

## **Focus Factor**

n/a

### **Ready:**

*"But my eyes [look] to You, Lord God. I seek refuge in You; do not let me die. Protect me from the trap they have set for me, and from the snares of evildoers. Let the wicked fall into their own nets, while I pass [safely] by." -Psalm 141:8-10*

### **Set**

?I was telling myself 20 times a hole (to) keep my focus, keep my focus, keep my focus,? Michael Campbell said, ?and it worked.? Michael Campbell began the final round of the 2005 U.S. Open at Pinehurst four shots behind the leader. However, he was one of only four golfers who shot under par on the final day, while those atop the leader board crumbled, giving him a two-shot victory over Tiger Woods.

Campbell?s focus on the golf course paid off?to the tune of \$1.17 million. ?I worked really hard for this, ups and downs from my whole career,? Campbell said. ?But it?s worth the work. It?s just amazing.?

The word ?focus? can be defined as ?a state or condition permitting clear perception or understanding. Whether it is sports or life that we are talking about, our ability to stay focused on the right things can dramatically affect the direction we go. If our desire is to compete for Christ, then our focus must be fixed squarely on Him in all aspects of competition. On the other hand, if our focus is not on Him, our competition is meaningless.

Today, may you be completely focused on Christ and on accomplishing His plan for you?both in and out of competition.

### **Go**

1. What causes you to lose focus during competition?
2. Where is your focus in life currently fixed? Is that where you want it to be?
3. Is it possible to be focused both on Christ and your sport? How?

### **Workout**

Isaiah 46:8-13; Hebrews 3:1; 12:2

### **Overtime**

*Father, so often I put the focus on myself. I forget that everything I do should be for You alone. Help me to compete for You and have my eyes constantly set upward toward You.*

*?Let your eyes look forward;  
fix your gaze straight ahead.*

*Carefully consider the path for your feet,  
and all your ways will be established.*

*Don?t turn to the right or to the left;  
keep your feet away from evil?  
(Proverbs 4:25-27).*

**Bible Reference:**

Hebrews 3



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