

Anchored

Eyes on Jesus

‘[looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work]. [Ps 110:1] ‘

— HEBREWS 12:2 (AMP)

You know how a long drive gives your mind room to wander. The road feels familiar, the miles blur together, and suddenly you realize you have been staring straight ahead without really seeing anything. Life can slip into that same autopilot. We keep moving—working, serving, chasing relationships or success—while our hearts quietly lock onto things we barely notice. Until something interrupts the drift, we rarely ask what our attention is truly fixed on. This reflection is that interruption: an invitation to pause and look honestly at where your focus really rests.

ANCHORED: EYES ON JESUS

— HEBREWS 12:2

Our everyday choices reveal the true north of our hearts. Hebrews 12:2 calls us to look away from every distraction and fix our eyes on Jesus. This focus is not about willpower but about responding to the God who has already written His law on our hearts.

Spiritually Anchored:

The Greek word *aphoraō* urges a deliberate turning of our gaze toward Christ. Jeremiah 31:33 promises that God Himself empowers this shift by inscribing His truth within us. When we live from this covenant reality, good things—whether spiritual practices or worldly success—remain gifts that point back to Him rather than distractions that steal our attention.

Clinical Insight:

Attachment wounds and trauma shape what we notice and pursue. Old patterns can drive us to chase acceptance, success, or religious performance as a way to feel safe. Healing and secure relationships retrain the nervous system, allowing our focus to settle where it belongs—on Christ.

Anchored Prayer

Father,
thank You for writing Your law on my heart and for the finished work of Jesus. Teach me to turn from every distraction and to rest in Your presence. Provide the courage to face my wounds and let Your Spirit heal what keeps me from You. Keep my eyes fixed on Christ today and always.
Amen.

Life Application: Practicing a New Focus

God's Spirit invites you to cooperate with His work by building habits that reinforce where you truly want your attention to rest.

Begin small. Notice what captures your thoughts when you are not trying to think about anything. Gently name the patterns without condemnation. Then bring them to Jesus in prayer and ask the Spirit to show you what need or wound they reveal. If you discover that certain relationships or ambitions hold more weight than they should, do not rush to fix them. First receive the truth that your worth is already settled in Christ. A daily rhythm to practice

- Morning: two minutes of slow breathing while silently repeating "Eyes on Jesus."
- Midday: pause and name one distraction you are releasing and one truth you are embracing.
- Evening: write one sentence of gratitude for how God drew your attention back to Him.

This rhythm trains both mind and body to shift from old attachment reactions to a steady gaze on Christ. Over time it builds a reflex of trust, allowing your focus to remain on the One who has already completed the work on your behalf.

Breathwork: "Center Your Gaze"

Purpose: to calm the nervous system and re-center attention on Christ in less than three minutes.

Instructions: Sit upright with feet grounded. Close your eyes. Inhale through the nose for a slow count of four, hold for one, exhale through the mouth for a count of six.

Practice:

- On each inhale whisper inwardly: "Eyes on Jesus."
- On each exhale: "You hold my heart."

Continue for eight cycles. Optionally extend to five minutes if time allows.

Why it matters: This pattern lengthens the exhale, signaling safety to the body and creating space for the Spirit's quiet voice.

Pro Tip: Place one hand over your chest to feel the rise and fall. Physical touch reinforces the sense of God's nearness.

Journal Prompts: Pause, Reflect, and Be Honest

Taking time to reflect is one of the most powerful tools for spiritual growth and self-awareness. These journal prompts are designed to help you pause, process, and partner with God in the places He's refining you. Don't rush the answers—let the Holy Spirit guide your thoughts. As you write, ask God to reveal what's beneath the surface and align your heart more fully with His truth and design.

Where does your mind drift when you are not trying to think about anything?

Which wound or longing might be shaping that focus and how can you invite Jesus into it?

Anchored Invitation

If today you sense the Spirit drawing you to place your trust in Jesus, know that the work is already finished. Salvation is not earned by effort but received by faith in what Christ has done on the cross and through His resurrection.

You can respond right now with a simple prayer of faith:

"Jesus, I believe You died for my sin and rose again. I turn from my old life and place my trust in You as my Lord and Savior. Thank You for forgiving me and making me new. Help me follow You from this day forward. Amen."

If you prayed this from your heart, welcome to the family of God. Take the next step by telling a trusted believer, opening the Gospel of John, and asking the Lord to guide you as you grow in Him.

NOTES: