

## WHERE YOUR ATTENTION GOES THE POWER FLOWS

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Hebrews 12:1-3

Where your attention goes the power flows! Whether positive or negative power depends on the direction of your attention. Today's passage gives us a simple yet profound principle to living with the empowering presence and power of Christ in our situations.

Here's the simple yet profound idea: **Fix your eyes on Jesus**. Now let's apply the principle from these **Hebrews 12:1-3**. Fixing our eyes on Jesus is vital because ...

1. **Jesus teaches us what true Joy is** – "... for the joy sat before Him..." (v 2b)  
His Joy is to do the will of the Father. Jesus explained in John 4:34, 'My food is to do the will of Him who sent me and to finish His work'. Jesus teaches us that the greatest joy is to do the will of the Father that's right in front of us.

2. **Jesus teaches us that when our joy is His will ... we can endure.**  
The word 'endured' (ὑπομονῆς - hypomonē) - literally means 'remain under'. The joy of doing His will empowers us to 'remain under' when we'd rather run away. When the joy is in doing the will of the Father we are able to 'remain under' and not run away from the situations because His empowering presence and power is with us.

3. **Jesus teaches us that when our joy is His will we can think against.**  
The word 'scorning' (καταφρονήσας - kataphronēō) literally means this to 'think against'. When our eyes are on Him and when our joy is to do the Father's will, we'll be empowered to think against the stuff that would bring shame and discouragement that try to derail us from doing the will of the Father.

4. **He teaches us we can finish what we started.**  
The idea of 'sitting down' means Finished ... Completed ... Done. This reminds us that we serve a God who **not only finished on our behalf but wants to help us finish on His behalf**. How are you going to do that? **Fix your eyes on Jesus!**

When your vision is filled with Jesus, you'll **endure whatever the cross** you're carrying, whatever the **shame you'll scorn or think against it**. And you will finish the race, knowing Jesus is good, He is great, and He is for you. Let's make a renewed decision to **fix our eyes on Jesus!**

### Making It Personal:

1. **Insight** – What is ONE new insight the Holy Spirit has given me?
2. **Conviction** - Something pierced my heart or convicted me? Take action now!
3. **Share** - Received something I want to share with someone else?