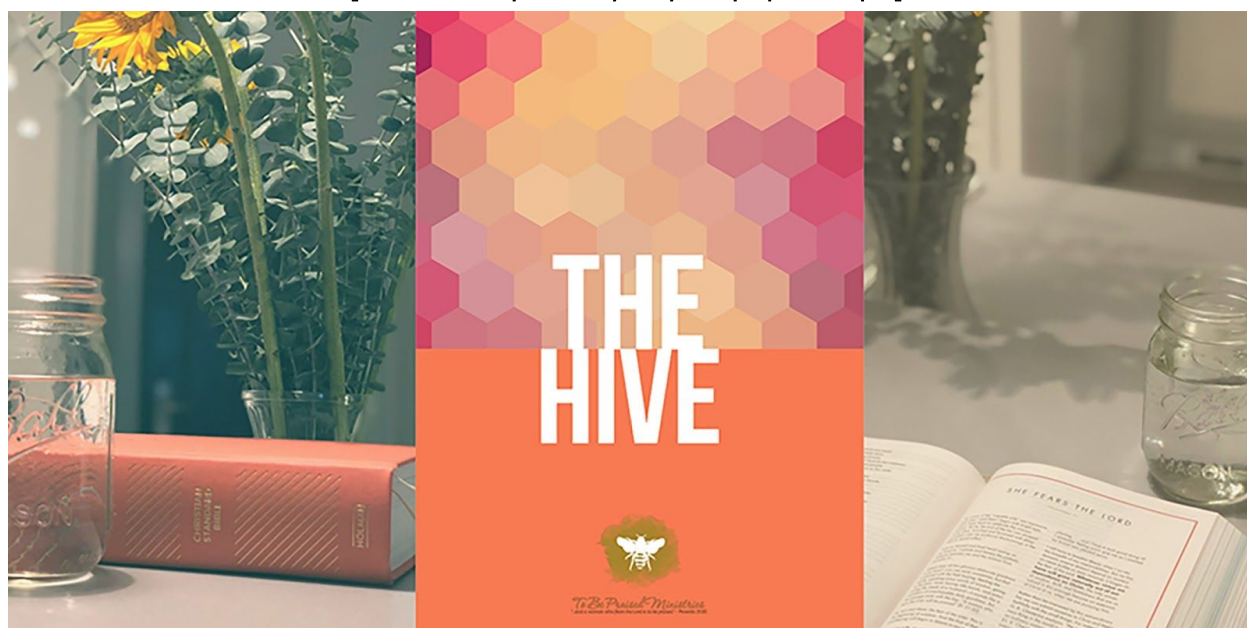


[Chat & Chew | Saturday, May 5th | 1 pm to 3 pm]



Focus Forward: a study + discussion

The concept “focus forward” is simple and yet, we often struggle to maintain our focus and forward movement in our lives. We are, as women, pulled in a million directions. We are asked to participate in a ton of events, committees, friendships, meetings, etc. We are so busy we have to schedule personal time!

God reminds me, frequently, there is a stark difference between being busy and being productive. Our focus requires discipline, the ability to say “no,” and communication with God to know what to do and when to do it. Busy is the enemy’s way of making us think we’re going somewhere we’ll never truly arrive. Productivity is God’s way of accomplishing His will in our lives.

Questions for discussion + reflection:

- What is currently demanding your attention?
- How do you manage weekly/monthly obligations?
- What is *yours* to do/create/maintain?

Read: Acts 16:1-15, Philippians 1:3-6

Paul was a bad man. No, seriously he was so bad he had a completely different name (it was Saul), and he was notoriously known for killing Christians, BUT GOD took that man and transformed his life into a traveling preacher.

In the scriptures we read, Paul, Luke, and Timothy were traveling to tell others about God, but in the process, they were stopped two times from going to Asia. Paul had to focus forward and continue on a journey to a new, different location. I’ll make a note here that God redirected their trip without telling them why they needed to take an alternative route.

In Acts 16:13, eventually these men travel to a Philippi where they found a wealthy, God-fearing woman worshipping gathering at the beach with her friends.

When God redirects us, it is always for a higher purpose, and God's purpose always involves people.

"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." - Philippians 1:3

God has already begun a GOOD work in your life, but you may be like Lot's wife and have looked behind you so long you're salty. There are people attached to your journey; when God redirects you, are you willing to adjust your expectations and follow Him?

Questions for discussion + reflection:

- When is the last time you were redirected from an initiative/goal? What was it?
- How did it feel to not have your efforts go according to plan?
- Looking back, what were the benefits of your plans being redirected?

How do I focus forward?

Step One: Ask God, in prayer, to help you focus on the relationships, tasks, and plans He has for you.

Step Two: Remember that your journey is yours and yours alone. (Jeremiah 29:11 + Proverbs 19:21)

Step Three: Watch out for distractions! They'll always tempt you to take your eyes off your goals.

Step Four: Solicit support from friends. Accountability is everything!

Step Five: Keep it moving! You can't focus forward if you're not willing to move forward. Whatever is behind you is back there for a reason.