

DAY 11 - FOCUSED OBEDIENCE

Core Value: Scripture & Worship



1 Corinthians 9:26–27 (CSB)

“So I do not run like one who runs aimlessly or box like one beating the air. Instead, I discipline my body and bring it under strict control...”

Psalm 119:105 (CSB)

“Your word is a lamp for my feet and a light on my path.”

Discipline without direction wastes energy; obedience shaped by Scripture produces fruit.

Paul’s concern in 1 Corinthians 9 is not simply that believers work hard—it is that they work *accurately*. He uses two images to make his point: running without aim and shadowboxing. Both involve effort, movement, and even exhaustion, but neither produces meaningful results.

This is one of the great dangers in the Christian life. It is possible to be busy, committed, and sincere—and still miss the point. Focused obedience requires more than discipline; it requires **clarity**. Scripture provides that clarity.

Psalm 119 reminds us that God’s Word does not illuminate the entire course at once—it lights the *next step*. Scripture gives direction sufficient for obedience, not speculation. When we submit our effort to God’s Word, discipline becomes purposeful rather than frantic.

Worship plays a crucial role here as well. Worship humbles us enough to admit that our instincts are not always reliable. It trains us to listen before we act. Worshipful obedience says, “*God, You set the direction. I will follow—even when the path feels narrow or costly.*”

Paul’s language of bringing his body under control is not self-punishment; it is submission. He refuses to allow impulses, desires, or distractions to dictate his direction. Scripture defines the path. Worship keeps the heart aligned with the One who calls us to walk it.

Focused obedience is not about perfection. It is about alignment. When Scripture shapes our direction and worship shapes our posture, our effort begins to matter eternally.

Core Value Practice — Scripture & Worship

Practice aligning effort with God’s Word.

Today’s practice centers on letting Scripture refine your obedience.

Practice Steps

1. Read Psalm 119:105 slowly.
2. Ask:
 - Where am I exerting effort without clear biblical direction?
 - Where might God be inviting more focused obedience?
3. Read 1 Corinthians 9:26–27 again.
4. Pray: “God, direct my effort and refine my obedience.”

Sit quietly for a few minutes and listen.

Reflection Questions

1. Where in your life do you feel busy but not necessarily fruitful?
2. How do you typically discern what God is calling you to do next?
3. What practices help you slow down enough to obey with clarity rather than impulse?

Daily Action Challenge: Take one focused step.

Identify **one specific area** where obedience has felt vague or unfocused.

Ask: *What is one clear, Scripture-aligned step I can take today?*

Take that step intentionally—even if it feels small.

Afterward, write one sentence:

“Today, I chose focused obedience by...”

Guided Prayer

God,

You see my effort and You know my heart. Forgive me for the times I have worked hard without listening well. Let Your Word guide my steps and Your presence shape my obedience. Teach me to run with purpose, to train with clarity, and to offer You obedience that is focused, faithful, and true. Amen.