

7Days7Principles: **Staying Focused**

Welcome to the first #7days7principles devotional! The focus is 'Staying Focused'. Sometimes it's easy to get so distracted and overwhelmed by life that we forgot the simple things. Let's set our hearts and minds to focus on Christ by re-connecting with Him through some foundational practices of our faith. This devotional would be great for you if you are also new to the family of Christ!

All scripture is taken from the NKJV unless otherwise stated. Applications & Reflections are for your journal time, the first is done as an example. Praying you are blessed! Feel free to email us at info@true2you.org.uk if you'd like us to pray with you on anything!

Day 1: Seek Ye First



May a passionate pursuit of His face be our ultimate goal and aim, with a fresh commitment to spiritual disciplines. Nothing else could be more vital... He knows our needs & wants before we ask. Everything will be added as necessary. Take care of the King's business, and He'll take care of yours. Remember that as you seek first the Kingdom you will have the wisdom and strength for every other task.

Scriptures:

Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

Romans 14:17 For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

Reflect: Is there anything you are worrying about? In what areas could you make God a priority? Check out Matthew 6 from verse 25, and set your mind to stop worrying about those things.

Application: Spend some time praying and laying down your worries. Aim to complete an outstanding (God-given) task today or this week that you may have been procrastinating on.



Day 2: Do not be anxious

Protect your peace today by snacking on prayer! Whatever happens- if you miss the train, if you're running late or not getting along with someone- keep God in the mix and lean on His strength to keep a good attitude.

Scriptures:

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

1 Peter 5:7 Casting all your care upon Him, for He cares for you.

Reflect:

Application:



Day 3: Magnify the Lord

Remind yourself today that He is above your thoughts, feelings & circumstances. He is worthy of all praise. Our God is greater! You can do all things through Christ who gives you strength! Set your mind on Him today and keep it set, when you look upon Jesus all worries will fade away, He is able!

Scriptures:

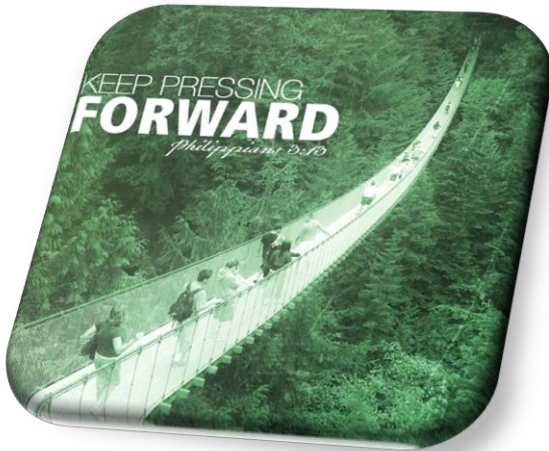
Isaiah 26:4 You will keep him in perfect peace, Whose mind is stayed on You, Because He trusts in You.

Psalm 34:1-3

I will bless the LORD at all times;
His praise *shall* continually *be* in my mouth.
My soul shall make its boast in the LORD;
The humble shall hear *of it* and be glad.
Oh, magnify the LORD with me,
And let us exalt His name together.

Reflect:

Application:



Day 4: Press Onwards

Press forwards towards Christ, and all that He is calling you to. Don't allow the past to become a weight or stumbling block, don't allow present circumstances to distract your mind...Press onwards and keep the faith.

Scriptures:

Phillipians 3:13-14 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press towards the goal for the prize of the upward call of God in Christ Jesus.

1 Timothy 6:12 Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses.

Reflect:

Application:

**Day 5: Encourage Yourself in the Lord**

When you find yourself feeling down, or faced with new challenges, or completely lacking understanding on your circumstance or season; encourage yourself. Declare the words of the Lord over yourself until you no longer feel heavy or discouraged. Tell your soul to bless the Lord, for it is well with you. God is faithful and He will take care of everything concerning you. Speak to your soul today, I encourage you to search the scriptures and pick at least one you can encourage yourself with as you go about your day.

Scriptures:

Psalms 42:5 **amp** Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, my Help and my God.

1 Samuel 30:6 **amp** ...But David encouraged and strengthened himself in the Lord his God.

Reflect:**Application:**

Day 6: Stand Firm



Resist the enemy at his onset by taking every wrong thought captive and speaking the truth of Christ's word. Stay conscious of the fact that we are in a spiritual battle which we need to fight from an offensive stance. Stay alert and guard your faith!

Scriptures:

Ephesians 6:10-18

Finally, my brethren, be strong in the Lord and in the power of His might.¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil.¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age,^[a] against spiritual *hosts* of wickedness in the heavenly *places*.¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

¹⁴Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,¹⁵ and having shod your feet with the preparation of the gospel of peace;¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God;¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

James 4:7 Therefore submit to God. Resist the devil and he will flee from you.

Reflect:

Application:



Day 7: Walk in the Spirit

Today we pray for the grace to continually submit ourselves to His will, surrendering our all to Him and presenting ourselves as living sacrifices. May He grace us to walk after His Spirit and not the flesh... May He help us to respond from our spirit man and not from emotions... Father help us to set our mind on things above and to keep our focus on you. In Jesus' Name, Amen.

Scriptures:

Galatians 5:16 I say then: Walk in the Spirit, and you shall not fulfil the lust of the flesh.

Romans 8:14 For as many as are led by the Spirit of God, these are the sons of God.

Prayers:

Reflect:

Application:

Praying you've been blessed and able to refocus!