



# FOCUS

## DAILY DEVOTIONS

# WHY FOCUS?



Tenderises Us

Colossians 4:6 — Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Seasons Us

Matthew 5:13-16 — “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house.



# 1. Tenderises Us

## 2. Seasons Us

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**What's your  
morning  
routine?**



**What's your  
bedtime  
routine?**



# PREPARATION FOR THE DAY



# THE NIGHT BEFORE





**REFLECT  
FORGIVE  
REJOICE  
REST**



**REFLECT**

FORGIVE

REJOICE

REST

Psalm 1:1-2

Blessed is the man  
who walks not in the  
counsel of the wicked,  
nor stands in the way  
of sinners,  
nor sits in the seat of  
scoffers;  
but his delight is in  
the law of the Lord,  
and on his law he  
meditates day and  
night.



REFLECT

**FORGIVE**

REJOICE

REST

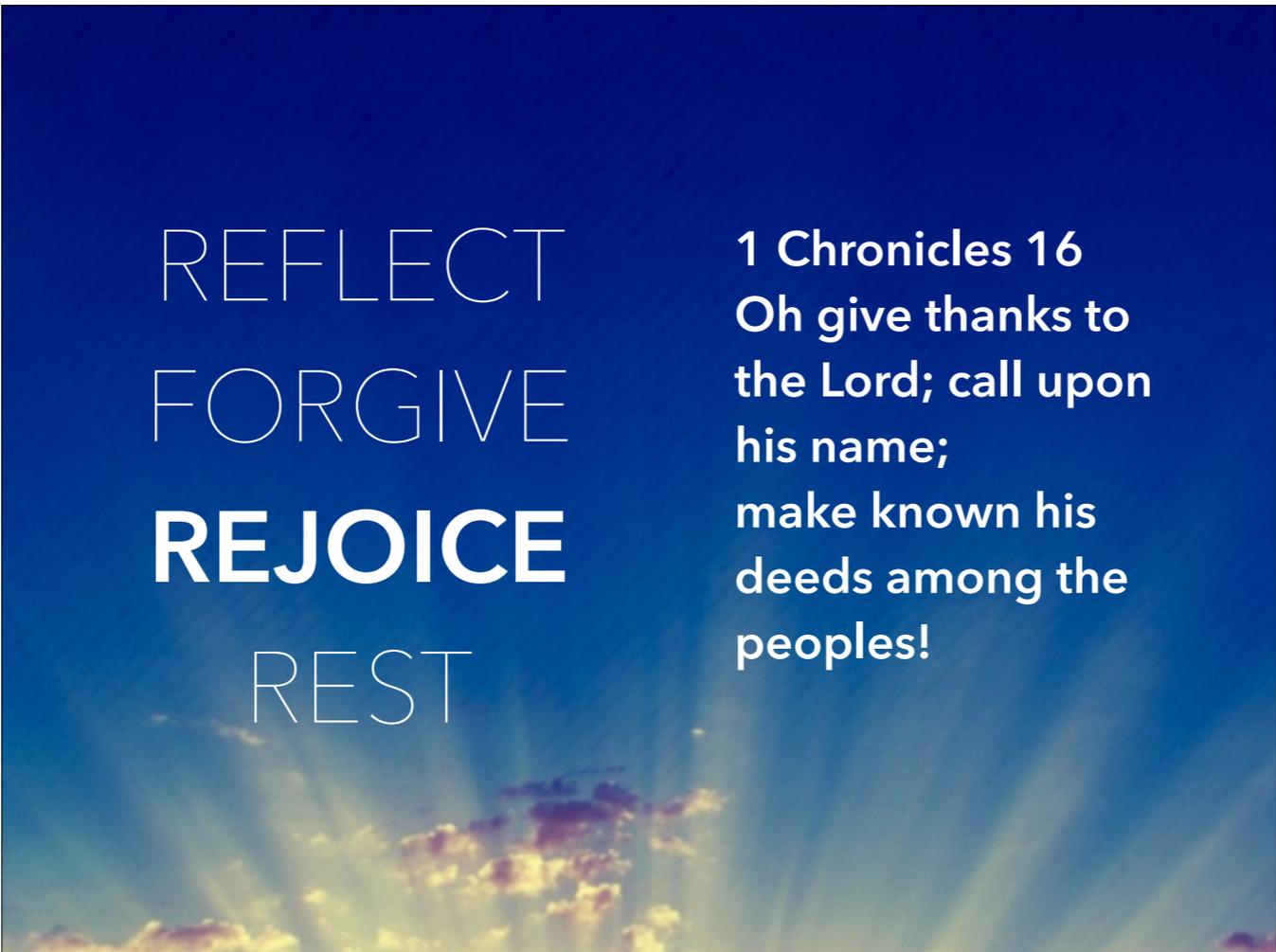
**Ephesians 4:26**

**"In your anger do not sin": Do not let the sun go down while you are still angry,**

Psalm 23

Jude 24

24 Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, 25 to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.



REFLECT  
FORGIVE  
**REJOICE**  
REST

**1 Chronicles 16**  
Oh give thanks to  
the Lord; call upon  
his name;  
make known his  
deeds among the  
peoples!



REFLECT  
FORGIVE  
REJOICE  
**REST**

**Psalm 23**  
**The Lord is my**  
**shepherd; I shall**  
**not want.**

Psalm 23

23

The Lord is my shepherd; I shall not want.

2

He makes me lie down in green pastures.

He leads me beside still waters.[a]

3

He restores my soul.

He leads me in paths of righteousness[b]

for his name's sake.

4

Even though I walk through the valley of the shadow of death,[c]

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

5

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

# THE MORNING





Reboot:

The Lord's Prayer

Restart the day.

Something to shift your thinking away from the frustration. Something small. Something to get things going.

Focus —

Praying over the day.

Receive

**REBOOT**

FOCUS

RECEIVE

READY

Matthew 6:7-12

Our Father in heaven,  
hallowed be your name.

Your kingdom come,  
your will be done,  
on earth as it is in  
heaven.

Give us this day our  
daily bread,  
and forgive us our  
debts,  
as we also have forgiven  
our debtors.

And lead us not into  
temptation,  
but deliver us from evil.

Reboot:

The Lord's Prayer

Restart the day.

Something to shift your thinking away from the frustration. Something small. Something to get things going.

Our Father in heaven,  
hallowed be your name.[a]

10

Your kingdom come,  
your will be done,[b]  
on earth as it is in heaven.

11

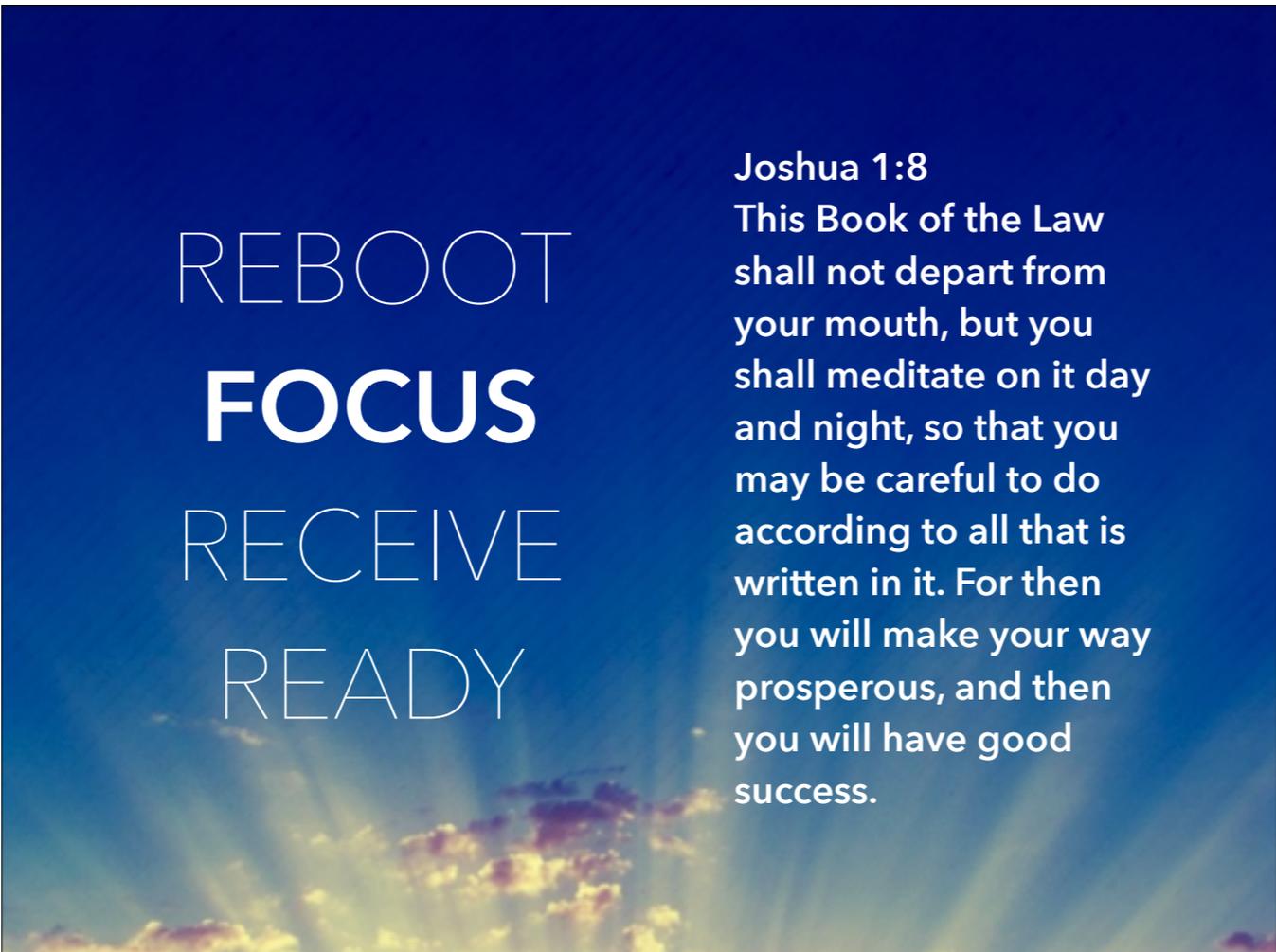
Give us this day our daily bread,[c]

12

and forgive us our debts,  
as we also have forgiven our debtors.

13

And lead us not into temptation,  
but deliver us from evil.[d]



REBOOT  
**FOCUS**  
RECEIVE  
READY

Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

These can happen at different points in the morning, but doing this helps to get things ready for the day ahead.

I find rebooting while I'm brushing my teeth is useful. Or before I eat breakfast.

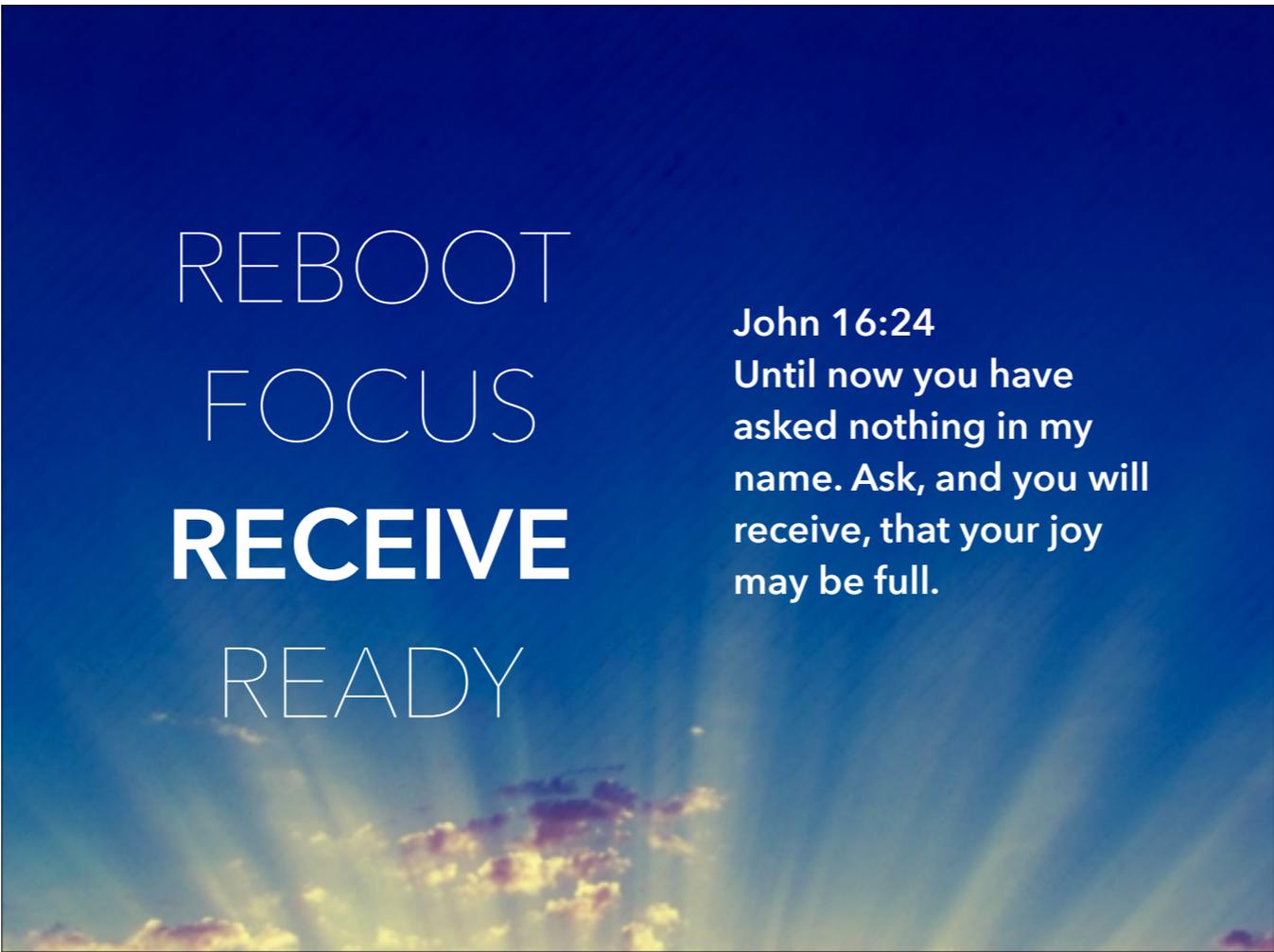
Focus, Joshua

7 Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success[a] wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

God speak through your Word today. Prepare me for the day ahead.

It could be through sermons on the commute.

Maximising that time you have travelling, or waking or preparing.



REBOOT

FOCUS

**RECEIVE**

READY

**John 16:24**

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

We should be ready to receive God's Word. The equipping of his Holy Spirit. Receive the encounters we will have that day, the things we will face, the challenges ahead. And knowing that God is with us.

**John 16:33**

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."



REBOOT  
FOCUS  
RECEIVE  
**READY**

**Ephesians 6:10-11**

**Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.**

Ephesians 6:10

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

**WHAT WILL  
GOD DO  
TODAY?**

