

SERIES OVERVIEW

It's not easy to stay focused. Especially these days, when we're connected to a never-ending stream of new notifications, ads, messages, videos, posts, and entertainment, it makes sense if we feel a little distracted sometimes. Maybe you've struggled recently to stay focused on your homework, or on the story your friend was telling you, or on the movie you were watching — but have you ever struggled to stay focused when you were spending time with God? In this four-week series, we're going to get honest about how difficult it can be to stay focused when we're trying to pray, read the Bible, or grow in our faith. Each week, we'll explore passages from Psalms and the Gospels as we challenge ourselves to focus on practicing four spiritual disciplines that can help us grow. Together, we'll try focusing on **what God has said**, on **giving something up**, on **talking to God**, and on **rest**.

WEEK 1

This week, we'll explore the time Jesus was tested in the wilderness and hear how to ask God for direction from the Psalms.

- **BIG IDEA:** Focus on what God has said.
- **BIBLE:** Matthew 4:1-11, Psalm 119:9, 33-37

WEEK 2

This week, we'll focus on what Jesus had to say about prayer and fasting, along with realizing God is our source of strength from the Psalms.

- **BIG IDEA:** Focus on giving something up.
- **BIBLE:** Matthew 6:16-18; Psalm 121:1-8; Romans 12:9-11

WEEK 3

This week, we'll unpack Jesus' conversation with the woman at the well and an example of asking God for help from the Psalms.

- **BIG IDEA:** Focus on talking to God.
- **BIBLE:** John 4:5-30; Psalm 18:6; Philippians 4:6

WEEK 4

This week, we'll discover the time Jesus fed the five thousand and what it means to rest from the Psalms.

- **BIG IDEA:** Focus on rest.
- **BIBLE:** Mark 6:30-32; Psalm 23:1-6; Exodus 33:14

MEMORY VERSE: "Teach me, Lord, the way of your decrees, that I may follow it to the end. Give me understanding, so that I may keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight." – Psalm 119:33-35 (NIV)