

HOW TO: Remain Focussed on the Kingdom

For some time now I have been considering how believers lose their focus on the Kingdom. I believe it is mainly due to tunnel vision (being mono-focussed). You see, the Kingdom must become and remain our main focus, otherwise, if our mind is on something else it will fade in us.

I experienced the reality of this tunnel vision recently when I resumed teaching after initially retiring. What had been my central focus (i.e. the Kingdom) is now constantly being overtaken by planning and inspiration for my teaching responsibilities. Even during my intimate time with Father in the morning, I have to constantly monitor my thoughts and turn them back to where they belong.

As sons of Father, our focus must be where he wants it – on the King and his Kingdom. Nothing else is beneficial, because as soon as we deviate from centring there, it begins to fade. I believe that what we will be left with will be a remnant of Kingdom life, which will most likely be religious activity. When our desire shifts to something else it traps our attention and our Christian activities will be all that remain. If we are in the church system, we will stick with bible reading, prayer times, church attendance, fasting, etc., but the life of the Kingdom will drain away. If we are out of the church system I think we would end up doing similar things because of the fear of losing our salvation.

There are many, many things that can distract us from focussing on the Kingdom. I have observed these things that cause us tunnel vision in the wrong direction:

1. Our job – especially that of professionals and those in an executive position.
2. Lovers – whether boyfriends or girlfriends.
3. Negativity – especially criticism.
4. Disability – any disability is a focus, but we can let it overshadow the Kingdom in our lives.
5. Sickness – this always takes our focus away from other things.
6. Church – wrong place.
7. Depression – any level focusses you on yourself.
8. Problems – these ‘mountains’ can easily take up all our thoughts and energy.
9. Life – even though life is a gift from our creator, if we focus on the pleasures of it or the responsibilities of it, we focus in the wrong direction. Remember: seek the Kingdom first.¹

This is why the Lord told Graham Cooke to give him his “stuff”. The things that caused him to worry or distract him were to be surrendered so he could keep his focus where it should be.

I have a number of activities that help keep me focussed on the King and his Kingdom:

- Thanksgiving – being thankful redirects my attention from teaching and life onto Father.
- Intimate time with my Beloved – this time in the morning focusses my day on what’s important.
- Drinking of the living water – I do this in the morning so that I’m stabilized for the day ahead.

We must **keep the main thing, the main thing**, and that’s the Kingdom. Remember, dogs return to their vomit and pigs to the mud² so it takes effort to remain focussed so we don’t drift away.

Laurence

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1 – Matthew 6:33

2 – 2 Peter 2:22