

**Skegness Community Church - Weekly Bible Study 2025**  
**52 passages of Scripture that every believer should know**

**Week 30 - KEEPING LIFE IN FOCUS**

**Philippians 3:13-14**

**“Brothers I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.”**

**Focus** - that single word holds the key for success in so many of life's endeavours. This was at the heart of Paul's own interest when he challenged us to “set our minds on things above” (Colossians 3:2). Focus is fundamental to spiritual success as well as success in our secular lives. Keeping the main thing in the midst of a multitude of other things is always a challenge for a follower of Jesus. One of the key elements to spiritual growth is the ability to obtain and then maintain focus in the Christian life. Focus will lead us to do four things:

**FOCUS WILL PUT OUR PRIORITIES IN ORDER**

Paul said, “But one thing I do” (Philippians 3:13). Not ten things, not five things, not even two things. “But *one* thing I do.” Focus helps us put our priorities in order. First, you define your goal, and then it begins to define you.

**FOCUS WILL GIVE US A FORWARD MINDSET**

To many of us today spend most of our time looking around us, or worse yet, looking behind us. Focus enables us to begin to see our glass half full instead of half empty. It gives us a forward mindset. Paul went on to say that he was “straining towards what is ahead.” Paul's focus led him to possess a wise forgetfulness about the past and enabled him to make sure his reach continued to exceed his grasp.

**FOCUS WILL SET US ON THE NEXT STAGE**

Focus brings a passion to our work that instils within us a desire to do what is required - and then some. Paul said, “I press.” This word *press* carries with it the idea of an intense endeavour, much like an avid hunter who is pursuing his prey. Paul was pressing because he had focus; he had “one thing” as the main priority in his life.

**FOCUS ENABLES US TO KNOW WHERE WE ARE GOING**

One of the most valuable assets focus will bring to us is the ability to know where we are headed. Paul said he was pressing towards “the goal.” This word is a translation of the Greek word *skopos*, from which we get our English word *scope*. Like the scope on a rifle, focus will enable us to get our goals and priorities in the cross-hairs. Focus enables us to know where we are going and how we are going to get there. It keeps our priorities in the bull's-eye of our target. Focus is the fountainhead of successful living. It helps us to begin our task with the end in mind.

So what is your goal in Christian living? What is in the cross-hairs of your scope? When we begin to focus on Christ alone, we find that He will put our priorities in order. He will give us a forward look. He will set us on the next stage, and He will let us clearly see the end from the beginning.

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As you memorise this verse, meditate on Christ and on Him alone. Put Him in the cross-hairs and do that “one thing” you do for the glory of His name. Keep your life in focus by keeping Christ in the centre of it.