

Focus

Ready:

"I am about to go the way of all the earth,' he said. 'So be strong, show yourself a man, and observe what the Lord your God requires: Walk in his ways, and keep his decrees and commands, his laws and requirements, as written in the Law of Moses, so that you may prosper in all you do and wherever you go. . .'"

-1 Kings 2:2-3 (NIV)

Set

Coaches want to be able to tell athletes exactly what they want done, and they want to have the confidence in their players that the job will get done. Coaches want to know that they can tell an athlete to do something and then know that it will be done.

Athletes want coaches to be direct. They want to know what play to run. Athletes want to know what the coach wants, they don't want surprises. Knowing exactly what is expected of them is how an athlete is able to focus on what they have to do.

David gave Solomon this kind of direction in 1 Kings. David knew his time on earth was almost up. He knew that Solomon would need to focus in order to prepare for what was coming. David gave Solomon very direct expectations for his life.

We can take these very same directions and apply them to our lives today. When we take "Coach" David's to-do list and apply it to our lives we will have the focus we need in order to succeed in the game of life.

Go

1. Which of the tasks listed in 1 Kings 2:2-3 is your strength?
2. Which is your weakness?
3. Today, how can you capitalize on that strength?

Workout

Joshua 23:14
2 Samuel 7:28-29
1 Chronicles 22:13; 28:7

Overtime

"Father, give me the strength to keep Your laws. Take this life of mine and use it to establish Your Kingdom right where I am. Let my life be a living sacrifice to You. When the people of the world see this life, let them ask what makes it different from their own. Please, Lord, give

me the tools to be fruitful and Kingdom-minded today. Give me the focus needed to do Your work."

Bible Reference:

1 Chronicles 22



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL:<https://fcaresources.com/devotional/focus-0>