

## **What Are You Looking At?**

### **Ready:**

"I raise my eyes toward the mountains.  
Where will my help come from?  
My help comes from the Lord,  
the Maker of heaven and earth." –Psalm 121:1-2

### **Set**

I was fortunate to be one of the best high jumpers in the world for many years. My best jump of 7' 10.5" still ranks as one of the top four of all time. Jumping at a bar that high almost seems impossible when looking at it with our natural eye. In fact, most people won't even attempt to jump because they are intimidated by its height. But for world-class jumpers, we're never intimidated because we look through a different set of eyes. We often focus on a point high above the bar to guide us in the right direction. At times, we don't even see the bar because our eyes are set on something much higher.

As competitors for Christ, we cannot afford to be distracted or intimidated by obstacles in our way. No matter what the circumstances or how high the obstacle, we should not be intimidated because God is our help (Psalm 121:2). We must realize that true victory does not come by our own strength and ability; it comes through God's Spirit (Zechariah 4:6). He has made a way for us to become the ultimate competitor (1 Corinthians 15:57). All we have to do is set our minds on what's above (Colossians 3:2) and take the jump.

### **Go**

1. What obstacles intimidate you?
2. What things/people do you have faith in to help you?
3. How can God help you?

### **Workout**

Romans 8:37; 2 Corinthians 5:6-8; Philippians 4:13; Hebrews 13:5

### **Overtime**

Lord, I pray that I will not be distracted by obstacles the enemy places in my way. I know that when I take my eyes off You and place them on things in front of me, I cannot compete at my best. But when I lift my eyes to You and trust in You, I am assured victory. Thank You for always being there for me. Amen.

**Bible Reference:**

Hebrews 13



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