

"What Is Your Focus?"

Rev. Ezekiel Koech

July 14, 2019

1

The Scripture for today talks about focusing on something positive, pure, true, noble, right, lovely & admirable instead of focusing on something else (Philippians 4:8)

2

**"DO NOT BE ANXIOUS ABOUT ANYTHING."
Instead of spending time worrying about things, Scripture suggests that time would be more wisely spent praying about it.**

3

Sometimes we create some of the anxieties, while on the other hand, "Things happen which are beyond our control and they make us to worry and be anxious. But Paul is saying the result of carrying everything to God in prayer is that the peace of God will protect our hearts and minds through Christ Jesus (Philippians 4:7).

4

Verse 8, Apostle Paul encourages believers to think positive things. Instead of being anxious and worrying, focus on something positive.

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5
Verse 9, not just having pure thoughts, but put it into practice. All that is spiritually True will cause our thoughts to be filled with what is pure. It will cause us to think of something that can build a brother or sister up instead of thinking of things that can destroy their lives.

6
Verse 8, Paul gives us great advice, "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things."

7
We need to remember that it all depends on the choices we make. It is a matter of where we choose to focus our mind on. We can see everything as a tragedy, or a challenge. We can either focus on our inability or focus on the great sufficiency that God has given us.

8
Which outlook in life and in this church are you taking? Are you a negative person or a positive person? Do you build people up or tear them down? Are you intentional about filling your mind with good, pure, and valuable truth of God?