18/01/2024, 19:58 Reader

Water-Walking Faith

Water-Walkers Focus	
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SESSION GOALS	
The point of every session is a main idea with the goal of informing our knowing, feeling, and doing.	
MAIN IDEA: You're called to focus on Jesus.  Head Change: To know that whatever has your	
focus has your faith.	
<b>Heart Change:</b> To feel secure and grateful that keeping your eyes on Jesus prevents you from	
sinking. <b>Life Change:</b> To concentrate your efforts on what	
God has called you to be and where God has called you to go.	
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Share an embarrassing moment that resulted from you being distracted. What's your biggest distraction when you're trying to work, study, or concentrate on some other task? More seriously, have you ever heard	
about or seen an accident caused by someone who was distracted while driving?	
Jason points out that we're all bombarded by	
distractions from the world around us and that focusing	
on the right thing – or rather, the right person, Jesus – is a matter of life and death. If you ever find yourself	
drowning in life's bewildering sea of options and interruptions, battling to keep your eyes on Jesus and	
losing faith as a result, then this session is for you.	

18/01/2024, 19:58 Reader **VIEW** As you watch, write down how Jason answers these questions. Why did Peter begin to sink? What are some of the things we tend to focus on instead of focusing on Jesus? Jason's snowboarding experience taught him that wherever you look, you will \_\_\_\_\_. How is identity linked to focus? Show SESSION #4: Water-Walkers Focus (11 minutes)

## **REVIEW**

Jason shares how he can watch a movie, play a game on his phone, and have two different text conversations going on simultaneously. Do you pride yourself on your ability to multitask? If not, who strikes you as someone who is great at multitasking? Do you think multitasking is really possible or are we just dividing our attention and becoming less effective?

Jason says, 'We fill our lives with so much noise... How do we block out the noise so we can hear the voice of God?' Which noises in your life do you wish you could switch off, permanently or temporarily?

Matthew 14:30 indicates that Peter was distracted by the wind and its effects, so he started sinking. He lost focus on the goal. He took his eyes off Jesus. Looking back over the past week or month, can you identify the things that have caused you to lose focus?

According to Jason, water-walkers fix their eyes on Jesus. They know where they're going and what they're doing. What or who has your full attention? Where is your mind most inclined to wander? Why?

The wind and the waves that distract us are fleeting. They come and go. Jesus is forever, and forever trustworthy. **Do you agree with Jason that whatever has your focus also has your faith?** 

When Jason did a snowboarding course, he learned the hard way that wherever you look, you will land. **Discuss** how you've found that to be true in your own life – financially, relationally, or in some other way.

Sometimes, though we should find our identity in Jesus, we find our identity in the wind and the waves – the unhelpful distractions of life. What are the things that give your life shape and meaning? If you feel comfortable doing so, share about a time in your life when you found your identity primarily in your work, a relationship, an addiction, or some other endeavour.

Jesus admonishes Peter for having 'little faith', but Peter's loss of faith was really a result of loss of focus. **Do you agree? Why, or why not?** 

Jason shares about trying to get his son's attention. Similarly, God longs for our attention. Is God trying to get your attention right now? How will you respond?

## **BIBLE EXPLORATION**

Read Hebrews 12:1–2. According to the writer of Hebrews, how do we throw off hindrances or distractions? What is the result?

In Proverbs 4:25–27, Solomon writes, 'Let your eyes look forward; fix your gaze straight ahead. Make a level path for your feet, and all your ways will be sure. Do not swerve to the right or to the left; turn your feet away from evil.' How might you paraphrase these verses for a teenager sorely tempted to look everywhere except 'straight ahead'? Where are you personally prone to looking 'to the right or to the left'?

Read Luke 10:38-42. **Do you identify more with Mary or Martha? Do you think Jesus was concerned about Martha's actions or her attitudes? Why?** 

If time allows, read Matthew 4, the account of Jesus fasting, praying, and being tempted by Satan in the wilderness. Do you find fasting and prayer an effective way of focusing on God? Have you ever made a drastic lifestyle change in order to refocus on Jesus? Did the experience increase your faith?

## **LAST WORD**

Pause to remind yourself that if your eyes are fixed on Jesus, you'll naturally and joyfully step into your Godgiven calling and destiny. May you remember that water-walkers focus. Water-walkers find their identity in Jesus. Water-walkers refuse to get caught up in the disturbances of winds and waves, calming the chaos by gazing at the God whose plans and promises can be trusted.

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## **DEEPER WALK**

Select at least one activity below to complete before watching the next session.

**Read:** Read 2 Samuel 11–12, perhaps from The Message translation. What distracted David? How did God get David's attention? Can you relate? What is God showing you from this narrative?

**Write:** Make a list of all the things you have to focus on to make your life work (like laundry, fetching kids from school, writing a report for work, making appointments with clients, spending time with your friends or spouse, and so on). Even while fully engaged in each of these activities or obligations, how could you make Jesus the deeper, truer focus of your attention?

**Pray:** For the next week or month, choose a time a day that will work best for you to maintain five or ten minutes of absolute silence. Try to spend that time focusing just on Jesus. Don't worry if your mind wanders. Keep practising. Focus on His character traits, miracles He performed, His death and resurrection, or what it might be like when you see Him face to face one day.

