

June 23, 2026

What You Focus On Shapes You

June Series: Live What Was Built

Week Focus: Reflecting Christ Daily

Scripture – Hebrews 12:2 - *"Fixing our eyes on Jesus, the pioneer and perfecter of faith."*

Devotional Reflection

What captures your attention will eventually influence your direction. Every day, countless voices compete for our focus. News headlines, social media, personal responsibilities, worries, disappointments, and distractions all fight for space in our minds. Because our focus is so powerful, Scripture repeatedly emphasizes the importance of directing it intentionally. Hebrews 12:2 encourages believers to fix their eyes on Jesus. This is more than a casual glance; it is a deliberate choice to keep Christ at the center of our attention and affection.

The reason focus matters is because we naturally move toward what we consistently concentrate on. If we focus primarily on fear, anxiety often grows. If we focus on problems, discouragement can increase. If we focus on offenses, bitterness can take root. Conversely, when we focus on Christ, our perspective begins to change. We become more aware of His faithfulness than our fears, more conscious of His promises than our problems, and more confident in His power than our limitations.

Jesus is not only the example of faith—He is also the source of it. Hebrews reminds us that He is the pioneer and perfecter of our faith. This means that the same Savior who began His work in us is also committed to bringing it to completion. When our eyes remain fixed on Him, we are reminded that we do not navigate life alone. We serve a God who understands our struggles, strengthens our weaknesses, and walks with us through every season.

One reason many believers become discouraged is because they spend more time looking at obstacles than looking at Christ. Peter experienced this when he walked on water. As long as his focus remained on Jesus, he stayed above the waves. When his attention shifted to the wind and the storm, fear took over and he began to sink. The lesson is not that problems disappear when we follow Jesus. The lesson is that our ability to endure challenges is strengthened when our focus remains on Him.

Today, examine where your attention has been directed. What has occupied your thoughts most consistently? What has been shaping your perspective? Living a life that reflects Christ begins with focusing on Christ. The more you fix your eyes on Him, the more your thoughts, attitudes, and actions will begin to resemble His. What you focus on shapes you, so choose to focus on the One who is transforming you.

Focus for Today

The more I focus on Jesus, the more my life is shaped by His character.

Practice

- Spend five uninterrupted minutes focusing on Jesus through prayer and Scripture.
 - Identify one distraction that has been pulling your attention away from God.
 - Read Hebrews 12:2 several times throughout the day.
 - When worry arises, intentionally redirect your thoughts toward God's faithfulness.
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Prayer

Father, help me keep my eyes fixed on Jesus. In a world filled with distractions, teach me to focus on what matters most. When fear, worry, or discouragement compete for my attention, remind me to look to Christ. Shape my heart, my thoughts, and my perspective as I focus on Him. Let my life increasingly reflect the One I am following. In Jesus' name, Amen.

Reflection Question

What has been capturing your attention lately, and is it helping you become more like Christ or distracting you from Him?