



The Holy Spirit can give you focus.

The definition of focus means “the center of interest or activity.”

Distraction is the enemy of focus. We are constantly tempted to pull away from a consistent focus on Christ. And as a result, we often find ourselves being tossed to and fro by the concerns of life.

How can we stay focused in a world of busyness?

- Isaiah 26:3

When we focus on Him, He will give you perfect peace. Think about that...not some peace, or a little peace—but PERFECT peace. You can't expect God to be the source of your peace if the world is the source of your satisfaction!

Our lack of intimacy with God causes a void that we try to fill with the frailest of substitutes.

“The more you focus on yourself, the more distracted you will be from the proper path. The more you know Him and commune with Him, the more the Spirit will make you like Him.

The more you are like Him, the better you will understand how much you need God for all of life's difficulties. And that is the only way to know real satisfaction.”

Why should we focus on God?

1.) It Positions us to Fulfill God's Purposes

Focusing on what the Holy Spirit is doing puts our eyes on the Father's intended outcome for a situation. (John [16:12-16](#))

We perceive where the Spirit's anointing is, and what God is doing so that we can follow Him. Even when a situation is at its worst, we can step back into our spirits and sense what the Holy Spirit desires in that moment.

2.) It Protects us From Error and Deception

When our attention is focused on what the enemy is doing, our perspective tends to become distorted. Focusing only on the negative magnifies the problem and can also lead to deception.

3.) It Encourages Intimacy with the Holy Spirit

We are called to an intimate relationship with God, and focusing on the Holy Spirit, His anointing, where He is moving and what He is doing encourages our intimate relationship with Him!

4.) It Frees us From Fear

- 2 Tim 1:7

Fear is based in deception.

The truth is, that no matter what is taking place, the Holy Spirit is more powerful than any demonic power, and we have authority in Jesus' Name. (Luke [10:19](#))

- Psalm 91:14-15

Our own flaws can distract us from keeping our eyes on Jesus. If we think too much about what is wrong with us, we will forget what God can do through us.

We need to pray without ceasing, because the devil is preying without ceasing!

Stop talking to God about your problems and start talking to your problems about your God!

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