

What do you think your life would look like if you “increased the frequency & your focus” on God for just one day?

- Set aside one day this week to focus on God in your life.
 - **His Love for you**
 - He has forgiven you. (Mercy & Grace)
 - He is with you.
 - He loves those around you.
 - The ones you love
 - Even your enemies
 - Even those who get under your skin.
 - He is working out the details & plans for your life.
 - **In His Presence**
 - He is with you
 - Every place you go.
 - Every thought you have
 - Every thing you do.
 - **His Protection**
 - He is protecting you
 - From harm, from evil, from temptation, from schemes, from illness,
 - **His Provision**
 - He is providing your needs today.
 - Gas, Lunch, Clothes, Transportation, Friends, Job, Place to Live, more
 - He is strengthening you.
 - To break chains of addiction
 - To keep from familiar sins
 - More
 - **His Power**
 - To break chains
 - To heal
 - To breakthrough
 - To move mountains
 - To part Seas

- To Restore
- **There is POWER in His PRESENCE.**
- **Challenge:**
 - **Spend one day** – making a conscience decision to recognize God’s Love, presence, provision, protection & power in your life.
 - Your life.... Your family
 - Your job.... Your School
 - Your circumstances
 - Your struggles
 - Your thoughts..... Your mental health
 - Your World
 - In the News & in Nature
 - Challenge #2: **Spend another day (Do It Again)**

It’s Not Going To Be Easy –

- **All lesser things that demand my attention have to bow!**

Colossians 3:1-4 NIV

3 Since, then, you have been raised with Christ, **set** [SEEK, LOOK FOR WITH DESIRE **your hearts** on things above, where Christ is, seated at the right hand of God. ²**Set your minds** on things above, not on earthly things. ³For you died, and your life is now hidden with Christ in God. ⁴When Christ, **who is your life**, [IS CHRIST YOUR LIFE?] appears, then you also will appear with him in glory.

- When something is “**your life**” – how often do you think about it?
 - Boyfriend, Girlfriend
 - Feed your baby.
 - Think about your pets
 - Think about Your kids, Your wife.
 - Stocks & Investments
 - Your Hobby
 - Your job/profession
 - Your Music
 - Your Sport
 - Social Media

- How would our lives change if we simply replaced the time (Scrolling & Swiping) with focusing on God's activity in our lives?
- Our Devices have become our gods.
- All lesser things that demand your attention will need to yield, bow, decrease in importance.

GO DEEPER – SMALL GROUPS & FAMILIES

- Share with your Small Group – How your day was different when you focused on God's Presence, Power, Provision, His Love, His Protection.
- Have a communion service in your home or small group.