



NEW COVENANT CHURCH

*Eyes on the*  
**PRIZE**

**Maintaining Focus  
In Distracting Times**

*I press toward the goal for the prize of the upward call of God in Christ Jesus.*

Philippians 3:14

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## Philippians 3:12

*Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. 13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.*

## Why We Need This

- Your purpose and potential unfolds when you're able to avoid distractions and maintain focus on God, people, and important things.
- It is also essential to train your mind, and develop a mindset to victoriously deal with circumstances.
- Life and the world is not going to stop for us to catch up.

# Distraction is a Dis-ease

98% of the workforce say they are interrupted at least 3 or 4 times a day. It takes 23 minutes to fully recover focus after a distraction.

(<https://blog.gitnux.com/workplace-distractions-statistics/>)

# Practice Focus & Defocus

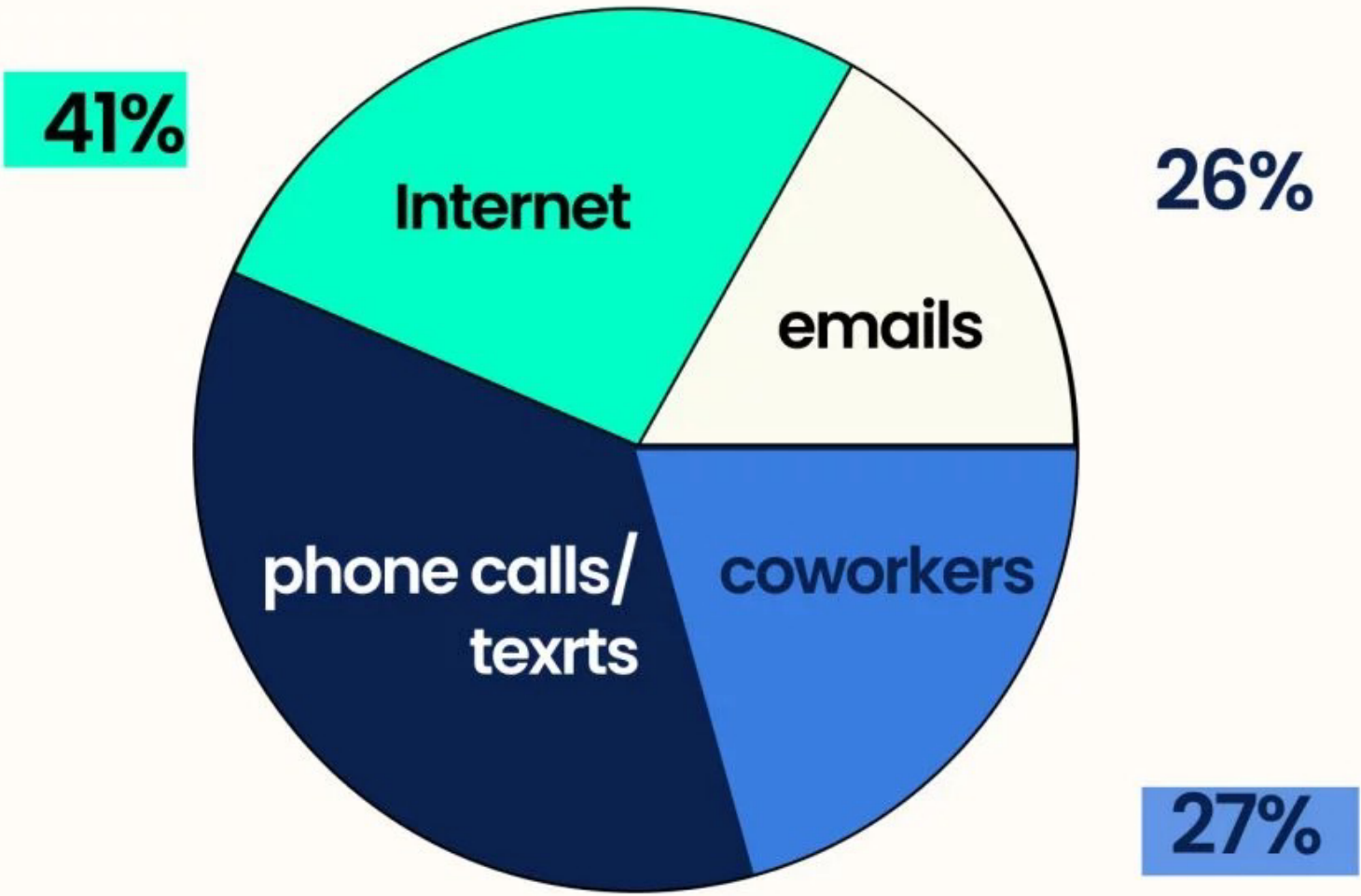


# Distraction is a Dis-ease

A disorder of structure produces specific signs or symptoms that affect normal function

A particular quality, habit, or disposition regarded as adversely affecting a person or group of people.

### The Most Common Workplace Distractions



55%



## Others Distractions

Notifications

Stray thoughts

Firery darts (from the devil)

Other \_\_\_\_\_

# The Positive Power of Affirmation

## 2 Corinthians 4:13

*And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak*



# The Positive Power of Affirmation

- An affirmation is a positive assertion
- It is a short statement that can help brighten your outlook
- It is a sign of self-respect and self-awareness

# AFFIRMATION #1

I press on. I lay on hold on that for which Jesus laid hold on me.

The Apostle Paul faced many extraordinary challenges. What he faced would drive many of us into despair. He faced despair and worse. Here is Paul's statement of clear **focus** and **defocus**:

**1 Corinthians 4:17**, *For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.*

## AFFIRMATION #2

I do not allow the past to adversely affect my future. I reach for the things that are ahead.

# Philippians 3:12

*One thing I do, forgetting those things which are behind and reaching forward to those things which are ahead*

We study history to know the lessons and understand foundations.

Romans 15:4, *For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.*

Do not allow negative things from the past pull you down. **The past does not exist.**

## AFFIRMATION #3

My eyes are on the prize. My prize is the purpose and call of God on my life in Christ.



Allow Jesus Christ, the Word of God, and the Holy Spirit to develop the kind of quality in your life that allows you to **focus** on what is important ... and **defocus** everything else.

Jeremiah had a problem with his "seeing" that affected his view of self and his purpose.

God had to build quality focus (like a good lens) into Jeremiah to help him see clearly.

## Jeremiah 1:4

*Then the word of the Lord came to me, saying:  
5 "Before I formed you in the womb I knew you;  
Before you were born I sanctified you; I ordained  
you a prophet to the nations." 6 **Then said I: "Ah,  
Lord God! Behold, I cannot speak, for I am a  
youth."***

## Jeremiah 1:7

*But the Lord said to me: “**Do not say, ‘I am a youth,’** For you shall go to all to whom I send you, And whatever I command you, you shall speak. 8 Do not be afraid of their faces, For I am with you to deliver you,” says the Lord. 9 Then the Lord put forth His hand and touched my mouth, and the Lord said to me:*

## Jeremiah 1:9

***“Behold, I have put My words in your mouth.***

*10 See, I have this day set you over the nations and over the kingdoms, To root out and to pull down, To destroy and to throw down, To build and to plant.”*

*11 Moreover the word of the Lord came to me, saying,*  
***“Jeremiah, what do you see?”***

## Jeremiah 1:11b - 12

*And I said, "I see a branch of an almond tree." 12 Then the Lord said to me, "**You have seen well, for I am ready to perform My word.**"*

- What does God want you to **see**?
- What are items and areas in your life **that require focus**?
- What are items and areas in your life **that require defocus**?