

Through September and October, we will be looking at the word “Refocus”. Joel explains focusing like this, “If you have glasses, can you see clearly if you take them off? Or is it blurry? If you don’t have glasses, have you ever put someone else’s glasses on? Could you see clearly, or was it blurry?” *Discuss these questions together.*

In our lives, there are lots of unclear things but just like glasses help people see, Jesus helps us to see the world in a clear way!

*Read Hebrews 12:1-2 together. The NLT is included but you may use whatever verse you like best.*

These verses tell us that sin causes trouble in our lives. What is a sin that causes trouble in your life? *Discuss this.*

Even though sin causes trouble in our lives, these verses say that focusing on Jesus helps us to not have as much trouble from sin. Some ways we can focus on Jesus are to pray, read the Bible, do devotions--like this one!--and go to church. There will be times where it may be hard to focus on Jesus but Jesus promises that He will always be there, even when we struggle to see Him clearly.

Prayer: Dear Jesus, help me to focus on You and to see You clearly. Help me to turn to You when sin causes trouble in my life. Thank You for creating faith in me and for helping me to see the world clearly! In Your name I pray, Amen.