

Fix Your Focus

Our eyes are incredibly important, and they help us to navigate all of what we deal with in life. They play a vital role in our addiction...but I want to say that **they also play a vital role in our recovery**. And it's not just the eyes on our face, but the eyes of our heart and mind as well.

Heb 12:1-4 NLT

Therefore, since we are surrounded by such a huge crowd of witnesses...

²⁴ By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. ²⁵ He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. ²⁶ He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt because **he was looking ahead to his reward**. ²⁷ By faith he left Egypt, not fearing the king's anger; **he persevered because he saw him who is invisible**.

... let us strip off every weight that slows us down, especially the sin that so easily trips us up....

...and let us run with endurance the race God has set before us.

²...We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith...

...Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

³Think of all the hostility he endured from sinful people;^[c] then you won't become weary and give up. ⁴After all, you have not yet given your lives in your struggle against sin.

What are your eyes focusing on today? What are you seeing with your physical eyes and the eyes of your heart.

Here are some ways that we can practically Fix our eyes on Jesus.

1. Remember that He loves you unconditionally!
2. Remember that you are a much-loved child of His.
3. Remember that he overcame so that you and I could overcome and walk in freedom with him.

4. Remember that he has experienced every temptation just as we have yet didn't sin, and so he invites us to come boldly to his throne of grace in our time of need. Heb 4:15-16
5. Look to the mountains – or whatever reminds you where your help comes from. Psalm 121. What is that for you?
6. Gaze upon his Beauty. Psalm 27:5 It was the “one thing” that David asked for. Ask him to reveal to you his beauty. Set aside time to meditate on who he is and what he has done.
7. Remember your “Why” your reasons why you want to overcome. Add reasons if something about fixing your eyes on Jesus applies.
8. Spend time with him – in his word, talking with him, worshipping him, listening to him, memorizing his promises and truths in his word
9. Contemplate the cross – what he endured so that you could be set free from this addiction. Bring it to mind when you are tempted.
10. Submit yourself and your eyes to him as instruments of righteousness and holiness to him (Rom 6)
11. When you are tempted – look away from the sin, turn and look to Jesus – thanking him that he is there to empower you to say “no” to the temptation and yes to him.
12. Start your day, end your day by focusing on Him...
13. Tell someone else about what you are learning about him.
14. Ask him to help you keep your eyes on Him

Other...please add to this...