

PEACE IN / PEACE OUT

LESSON 7 // STAYING FOCUSED

Big Idea: As David concluded Psalm 23, he declared his focus on God's eternal perspective and promises (verse 6). He was looking ahead to forever. His anticipation of eternity kept David focused and helped him deal with the difficulties he faced in life. It gave him peace in the midst of challenges and uncertainties.

Staying focused is important for overcoming stress. Just like David, you can stay focused on eternity—no matter what you are facing now—by guarding your faith in God, giving your best for Him and getting ready for the forever He promises you.

Psalm 23:1-6 (NIV) ⁶ Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

Start Talking:

- What is something good that happened to you in the past week?
- If you could make one thing go back to normal right now, what would you choose?

Start Thinking:

- This weekend Pastor Dale talked about **focus**. What helps you remain focused? What normally distracts you?
- **Read Romans 5:1, and Hebrews 11:6.** If we're going to live our lives with focus, we will need to **guard our faith**. Why is it essential for us to guard our faith? Why is it dangerous to not guard our faith?
- **Read Proverbs 11:24-25, and 2 Corinthians 9:6-8.** Throughout the series, Pastor Dale has spoken about how we can experience peace. If we are going to experience peace, we must have focused faith that leads us to generosity. *If we are consistently consuming, we will not experience God's peace.* Do you agree with that statement? Why? How can we daily combat a focus/mindset on consumption?
- **Read 2 Corinthians 4:17-18.** David concludes Psalm 23 by writing "...and I will dwell in the house of the Lord forever ." David had a focus on eternity, not just his present. How should this kind of focus shape our lives and impact our decision making?

Start Praying:

Pray for your group boldly, ask the Holy Spirit to lead all of you this week that you would live with focus. Also, pray that your group's faith would grow during this season and that God would use you to impact the lives of others greatly during this time.

Start Doing:

- Take some time this week to think about what ways you can begin (or continue) to bless others. Allow the Holy Spirit to lead you and take steps to bless others this week. If you are unsure of where to start, visit: <https://church-redeemer.org/ministries/outreach/covid-19/>
- Attend church online this coming weekend - <https://church-redeemer.churchonline.org>. If possible host a watch party over Facebook and be part of service with your group.