



Choosing to Pursuing Jesus – Week 3

Personal or group-based guide for additional study

Lesson: Fixing Your Focus to Pursue Jesus

Opening Question:

What are some common distractions in your life that make it challenging to stay focused on pursuing Jesus?

Key Takeaways:

1. Running the Christian race requires high energy, effort, urgency, and focus with the end in mind.
2. Fixing our focus involves looking away from distractions and looking towards Jesus.
3. We can learn from Jesus' example of prayer, fasting, and finding joy in God's will.
4. Having the right expectations, like Jesus did, can help us maintain our focus.

Discussion Questions:

1. The sermon mentions "stopping sin to pursue Jesus." What are some specific sins or habits you need to let go of to better focus on Christ?
2. How can we practically apply the idea of "looking away from" distractions and "looking towards" things that help us pursue Jesus?
3. The speaker references Philippians 4:8. How can we incorporate more of these positive attributes (true, honorable, right, pure, lovely) into our daily lives?
4. Discuss a time when prayer or fasting helped you overcome a significant challenge in your life.
5. How does the expectation that "God answers prayer" impact your prayer life? Has there been a time when God answered your prayer in an unexpected way?



6. The sermon mentions finding joy in others' blessings. How can we cultivate this attitude in our lives, especially when we're going through difficult times?

7. What does the concept of "unbroken fellowship" with God mean to you? How does this expectation influence your daily walk with Christ?

Practical Applications:

1. Choose one area of distraction in your life and commit to "looking away" from it this week. Replace that time or energy with something that helps you focus on Jesus.

2. Practice the spiritual disciplines mentioned in the sermon:

- Set aside dedicated prayer time each day this week
- Consider fasting from something (food, social media, etc.) for a set period
- Consider additional spiritual disciplines to add to your life

3. Keep a "joy journal" this week, recording moments of joy you observe in others' lives and thanking God for those blessings.

4. Memorize Philippians 4:8-9 and use it as a filter for your thoughts and media consumption this week.

5. Share with the group next time how these practices impacted your focus on pursuing Jesus.

Closing Prayer:

Lord, help us fix our focus on You. Give us the strength to look away from distractions and the wisdom to pursue what draws us closer to You. May we run this race with endurance, always keeping our eyes on Jesus, the author and perfecter of our faith. Amen.