



“Stay In Your Lane: The Power of Focus”

Time: 30-40 Minutes

Opening Thought

One of the greatest weapons the enemy uses against believers is distraction. Many people are not defeated because they lack ability, intelligence, or opportunity—they are defeated because they lose focus.

We live in a world filled with distractions. Social media constantly shows us what everyone else is doing. We compare our lives, ministries, marriages, careers, and callings to others. Instead of running our race, we spend our time watching someone else's.

The problem is that God has not called all of us to do the same thing. He has given each person a unique assignment, purpose, and season. The challenge is learning how to focus on what God has called *you* to do.

Tonight we will explore why focus is important and how to avoid the distractions that keep us from fulfilling God's purpose.

Here is a question to think about as you complete this study: **"What is currently taking my attention away from what God has called me to do?"**

Key Scriptures

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." -**Hebrews 12:1-2 (NIV)**

Points to Ponder

Point 1: You Have Your Own Race to Run

Hebrews 12:1 says, *"Let us run with perseverance the race marked out for us."* Notice the scripture says **the race marked out for us**. God has a race specifically designed for you. Your race may not look like someone else's.

- David was called to be a king.
- Moses was called to deliver Israel.
- Esther was called to influence a nation.
- Nehemiah was called to rebuild a wall.

Each assignment was different. Imagine if David had spent all his time trying to be Moses. He would have missed his purpose.

Many believers become frustrated because they are trying to live someone else's calling instead of embracing their own. God did not ask you to be them. He asked you to be faithful with what He gave you.

Reflection Question: Am I spending more time comparing myself to others than developing what God has placed in me?

Point 2: Distraction Can Delay Destiny

In **Luke 10:38-42**, Martha was busy serving while Mary sat at Jesus' feet listening to His teaching. Martha became frustrated and asked Jesus to tell Mary to help her. Jesus replied: "*Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one.*" Martha wasn't doing something sinful. She was simply distracted. That's important because not every distraction is bad. ***Sometimes good things can pull us away from the best thing.***

A person may be called to write a book, start a business, improve their health, or deepen their prayer life. Yet they spend hours scrolling through social media watching everyone else's journey. Months pass. Years pass. Nothing changes. Not because they lacked ability—but because they lacked focus.

Reflection Question: What "good" things might be distracting me from the "God" thing?

Point 3: Stay in Your Lane

After Jesus restored Peter (**John 21:21-22**), Peter noticed John nearby and asked: "*Lord, what about him?*" Jesus replied: "*If I want him to remain alive until I return, what is that to you? You must follow me.*" In other words, Jesus was saying: **Peter, don't worry about John. Focus on your assignment.**

This is a word for many believers. We spend too much time asking: *What are they doing?...Why are they being blessed?...Why is their ministry growing?...Why is their business succeeding?...Why is their family doing better?* Jesus says: **"What is that to you? Follow Me."** Comparison will destroy your focus, but focus will grow your purpose.

Point 4: Focus Requires Fixing Your Eyes on Jesus

Hebrews 12:2: "*Fixing our eyes on Jesus.*"

Focus is not just about ignoring distractions, it is about keeping your eyes on the right thing. Peter walked on water as long as he kept his eyes on Jesus. The moment he focused on the wind and waves, he began to sink. The same principle applies to us. When we focus on problems, opinions, criticism, fear or even what others are doing we begin to lose momentum. But when our eyes remain on Christ, we find strength to continue.

To Do

Ways to Stay Focus

1. Start each day with prayer and God's Word.
2. Limit distractions within your control (ex: mindless scrolling on social media).

3. Stop comparing yourself to others.
4. Write down your God-given goals. **(Follow up below)**
5. Regularly ask, "Does this help or hinder my assignment?"

At the top of a piece of paper write: **"My Assignment in This Season."**

Underneath, write:

1. **What do I believe God is calling me to focus on right now?**
2. **What distractions keep pulling me away?**
3. **What is one action I can take this week to move forward?**

Allow a few minutes for reflection and then write your answer to each question. Put this piece of paper in a place where you see it first thing in the morning. Make sure to update questions 2 & 3, weekly.

Takeaway

As we've said before, the enemy doesn't always try to stop you if he can distract you. If he can get your attention off your assignment, he can delay your progress. God is calling us to stop looking left and right and start looking forward. You don't have to do everything. You don't have to be everyone. You don't have to run somebody else's race. Just be faithful to the race God has marked out for you. Stay focused, faithful, stay in your lane, and watch God do extraordinary things through your obedience.

Closing Prayer: Father, in the name of Jesus, thank You for the unique purpose and assignment You have given each of us. Forgive us for the times we have become distracted by comparison, fear, busyness, and the opinions of others. Help us to fix our eyes on Jesus and remain focused on what You have called us to do. Give us wisdom to recognize distractions and courage to let them go. Strengthen us to run our race with endurance and faithfulness. May we be found doing the work You have assigned to our hands. **In Jesus' name, Amen.**

Consider Sowing Seed: May your seed be planted in good soil and bring forth a bountiful harvest in due season.