

WHAT'S YOUR FOCUS

Paul & Nuala O'Higgins www.reconciliationoutreach.net

The world today is unusually turbulent. Pandemic disease paralyzes normal life, and strife and violence disrupts our cities. Perhaps you also have some personal crisis - a diagnosis of sickness, being laid off work or some other issue. How can you hold on to peace when circumstances seem all askew?

As BELIEVERS how can we respond? It all depends on our FOCUS. FOCUS - what we are looking at - is the essence of the life of faith.

"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." (2 Cor. 4.18)

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You." (Isa. 26.3)

"Faith is substance of things unseen." (Hebrews 11.1) It is a choice to focus on the unseen realities of God's Kingdom rather than on the sensory world.

The first disciples knew the secret of peace in troubled times. They kept their focus. They learned how to live in peace in all circumstances. We can learn this too.

*"Rejoice in the Lord always again I say rejoice, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy **THINK ON THESE THINGS** ... and the God of peace will be with you... I have learned to be content whatever the circumstances."* (Phil 4.4, 8-9, 11)

Jesus said: *"If your eye is single your whole body will be in light."* We need to be determined to develop the single eye by 'fixing our eyes on what is unseen not on what we can see,' remembering that the seen was formed by the unseen. Some may say that by doing this we are burying our heads in the sand and denying reality. We can easily be discouraged and frustrated with the things we see around us, or we can choose to walk by faith. If we continually focus by faith on God's promises, covenants and faithfulness - looking beyond the **NATURAL** to the **GREATER SUPERNATURAL REALITIES** - we can draw down God's power and ability to deal with any and every situation.

What's your focus? Let us keep looking up as we pray in faith!