

Acts of Jesus, Lesson 30: Focused Lives

There's a fascinating peculiarity about human nature: our focus determines our reality.

- How we feel is not determined, necessarily, by outward circumstances, but more by our inward focus.
 - Another way of looking at it: **Our internal attitudes are more important than our external circumstances.**
 - If that were not true then by simple deduction, we could conclude that all rich people are happy and those not so rich are sad. But some of the happiest people in the world have hardly anything to their names.
 - John Milton: "The mind is its own place, and in itself, can make a Heaven out of a Hell and a Hell out of a Heaven."
 - That is so true isn't it?
 - We all know people who can find something good to focus on in the worst of circumstances.
 - We all know people who can find something bad to focus on in the best of circumstances.
 - There is a universal principle out there that says: **We tend to see what we're looking for and we tend to be shaped by what we see.**
 - Complainers can always find something to complain about.
 - Worshippers can always find something to praise God about.
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1. **We are going to be looking at an example of this very thing here in our study of Acts. Acts 16:22**

- If there was potential for a low time for them, it would be now.

Acts 16:25 reads, "Around midnight, Paul and Silas were sitting around complaining about their circumstances." ??

2. **Let's zoom out for a second.**

- Here's is something we will find true most of the time when our circumstances get us down:
 - When we get into a spiritual or emotional slump, it's usually because we've zoomed in on a problem.
 - We're fixating on something that is wrong.
 - We're focused on the wrong thing.
 - Nine times out of ten, the solution is zooming out so we can get some perspective.

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- Sometimes you need to zoom out and look at the big picture.
 - Something goes wrong and it feels like the end of the world. But it's not.
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3. **So how do we zoom out? Let me give you a one-word answer: Worship!**

- Worshipping is taking our eyes off of our external circumstances and focusing on God.
 - We stop focusing on what's wrong with us or with our circumstances. We start focus on what's right with God.
 - Here's what worship does. It restores spiritual equilibrium.
 - It helps you regain your perspective.
 - It enables you to find something right to praise God about even when everything seems to be going wrong.
 - Nothing seems more difficult than praising God when everything seems to be going wrong.
 - Worship isn't based on circumstances. Worship is based on the character of God.
 - Worship is exercising our response-ability.
 - We have response-ability ---- We are response-able.
 - Paul and Silas demonstrated that very thing 2000 years ago. They exercised their response-ability.
 - You have response-ability this is why Paul wrote this: **Philippians 4:8**
 - Your troubles and problems are a reality, but so is God, so is Heaven, so is the fact that He's working it all together for good.
 - Focus on those things.
 - It was Albert Einstein who said, "You can't solve a problem on the level it was created."
 - Problems created on a human plane are solved on the supernatural plane.
 - **That's what happens when we worship God.**
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