

# ***Divinely Focused***

**A Biblical Guide to Overcoming  
Distractions and Fulfilling Your  
God-Given Purpose**



**R. O. St. Hilaire**



# Divinely Focused

A BIBLICAL GUIDE TO OVERCOMING DISTRACTIONS  
AND FULFILLING YOUR GOD-GIVEN PURPOSE

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He has saved us and called us to a holy life—not  
because of anything we have done but because of  
his own purpose and grace. This grace was given us  
in Christ Jesus before the beginning of time,  
-2 Timothy 1:9 (NIV)



# PREFACE



As believers, we are often challenged by the myriad of distractions that vie for our attention, threatening to derail us from our God-given purpose.

The inspiration for writing this book was rooted in a personal desire, not only to strengthen my own spiritual walk but also to encourage fellow Christians to guard against these distractions.

Through this book, I aim to provide a guide that helps you to prioritize your spiritual journey and deepen your connection with the Lord Jesus Christ.

Drawing from timeless Biblical principles, "Divinely Focused" demonstrates the tremendous power and the glorious benefits of a life focused on Christ. The scriptures offer profound wisdom and insights on how to maintain a Christ-centered life, amidst life's distractions and challenges.

It is my hope that this book will inspire and empower you to live a divinely focused life that not only reflects God's glory but also impacts the world around you.

*Rodger O. St. Hilaire*





# TABLE OF CONTENTS

<u>INTRODUCTION</u> .....	6
<u>1. The Biblical Foundation of Focus</u> .....	8
<u>2. Focused Faith: Staying Centered on Christ</u> .....	15
3. Lessons from Focused Biblical Figures .....	23
4. Perils of a Distracted Life .....	29
5. Overcoming Distractions: The Battle for Focus .....	34
6. Developing a Spiritually Focused Mindset .....	44
7. Focus and the Renewal of the Mind .....	51
8. Focus Through Praise & Worship .....	58
9. The Fruits of a Focused Life .....	64
CONCLUSION .....	69
TEST YOUR FOCUS .....	71
DIVINELY FOCUSED CHECKLIST .....	81
NOTE TO READER .....	82



# INTRODUCTION

As Christians, I'm sure we've all experienced that tug-of-war inside, where our hearts yearn for God, but our minds are pulled in many other directions. There seems to be a constant battle between our desire to draw near to God and the endless stream of thoughts and distractions that try to pull us away.

So, how do we navigate these distractions and cultivate a divinely focused life? How do we find that unshakable resolve that keeps us focused and on track, where we can listen to God's voice and follow His directions?

This book is about exploring the challenges of living a Christ-centered life, and how we can effectively navigate the distractions that hinder our connection with God.

In this book we'll explore the importance of 'focus', as a vital attribute, to keep us on track as we work towards our spiritual and personal goals.

# Introduction

We'll explore the Biblical foundation of focus, drawing from scriptures such as **Proverbs 4:25-27**, which instructs us to keep our gaze straight ahead, and **Philippians 3:13-14**, which speaks of pressing toward the goal with single-minded determination.

These scriptures, among others, reveal how 'focus' aligns our lives with God's purpose, enabling us to navigate the distractions that threaten to divert our attention from His will. When we truly apply these scriptures, they become powerful tools that keep us firmly on the path God has set for us. By anchoring our minds in these principles, we gain an unwavering sense of direction, a strength to overcome obstacles, and a profound confidence that we are living exactly as God intended.

Throughout this book, you'll discover stories of Biblical figures who exemplified unwavering focus, such as Nehemiah's steadfast commitment to rebuilding Jerusalem's wall and Paul's relentless pursuit of his missionary calling. These Biblical accounts not only inspire but also provide practical lessons on the power of concentrated effort in fulfilling God's plans.

Readers will gain practical insights for developing a spiritually focused mindset, including practices such as prayer, fasting, and the renewal of the mind through meditation on scripture and affirmation of God's Word.

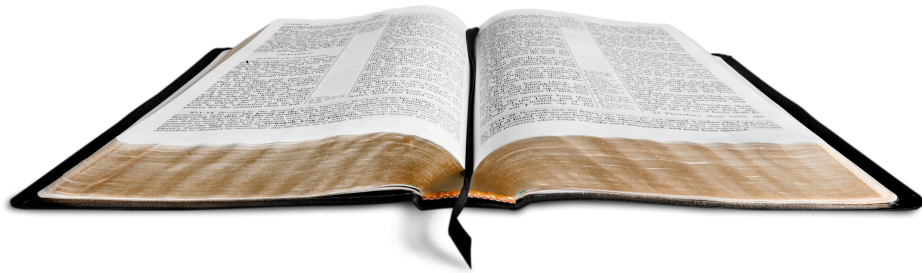
Each chapter is designed to equip you with the knowledge and tools to overcome life's distractions, enhance your spiritual journey, and ultimately bring you to a place where you will experience God's surpassing peace, clarity, and purpose that accompany a divinely focused life.

Be prepared to deepen your relationship with God and unlock the abundant blessings that come from living a life centered on Christ.

This book invites you to embrace focus as a vital requirement for overcoming distractions and staying on course to fulfilling God's divine plan for your life.

# Chapter 1

## The Biblical Foundation of Focus



To truly understand and cultivate a divinely focused life, we must first look to the foundation of our faith – ‘Scripture’. Throughout the Bible, we find a consistent and powerful message: that a focused heart and mind are essential for living a life that honors God and fulfills His purpose.

The concept of focus emerges as a vital attribute of those who achieved remarkable accomplishments, throughout the Bible.

Focus is a recurring theme in scripture, offering profound insights into how maintaining a clear and determined direction can result in a life of greater effectiveness, purpose, and spiritual fulfillment.



## CHAPTER 1

# What Is Divine Focus?

So, what exactly is 'divine focus'? Essentially, it is the unwavering and concentrated attention that channels our mental and spiritual energy, thoughts, and actions towards the pursuit of our divine purpose, in Christ Jesus. Divine focus allows us to cut through the noise of distractions, disappointments, and life's challenges to clearly discern God's direction and fulfill the purpose He has placed within us.

Think of it as tuning a radio. When you're slightly off the station, you hear static, a jumble of competing signals. But when you dial in precisely, the music or voice comes through clear and strong. Similarly, focus is like tuning your heart and mind to God's frequency, filtering out the static of worldly distractions, so we can accurately align our lives with God's divine purpose.

Divine focus brings clarity and cuts through the chaos of everyday distractions, allowing us to stay aligned with God's word and His will for our lives. It is an essential attribute for living purposefully and fulfilling the unique calling that God has placed upon each of us.

## Focus Emphasized In Scripture

Focus is beautifully depicted in **Ephesians 4:14 (KJV)**:

“

“That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;”

— Ephesians 4:14 (KJV)

”



# CHAPTER 1



In this Scripture verse, focus is depicted as the remedy for spiritual instability. It's about cultivating a grounded faith, rooted in God's word that resists the 'winds' of falsehood and deception.

This kind of focused commitment equips believers to discern truth from deception and maintain unwavering direction in their spiritual journey.

**Proverbs 4:25-27 (NIV)** is another instructive passage of Scripture that underscores the necessity of focus. It instructs as follows:

“

"Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil."

— **Proverbs 4:25-27 (NIV)**

”

This passage of scripture calls for unwavering attention to the path God has laid out. It emphasizes that by keeping our eyes fixed straight ahead, we avoid the distractions that can lead us astray.

This metaphor of a straight path is not about physical direction but about maintaining spiritual focus. By focusing on God's will, we ensure that our actions reflect His teachings, leading to a life of righteousness and purpose.

Similarly, **Philippians 3:13-14 (KJV)** offers a compelling portrayal of focus from the Apostle Paul, who writes:

# CHAPTER 1

“

"... but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

— **Philippians 3:13-14 (KJV)**

”

Here, Paul presents focus as an active pursuit, a relentless drive toward a heavenly goal. This passage highlights the importance of not being shackled by past mistakes or distractions but rather concentrating on the divine calling that lies ahead.

Paul's example encourages believers to adopt a mindset that is forward-thinking and driven by the promise of eternal life with Christ.

These verses collectively encourage Christians to cultivate a life of focus, where our actions are consistently aligned with God's purpose. Practically, this means setting spiritual goals, such as regular prayer, studying the Bible, and regular church attendance... and pursuing them with discipline and determination. It involves prioritizing tasks that nurture one's faith and discarding distractions that veer us off course.

Focus is a disposition that not only clarifies one's path but also strengthens one's resolve to live a life that honors God. Embracing the power of focus as depicted in these scriptures allows believers to experience a deeper, more purposeful walk with Christ, steadfastly advancing toward the fulfillment of His will.



A silhouette of a person's head and shoulders, looking upwards towards a bright, glowing light source, likely the sun at sunrise or sunset. The person is wearing glasses and a collared shirt. The background is a warm, golden-yellow gradient.

## CHAPTER 1

# How Focus Aligns Us with God's Purpose

Understanding and aligning with God's divine purpose is paramount for every believer. Focus acts as a vital instrument in this alignment.

Firstly, focus allows us to discern our unique calling and mission. Every person possesses distinct talents and passions that reveal the specific ways they are meant to contribute to God's kingdom, and this world.

By cultivating 'focus', believers can tune out the clamor of the world and attune themselves to the still, small voice of God guiding them toward their purpose.

This clarity comes from a concentrated pursuit of spiritual disciplines such as prayer and Bible study, where one seeks divine wisdom to understand where their true path lies. Moreover, focus empowers believers to overcome distractions and temptations that often lead us away from God's will.

By consciously choosing to prioritize God's purpose over worldly pleasures, we strengthen our resolve to live in accordance with His will. This involves recognizing and setting aside activities and thoughts that do not serve our spiritual growth and embracing those that do.

Practical applications of focus that help us to align with God's purpose include setting achievable spiritual goals, such as dedicating time each day to connect with God through prayer, worship, and studying His Word. It involves cultivating an awareness of how daily choices impact one's spiritual journey and making conscious decisions that align with divine principles.



# CHAPTER 1

For instance, focusing on acts of service and kindness can demonstrate God's love in tangible ways that reflect His character, through our actions. Additionally, focus can be applied in discerning life's decisions and making choices that align with God's plans.

When faced with difficult choices, maintaining a divinely focused perspective helps filter these decisions through the lens of faith and purpose. This might involve seeking God's guidance in career paths, relationships, or ministry. This ensures that each step taken is in harmony with God's divine plan.

This alignment fosters a sense of peace and fulfillment, knowing that one's life is purposefully directed and that our efforts are contributing to something greater than ourselves.

Through focus, Christians can experience the joy and satisfaction of living a life that truly reflects God's divine purpose.

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# Chapter 1

## SUMMARY

In Chapter 1, we explored how the Bible serves as the foundation for believers and demonstrates the power of focus, in achieving spiritual growth and fulfilling God's divine plans and purpose.

### **Main Points:**

- Divine Focus is the unwavering attention directed towards the fulfillment of our divine purpose or calling, in Christ Jesus.
- Proverbs 4:25-27 emphasizes the need for a steadfast gaze on God's path to avoid distractions.
- Philippians 3:13-14 presents focus as an active pursuit, encouraging believers to strive towards their divine calling.
- Focus helps discern one's unique mission by tuning out worldly distractions and listening to God's guidance.
- Practical applications include setting spiritual goals and prioritizing actions that are aligned with our divine purpose.

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