"Fixing our eyes on Jesus, the pioneer and perfecter of faith" (Hebrews 12:2). Distraction is the nemesis of focus. We are constantly tempted to pull away from a consistent focus on Christ. As a result, we often find ourselves being tossed to and fro by the concerns of life.

Wearing eyeglasses helps many of us see more clearly. (If you are in your mid 40s or older, you probably have glasses with multifocal lenses, like bifocals or trifocals). Otherwise, our world would look like a blurry mess, or some of us "as blind as a bat." Focusing on the Lord instead of our needs or wants takes great discipline. We must be willing to lay aside our concerns, fears, worries, or anything that seeks to drain us of hope in Christ.

Keeping focus on Christ means that we are purposefully fading out everything that pulls us away from connecting with Him. It's a disciplined lifestyle of choosing to see every blessing and struggle through the lens of Christ. How can we stay focused in a world of busyness and uncertainty?

As believers, we are running on the track of life towards our Redeemer. He is at the finish line with a great group of witnesses on the sidelines cheering us forward. Those who run in races recognize the value of focusing on crossing that finish line. Those who are distracted by the crowds, weather, or other runners tend to lose their speed costing them the race and ultimately not finishing well. Let us keep our eyes fixed on Jesus despite the storms and trials that want to consume our attention.

Our focus should and always remain grounded in faith that God is in control and that He is the same yesterday, today and forever. Let's take some time today to clean our spiritual glasses so we can see more clearly the One who loves us unconditionally and He is faithful to the end.

Pastor Juan Adult Discipleship Pastor