

Focused on Finishing

Message Notes

Message Intro

- We've been looking at faithfulness, now I want to talk about your focus
- Focus is a powerful force!
 - Magnifying glass on paper
 - Laser
- You are going where you are focused
 - **Krispy Kreme** - One time I was driving to our Baker campus and started thinking about Krispy Kreme doughnuts. I was thinking about how hot those doughnuts were and the light that came on. Without even knowing how, I rolled into the parking lot and realized that I had exited the interstate and went where I was focused.
- **A healthy life, and an unhealthy mind will not coexist for long**
- What you focus on expands, and what's behind you shrinks
 - If you focus on your fears, they will expand, if you focus on your dreams and goals, they will expand. If you focus on your vision it will grow.
- Energy follows focus

Passage:

Hebrews 12:1–3 (NLT) — 1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, **let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.** 2 **We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.** Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. 3 Think of all the hostility he endured from sinful people; then you won't become weary and give up.

Body:

For screen - grab from 53 seconds in to capture the whole race.

[Noah Lyles wins 100m in a PHOTO FINISH you have to see to believe | Paris Olympics | NBC Sports](#)

PAUL REALLY LIKED THE ILLUSTRATION OF A RACE!

FORGET THE PAST

1. "Let us strip off every weight that slows us down"
2. The past is a weight!
 1. Can you imagine running with weights
 2. Swimming fully clothed
3. What is slowing you down?
 1. Forget your **past regrets** - What you wish you would've done
 2. Forget your **past failures** - Where you missed it
 3. Forget your **past identity** - Who you were
 4. Forget your **good ol' days** - Where it was great
 5. Forget **unforgiveness** - Where you were wronged
4. Philippians 3:13 (NLT) — 13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,

FILTER THE PRESENT

1. "Especially the sin that trips us up"
2. Sin trips us up
 1. Mary Decker in the 1984 Olympics got tripped
3. There are things about the present that are entangling you:
4. **Filter out Sin** - Sin will bind you, make demands of you, leave you entangled in shame
5. **Filter out Distraction** - External, and Internal
6. **Filter out Competition** - Swimming in an ocean of possibilities
7. **Myth of multitasking** - John Maxwell missed a rabbit.. Pick a rabbit
8. Fatigue or burnout
9. **Filter out Thoughts** that trip you up
10. Philippians 4:8 (NLT) — 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

FULFILL YOUR DESTINY

1. "And let us run with endurance the race God has set before us."
2. God has set a race in front of each of us.
 1. You're not going to give up

2. You're not going to trip up
3. You're not going to mess up
3. Focus on the finish line!
 1. Your future identity
 1. You will never become who you don't think you are.
 2. I am totally righteous
 3. I am totally connected
 4. I am totally in process of perfection
 2. Your future reward
 1. My reward is to be with God
 2. My reward is to enjoy Him forever
 3. Your future calling

FOCUS ON JESUS

1. "We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."
2. Putting Jesus as the GPS coordinates. He is the destination.
3. Focus on learning Him
4. Focus on knowing Him
5. Focus on pleasing Him