



# Find Your Focal Point

(what to do when you don't know what to do)

## *Session One: Hope for the Weary Heart*

### *The Pervasive Problem*

H  
A  
D

### *The Biblical Solution*

(2 Chronicles 20)

When faced with HADs, Jehoshaphat modeled two powerful choices...

He remembered to \_\_\_\_\_ at the LORD  
(2 Chronicles 19 and 20:1-19; Psalm 121:1-2; Hebrews 12:2-3)

*“I don't know what to \_\_\_\_\_, but my eyes are on \_\_\_\_\_.”*

He remembered to \_\_\_\_\_ the LORD  
(2 Chronicles 20:20-30; 1 Peter 3:15)



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## *Session Two: Delighting in Distractions*

### *Recognizing My Distractions*

Three Tests:

Galatians 5:22-23    1 Corinthians 13:4-8a    Proverbs 14:1

### *Delighting in My Distractions*

- \_\_\_\_\_ Him for the distraction (John 10:10)
- Turn my \_\_\_\_\_ away from the distraction and toward Him

*Aphorao: to \_\_\_\_\_ from one thing so as to \_\_\_\_\_ another;  
to concentrate the \_\_\_\_\_ upon  
(Philippians 2:19-22; Hebrews 12:1-3)*

- Put up your two blinders

1- The blinder of \_\_\_\_\_, seeking His \_\_\_\_\_  
(Psalm 27:1-9; Psalm 119:58; 2 Chronicles 7:11-14)

2- The blinder of \_\_\_\_\_ (Ps. 1)

*Like the focal point in a beautiful painting,  
look to Jesus as the center of attention in your life!*