

# Focus Lost... Focus Restored\*



BY REV. JOHN HECKMANN

**Opening Prayer:** Dear Heavenly Father, as I spend this time in the study of Your Word I pray that You would send Your Holy Spirit to focus my mind and my heart on You as I consider how some of the heroes of the Bible lost their focus, just as I so often do. Thank You for refocusing my eyes and my heart upon You and Your great love for me, as is evidenced in the giving of Your Son, Jesus Christ, to be my Savior from sin and eternal death. It is in His Name that I pray, Amen.

**Focus ...** What's your definition of focus? *Dictionary.com* defines focus as (1) a central point, as of attraction, attention, or activity, (2) a point at which rays of light, heat, or other radiation, meet after being refracted or reflected, (3) optics.

Three differing definitions, but each of them points to some sort of central point. Depending on the situation, focus may vary, but our challenge as a Christian who is "simul iustus et peccator" (simultaneously [at the same time] saint and sinner) is staying focused on the things which God our Heavenly Father would have us focus. We see this at various times throughout the Old and New Testaments as God's children lose sight of the opportunities He gives them to serve, and then, in His grace, God restores their focus. Let us begin in the beginning with God's first creation ...

## Focus ... Adam and Eve

Read **Genesis 1:24-31**. What was God's desired focus for Adam and Eve? \_\_\_\_\_

Read **Genesis 3:1-6**. How did Adam and Eve lose focus? \_\_\_\_\_

What did their focus become? \_\_\_\_\_

Bonus question: Did Satan lie to Eve? \_\_\_\_\_

Read **Genesis 3:7-24**. What was the result of their losing focus? \_\_\_\_\_

Bonus Question: Why did God expel Adam and Eve from the garden? \_\_\_\_\_

How did God restore their focus? \_\_\_\_\_

How does God desire my focus to be like theirs? \_\_\_\_\_

How do I lose focus like Adam and Eve did? \_\_\_\_\_

How does this impact my life? \_\_\_\_\_

How does God restore my focus? \_\_\_\_\_

Bonus Question: In what specific ways does my life parallel their lives? \_\_\_\_\_

**Summary:** Adam and Eve had it all. They lost focus as they listened to the "wisdom" of Satan. God called them to repentance and forgiveness, even though the consequences would follow. In His love He restores them and refocuses them as He removes them from the garden but gives them the promise of the Messiah to lead them all their days.

**Closing Prayer:** Almighty and everlasting God, through Your Son You have promised us forgiveness of sins and everlasting life. Govern our hearts by Your Holy Spirit that in our daily need, and especially in all time of temptation, we may seek Your help and, by a true and lively faith in Your Word, obtain all that You have promised; through the same Jesus Christ, our Lord. Amen. (*LSB*, page 312)

**Closing Hymn:** Say or sing together verses 1, 4, 6 of "All Mankind Fell in Adam's Fall" (*LSB* #562; *LW* #363; *TLH* #369).

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\*The first lesson in *Focus Lost ... Focus Restored*, which deals with biblical personalities who lost their focus and had it restored by God, by Rev. John Heckmann. Copyright ©2015 Lutheran Women's Missionary League: [lwml.org/long-bible-studies](http://lwml.org/long-bible-studies)