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Your Focus Determines Your Reality

By Caleb Osborne

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"Your focus determines your reality", this famous line was spoken by Qui-Gonn Jinn of Star Wars–The Phantom Menace fame.

Ok, perhaps it is really infamous and you don't remember that quote. Nonetheless, think about it for a moment. Would you agree or disagree?

I'm about to show you why I emphatically agree with this certain Jedi Master and not just because it's from Star Wars...well not completely ;) No I'm going to show you how your focus relates to anything you want to be successful in and then more specifically your Christian life. Ready? Let's Go!

"Close or narrow attention; concentration" – so says Mister dictionary.com. When you are focusing on a certain aspect of anything, you generally ignore the rest of the picture. You're concentrating so hard that the rest of it at the very least becomes far less important and occupies less of your mental powers.

So what happens? You get more of what you're focusing on. And less of what you're ignoring. You can be successful at what ever it is you are focusing on because you're giving it all your attention. And everything else gets harder to become better at.

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Whatever is in your focus, you will start to concentrate on it and you will be better conditioned to alter certain aspects of your life which will allow the object of your focus to actually become a true part of your life.

Perhaps an example is in order:

[Example]

Say you are on a diet. You're not allowed to eat any carbohydrates. So what should you focus on? If you're gonna focus on the fact that you can't eat donuts and ho hos, what do you think you're gonna be craving all day? That's right—ho hos and donuts!

Now instead, lets say you focus on how you can make a great tasting meal out of fresh vegetables and

yummy lean meat products, how you're gonna prepare them, cook them and enrich the flavor. What do you think you're gonna be craving that night? The no-carb-lean-meaty meal of course!

[end example]

See how your focus determines your reality? If you're concentrating on what you shouldn't be doing, you're setting yourself up for failure...are you starting to see how this relates to your Christian walk?

What do most Christians focus on? What do most preachers preach on? What you can't do! Am I right? The only result that can come from focusing on what you can't do is you doing exactly that! Most Christians think in terms of what they can't do—the law.

The Bible goes so far as to say that we would not even know about sin if it wasn't for the law:

"On the contrary, I would not have come to know sin except through the Law; for I would not have known about coveting if the Law had not said, "YOU SHALL NOT COVET.

But sin, taking opportunity through the commandment, produced in me coveting of every kind"

Romans 7:7-8

Likewise we would not even have the desire to do what we're not supposed to do if we weren't focused on not doing it. (just read it again, It'll make sense).

So it is clear that by fixating our attention on what it is we are trying to avoid, we are actually setting ourselves up for failure. You can't focus on what you don't want and get what you want.

But you need to focus on something! And like our diet example, the right way to focus is on what you do want! Just like the diet works if you focus on the good foods, your Christian life will work if you focus on what is good—Jesus Christ and his life that he gave you.

Focusing on Christ and allowing him to express himself through you daily is the key to success in your Christian life. Pay no heed to what you're not supposed to do, "out of sight—out of mind!".

So I guess ole Qui Gonn was right, "your focus does determine your reality"!

"Who Else Wants to Experience The Abundant,
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Day In and Day Out and Experiencing the Guiltless
Joy of Living Life Without Limits
or Having to Worry About Following a Bunch
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Caleb Osborne, a native of Virginia, is an up and coming author who has just completed publishing his first book—Christ Through Me. He is now in the process of working on other projects and running his website at www.ChristThroughMe.com where he has a FREE email newsletter that all are encouraged to sign up for.

Keep An Open Mind Because Life Is A Self-Fulfilling Prophecy

By Noel Peebles

Keep An Open Mind Because Life Is A Self-Fulfilling Prophecy by Noel Peebles

If you haven't got an open mind that's prepared to accept a different way of doing things, then stop reading right now. Buy a novel instead.

The game of life is real and is played between the ears.
The way you think determines the decisions you make.
The decisions you make determines what you do.
And what you do determines how successful you will become.

Your present life is the result of the decisions you have made over the years and the same will be true of your future.

You have a great power under your control – the power to take possession of your mind and to direct it to whatever

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ends you desire. What you choose to focus your mind on is critical because you will become what you think about most of the time. I remember making that comment to a friend of mine and he raised his eyebrows and asked "Does that mean I'm going to become a woman?" Maybe that's taking things too far but...

Life is a series of thoughts and you can become what you think about most of the time. You have the power of choice and you can create the life you want by choosing what to think about.

What do you really want? That question is at the foundation of all success. Wanting it badly enough... that you will work through problem after problem, and failure after failure, to get what you really want.

If you think you can, or you think you can't, you're right!

- What's holding you back from achieving what you really want?
- What's stopping you from developing those brilliant ideas?
- What's stopping you from turning your dreams into reality?

Is it your current circumstances or is it what you are choosing to believe about those circumstances and your power (or lack of) to change them?

Life is a self-fulfilling prophecy. You create the life you live through your choices and your thoughts.

You don't always get exactly what you want, but in the long run you will get what you expect.

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