



Focus My Heart

A Devotion for Christian Life

The eye is the light of the whole body. If your eyes are good, your whole body will be full of light.
(Matthew 6:22)

What is your heart seeing? Have you opened the eyes of your heart to behold His beauty or is there a fog over your rose-colored glasses? Are you caught up in the “I wanna be first” world? Have you lost sight of the One who should be the center of attention in your heart?

Upon awakening in the morning, I thank God for a new day to serve Him, and pray for His strength, wisdom, guidance and stamina to meet the challenges of a new day, focusing on keeping Jesus Christ the **MAIN** thing.

Making sure the eyes of my heart are as wide open as the eyes on my face, I jump out of bed to hit the ground running. Then it starts: While making the bed, I stub my toe and the pain is excruciating. Testing the shower, I realize the pilot light has gone out on the water heater and I’m in a deluge of freezing water. After a cold shower, I reach for my towel, only to find someone has moved it.

About then, I am having a bad thought! Then I check the time and realize the alarm must have been reset, and I am now 15 minutes late! I can’t make up the time, it’s too late!

The dog has decided she needs to go outside and is barking ferociously, while I’m standing in the suit in which I was born. The telephone rings and it’s my mother asking, “Is this a good time to talk?” She called to check on how my day is going!

Driving to work, as fast as the speed limit will allow (well, sort of), entering my office building, running to beat the time clock, I look down and realize I am wearing two absolutely different shoes!

Being totally frustrated, I sit down in the middle of the floor; place my head in my hands and think, “What happened?” Yes, God has brought me to my knees to realize I have not kept Him the **MAIN** thing.

I did not open the eyes of my heart to God and stay focused on all the things I had asked Him to do for me throughout the day. Instead, as everything around me began to fall apart, the focus was falling on me!

Instead of making God the center of my attention, I gave the devil an inch and he became my ruler.

Matthew 6:23 says, “*But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*” We wake up in the morning with eyes full of God’s morning light. As the day progresses, we are easily influenced by derogatory happenings around us. We begin to give in to our weakness instead of focusing on the strength

we asked God to give us that very morning. The light goes off within our body and we are now “majoring in the minors” of life with eyes closed to Jesus Christ. Then we ask for strength and remember what Scripture says, “*Never will I leave you; never will I forsake you*” (*Hebrews 13:5b*).

Prayer: Gracious God, I pray that You will strengthen me, even if my day is filled with troubles, problems, or stubbed toes. Help me not to lose my focus on You. In Jesus’ name. Amen.

Scripture is from the NIV.

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