focus on Jesus

DAILY PRAYER: *Lord Jesus, let my heart's desire be to follow You, this day and every day. Let my thoughts and actions be guided by Your Holy Spirit, to love God and love my neighbors above all else.*

1) Be consistent with daily spiritual nourishment

- Consider time with your Heavenly Father as sacred—try your best to let nothing prevent you from soaking up His Word each day, and praying to Him.
- Like a well-watered, well-fertilized plant that gets the right amount of sun, a well-nourished Christian will thrive! Are you getting enough spiritual nourishment today?

"Don't pray when you feel like it. Have an appointment with the Lord and keep it."

~Corrie Ten Boom

2) Be mindful of worldly distractions

- Has anything crept back into your life or your thoughts, that is taking your eyes off Jesus?
- Check your consumption: of TV, social media, shopping, et cetera. Make note of anything that is unhealthy and/or monopolizing your thoughts or your time, and take steps to reduce or eliminate them.
- Replace distractions/temptations with healthier habits, such as taking a walk in God's Creation, reading a devotional, helping a neighbor, or just simply pouring your heart and your troubles out to God.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

~Romans 12:2 (NLT)

3) Surround yourself with reminders of Jesus

- Who have you been spending time with lately? Try to be around other Christ followers as much as possible, as they can point you back to Jesus!
- Pay attention to your surroundings. Adorn your home, car, office, or wherever you can with Bible verses, Christian author quotes, and other items that remind you to stay close to Jesus.
- Remember that what you listen to is important too. Music, podcasts, and so forth, that are Christ-centered can be great ways to nourish your relationship with God.

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

~Colossians 3:16 (NIV)