



Refocus

Main Scripture: Isaiah 7:14, Isaiah 9:6-7, Luke 2:8-14

Additional Scriptures: Isaiah 61:1-7,
Deuteronomy 6:10-15, Leviticus 23:1-3

Discussion Questions

- If we aren't careful our hearts begin to drift and we start to lose sight and our focus on Jesus. We start chasing after the blessings of God instead of chasing after Him. How have you seen this to be true in your life or in the lives of those close to you?
- The reason we get stressed is because of where our hearts are and what they are pursuing. So if we try to pursue joy, love, and peace we are going to be exhausted because we are not pursuing the Lord.
 - How do we keep ourselves from pursuing these things and instead exclusively focus on pursuing Jesus?
- Our hearts are far too often devoted to improving our external circumstances rather than focusing on our heart. Pastor Jason gave the example of his kids and discipling them. Where is this true in your life if you are honest with yourself?
 - What are some ways to devote yourself to the internals rather than the externals?
- **Read Deut. 6:10-15.** What causes us to stray even when God gives you blessings?
- P. Jason showed the video of the kids' song about what we run after rather than God. What do you run after in the place of God? How do you break down that idol?
- Pastor Jason gave us an equation on how we end up straying from the Lord and focusing on superfluous things rather than God Himself and it is as follows:
 1. We forget
 2. Our lives become more complex
 3. We lose our focus on God

What causes you to forget? What in your life is more complex than maybe it should be? How have those things hindered your walk with Jesus?

- We have to make the constant choice to put God on the throne or else our focus fades. How are you going to leverage the holidays to draw closer to Jesus and set Him back on the throne of your heart?