

## **Strong Focus: Head Down, Eyes Up**

### **Ready:**

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth.” -- Colossians 3:2-3

### **Set**

In a world filled with chaos and uncertainty, one might find it difficult to stay focused. More so, we might find it difficult to know what exactly we should be focused on. Personally, I just wrapped up my collegiate basketball career and I am only two weeks away from graduating. So, this semester has been filled with trying to navigate how to stay focused and what to focus on. In this chaos, we must turn to Scripture for guidance and discernment to what is deserving of our focus.

As coaches and athletes, we have many different responsibilities that call for our focus. Coaches are responsible for preparing the team, managing family matters, and much more. Athletes are responsible for improving their skills, executing the game plan, finishing schoolwork and managing relationships. So, how can we stay focused in the chaos of things that compete for our attention?

In Colossians 3:2-3, the Apostle Paul reminds the believers in Colossae where their focus must be. He states in verse two, “set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand.” This is an encouraging reminder that our focus is on heaven because that is where our hope is. Having our sights set on the reality of heaven empowers us to have a Christ-like perspective of the things on Earth. We must remain focused on the truth of the Gospel and how the eternal reality of salvation is a present reality that changes our perspective.

Yet, this does not mean coaches and athletes should neglect their responsibilities. Rather, it allows us to pursue the opportunities we have with the proper focus. Paul concludes his beginning thoughts in chapter three with an encouraging call for the believers. He writes in Colossians 3:17, “And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.”

As believers, we have the present reality of hope for a future eternity with God. This allows us as coaches and athletes to put our heads down and work hard in the present as an act of worship because our eyes are focusing on the truth of the Gospel. May we walk in that truth with our heads down and eyes up.

### **Go**

- Do you find it difficult staying focused in a busy season?
- What is one way you can remind yourself daily to focus on Christ?
- Who is one person you can share the truth of Colossians 3 with?

## **Workout**

Matthew 6:33; Isaiah 41:10; Romans 8:5

## **Overtime**

“Lord, thank You for the present reality of hope in an eternal life with You. Please give me the strength to remain focused on You. I offer my life as a living testimony to You. Thank You for Your son, Jesus Christ and it’s in His name I pray. Amen.”

## **Bible Reference:**

Colossians 3:2-3

Matthew 6:33

Isaiah 41:10

Romans 8:5



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