

## The Power of Focused Concentration

5 January 2008

**(Luke 11:34)** The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when your eye is bad, your body also is full of darkness.

Your eye is the point of vision. Where vision is actually being captured every single day.

**Focus light has tremendous power** (*energy*) – *E.g.* Magnifying Glass; Laser  
Conversely light that is not focus has little power – *E.g.* Sun

**(Matthew 5:14)** You are the light of the world. A city that is set on a hill cannot be hidden.

**(Matthew 5:16)** Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Your success depends on how **focus** you are in giving you body, soul and mind into what God has put you to do.

You **get** what you focus on.

Jesus in the Bible was constantly focused on the things He has to do. At the age of 12, He was focus to do the calling of God – to be the Savior of the world.

**(Luke 9:51)** Now it came to pass, when the time had come for Him to be received up, that He steadfastly set His face to go to Jerusalem,

**(Luke 9:52)** and sent messengers before His face. And as they went, they entered a village of the Samaritans, to prepare for Him.

**(Luke 9:53)** But they did not receive Him, because His face was set for the journey to Jerusalem.

In the above verses, Jesus was focus to get into Jerusalem even though the Samaritans offered him to be the king of the village.

**3 times** “*His face*” was used in the verses. He was so focus that it shows in His face. Jesus will not be distracted.

**“You got to stay very focus on your purpose!”**

**(Philippians 3:14)** I press toward the goal for the prize of the upward call of God in Christ Jesus.

Press forward towards your **goal!** Means taking all your energy you can master and focus on your goal. But you must have an aim! The goal you are reaching to get.

**(1 Corinthians 9:26)** So I run straight to the goal with purpose in every step. I am not like a boxer who misses his punches.

Know what you are focusing on! That is why goal setting is important for the start of the year.

**(Luke 14:28)** For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it—

**(Luke 14:29)** lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him,

Do not build a tower when you do not have the ability to finish it.

**(Luke 14:30)** saying, 'This man began to build and was not able to finish.'

**(Luke 14:31)** Or what king, going to make war against another king, does not sit down first and consider whether he is able with ten thousand to meet him who comes against him with twenty thousand?

Having faith is not enough. You need to sit down to count the cost! Having faith does not mean you do not need to plan.

**(Proverbs 16:9)** We can make our plans, but the LORD determines our steps.

God will do the directing for you while you have to do the planning.

**(Proverbs 13:16)** Wise people think before they act; fools don't and even brag about it!

Wise people plan ahead. Only fools do not plan.

**So how do you plan the S.M.A.R.T way?**

**S**pecifically – List down your goals.

**M**easure – How would you measure your success?

**A**ction Plans – Describe your action plans. What action are you going to take?

**R**ealistic – Are your goals realistic? Doable? Attainable? Yes/No?

**T**ime – What is your time frame for your goals?

But if you are a Christian, God has called you to be the salt and light of the world. God wants you to be different from the world - to lead the world. So you need to be **S.M.A.R.T.E.R!**

**E**xpectation Management – Under what circumstances will you consider adjustments?

**R**evelation – Write a promise or verse from the Bible that supports these goals.

Goals have to do with things that you **have control** over.

The moment you set a goal, you give hands and legs to that goal. You are no long “goal dreaming”. Your goals give you the power and motivation to go for it!

Only clear goals lead to solid achievements!

### **Conclusion ...**

Here are examples of 8 categories you can look into for setting S.M.A.R.T.E.R. A clearer picture of what your needs and wants might be.

- **Spiritual Life** – Bible, Daily Devotions, Church Ministry, Soul-Winning
- **Family & Friends** – Improve Relationships, Marriage, Quality Time
- **Health** – Weight Loss/Gain, Physical Fitness, Cholesterol Level, Body Mass Index
- **Emotion, Psychological Growth** – Control Anger, Increase Risk-Taking, Handle Depression
- **Education, Intellectual, Professional** – Promotion, Skill Training, Reading, New Courses
- **Material** – New Car, Home Upgrade, Finance, Investments, Debt Reduction
- **Leisure** – More time for Sports, Vacation, Hobbies, Sleep & Rest
- **Creativity** – Taking up Painting, Gardening, Drama, Creative Arts, New Business Ideas

Remember ... ***“You fail to plan, you plan to fail!”***

As long as you do your best, you can trust God to do the rest.

*“Go confidently in the direction of your dreams!”*

*“Live the life you’ve imagined!”*

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Sermon taken from <http://www.bryanchung.sg>

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