

## Improve Focus

How can I improve my focus? Great question. Did you know some studies tell you that technology has weakened your ability to focus? Of course, now you know I am going to tell you that studies have also told us that those that play video games have an easier time being able to focus. There is much debate about the subject of how to improve focus or what prevents the ability to focus it depends which study you read and who is backing it.

Have you ever thought about how your ability to focus affects how you feel? The thoughts we keep our attention on will determine how we feel. What I have noticed about people especially Christians is their unhappiness shows up when their thoughts are focused on what is wrong with them. Nothing is wrong with them. What is wrong is their focused thinking.

Focused thinking works no matter if it is positive or negative. When Christians experience chaos or pain in their life, they are not centered on the power of God's love but how they are not loved. They know it intellectually but not in their heart and soul.

Below is an exercise, that is designed to help you become aware of how you think. Your thoughts create feelings and feelings manifest behavior. Along with observing your thought process, this exercise will help you change your habit patterns through a process of FOCUSING and LISTENING. Just to notice and learn to change a habit is beneficial and brings positive change.

I want to help you develop a deeper communication with God. We are invited to have a relationship with a loving God. To establish this in your life, you will want to become proficient in hearing the voice of the Good Shepherd.

How do we hear God? Firstly, we put on our Good News Gospel glasses and study what the Word of God says. When you are bombarded with painful thoughts, you have to know that your thinking is not on the Good News. Most of us have been conditioned to look at what is wrong rather than focus on God's love in all of life's circumstances.

Secondly, after knowing the Word, we want to interact with the Holy Spirit when we encounter painful situations or feelings. It is very preventive if we practice prayer interaction through the day. You get an advantage in staying present.

As you practice this focus exercise, you will grow in hearing and knowing God as well as gaining confidence that you do hear His voice and He is very active in your life. This exercise creates the feeling of being loved and joy.

## Improve Focus-Experience God's Presence Exercise

***Principle: It is impossible to fully concentrate on the circumstances of life and Jesus Christ at the same time.***

- To focus on Circumstances=loss of peace
- To focus on Christ=peace

2 Corinthians 10:5 *"casting down arguments and every high thing that exalts itself against the knowledge of God, bring every thought into captivity to the obedience of Christ. (NKJV)*

1 Thessalonians 5:17 *"pray without ceasing" (NKJV)*

Decide what you want to work on. i.e. stinginess.

1. You will place seven focus signs (post-it notes or alarms in your phone) around your house, work or car. Any place you spend time. i.e. on your bathroom mirror, on your refrigerator, on the T.V. in your car, commuter and so on.

You will want to put the opposite of stinginess which can be generosity. Remember two thoughts cannot occupy the same space at the same time. There can be many different reasons why a person would struggle with being stingy, you may discover where and why this behavior is present in your life.

## **Improve Focus-How to Use the Focus Signs**

To create focus signs, you can use a post-it note, put the word in your phone and set reminders 6 times a day. You can put the word FOCUS or the word you are focusing on such as GENEROSITY.

In the beginning, you may want to write out the questions, but you will soon be able to process this quickly.

When you see the focus sign (post-it note, a reminder in your phone) you will think GENEROSITY.

### **Acknowledge the Holy Spirit is present in me**

1. State to the Holy Spirit, "I am thinking \_\_\_\_\_." i.e. I am thinking you have deserted me; I am thinking, you don't want to help me. I am thinking, I must be bad.
2. Talk to the Holy Spirit, "I am feeling \_\_\_\_\_." i.e., I am feeling (feelings use one word at a time don't use I feel like) I am feeling angry, I am feeling unloved, I am feeling invisible.
3. Ask the Holy Spirit, "speak to me I desire your wisdom and Word, what is your truth? (Listen) \_\_\_\_\_?"

***Listen to what the Holy Spirit says. He will remind you that you are made righteous in Jesus, not your performance. Remember God speaks in many different ways this will strengthen hearing His voice and being in the present.***

You can change your focus when this new habit thought is established.