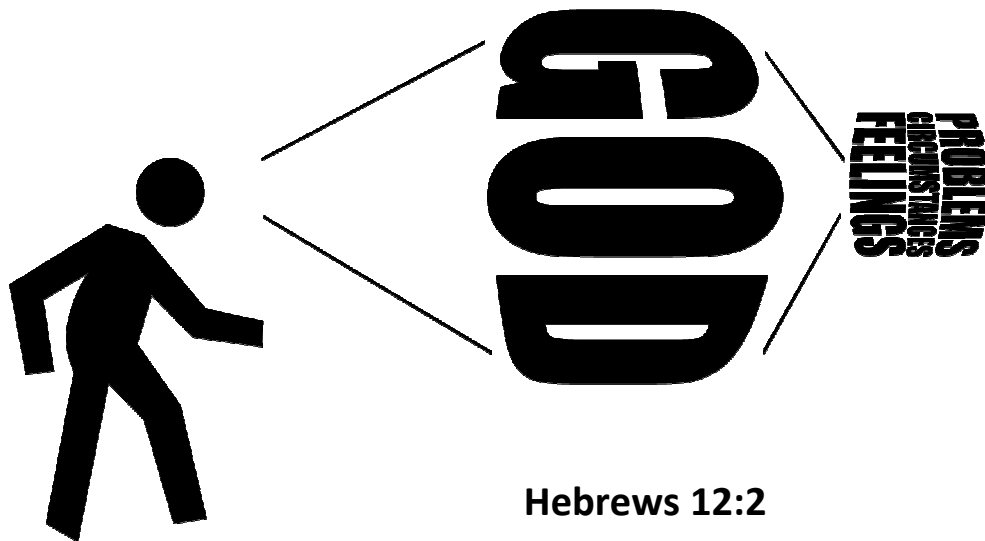


Self-Centered View of Life:

Does your God seem so small you are unable to trust Him and rest? Why? You see most clearly what is closest to you, so God seems small and far away when you concentrate on your problems, circumstances, or feelings. Your prayer might sound like this, “Oh, God, where are you? I’m overwhelmed by what is happening in my life.”



God-Centered View of Life:

This is the correct view. God is your focus, not your problems, circumstances, or feelings. You can clearly see Him in all His power, wisdom, and sovereignty. You can rest because you know He is in charge. He is a God of love who can bring you through any issue or problem. Your prayer would sound like this, “Oh, God, I thank you for being in charge of my life. Please show me how you want me to handle this situation.”

WHERE IS YOUR FOCUS?

Purpose: To illustrate how your focus affects your emotions and your view of God and life.

EXPLANATION

- Focus is key to perception. You can cover the sun with a penny if you hold it close enough to your eye. It seems as though it has covered the sun even though there is no comparison in their actual size.
- When your primary focus is your problems then they seem bigger than God—like the penny seems bigger than the sun.
- The intensity of your response to problems, circumstances, and feelings is a measure of how self-centered you are.
- You must remember that focusing on God or on your circumstances is a choice.
- When God is your primary focus, problems, circumstances, and feelings become smaller. You are at peace.

APPLICATION

- ❓ Study Hebrews 12:1-3. Which view of life is most often yours? Explain.
- ❓ What problem, circumstance, or feelings are you focused on right now? What kind of emotions are you experiencing? (for example: fear, worry, anxiety, depression, anger etc.)
- ❓ Does God seem too small to handle it? Why do you think that is? What's the truth about God?
- ❓ You need to change your focus and renew your mind with truth. What attribute of God can you think about now? (Omnipotent, omnipresent, all knowing, loving, patient, faithful)
- ❓ Can you tell Him you are going to focus on Him and stop focusing on the problems that steal your joy?