

Series: The Rock
Psalm 18:1-2; Psalm 27:1

Week 1: Trust: A Peaceful Spirit *Isaiah 26:3*

Week 2: Enjoy: A Joyful Heart *Nehemiah 8:10*

Week 3: Believe: a Confident Attitude *Mark 4:40.*

Week 4: FOCUS: A DISCIPLINED MIND *Philippians 4:6-9*

1. Focus

A. God handles worries and cares. You're not designed for it.

1 Peter 5:7

B. God will meet your needs. Ask him.

Pray about everything, tell God what you need (v. 6)

C. Gratitude turns the light on in your faith.

Thank him for all he has done (v. 6)

2. Fix

Fix your thoughts on what is true, honorable and right (v. 8)

A. What does it mean to "fix?" To select a place to hang something, to glue something, to work on something.

Ask: "How do I spend my time?"

- Do a time study for a couple of weeks.
- What do you discover? Are you dealing with your patterns appropriately?

B. Discipline your thoughts. Control the subject matter of your fantasies.

Think about things that are pure, lovely, and admirable; things that are excellent and worthy of praise. (v. 8)

Matthew 12:34

- GIGO: change "garbage in, garbage out" to: Good in, good out."
 - What influences your thought life? What streams pour into your life each day?
- Purge your heart. Repent of your negativity. Abandon your worries.

3. Follow

Keep putting into practice all you learned (v. 9)

A. If you follow...

Are we guilty of idolatry?

Matthew 6:24-27

B. Which master are you devoted to? Whom are you following?

C. Skill comes with practice.

Results of focus:

- *You will experience God's peace, which will guard your hearts and minds as you live in Christ Jesus (v. 7)*
- *God will be with you. (v. 9)*

What are you doing with the talents in spiritual matters that God has given you?

Matthew 25:14-30

"Those who allow fear to keep them from stepping out, not only fail to increase what they have, they actually lose it.

FOCUS!