

# DAY 4 — FIXING OUR EYES ON JESUS

## Core Value: Scripture & Worship



### Hebrews 12:2–3 (CSB)

“Keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God. For consider him who endured such hostility from sinners against himself, so that you won’t grow weary and give up.”

### Colossians 3:1–4 (CSB)

“So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.”

## What you focus on determines whether you finish.

The command in Hebrews 12 is not simply to endure—it is to endure *with focus*. The author tells us exactly where our attention must remain: “*keeping our eyes on Jesus*.” This is not poetic language; it is a survival instruction.

Runners do not finish races by constantly looking at the crowd, the terrain behind them, or the competitors beside them. They finish by fixing their gaze forward. In the same way, the Christian life is not sustained by constantly evaluating circumstances or comparing progress—it is sustained by continual attention to Christ.

Jesus is described here as both the **pioneer** and **perfecter** of faith. He is the one who opens the path, and He is the one who brings faith to completion. That means our race does not depend on flawless execution—it depends on faithful focus. When we fix our eyes on Christ, we are reminded that the race began with Him and will end with Him.

Hebrews also tells us *why* Jesus endured: “*for the joy that lay before him*.” Jesus endured suffering not because it was easy, but because He saw beyond it. Focus gave Him perspective. Without perspective, endurance collapses into despair.

This is why Scripture and worship are inseparable here. Scripture reveals who Jesus is and what He has done. Worship is the act of re-centering our lives around that truth. Together, they train us to look beyond temporary hardship to eternal reality.

Many believers grow weary not because the race is too long, but because their focus drifts. When our eyes settle on disappointment, distraction, or comparison, faith weakens. When our eyes return to Christ, endurance is renewed.

## Core Value Practice — Scripture & Worship

### Practice intentional re-focusing on Christ.

Fixing our eyes on Jesus does not happen accidentally. It is a daily, sometimes hourly, discipline.

## Practice Steps

1. Read Hebrews 12:2–3 slowly.
2. Circle or write down everything this passage tells you about Jesus.
3. Then read Colossians 3:1–4.
4. Ask:
  - What does it mean for my mind to be “set” on Christ?
  - What regularly competes for my attention?

Close your time by speaking this aloud: “Jesus, You are the purpose of my race.”

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## Reflection Questions

1. What most often pulls your focus away from Christ—circumstances, people, fear, or distraction?
  2. How does remembering *why* Jesus endured change how you view your own suffering or discipline?
  3. What practical habits help you consistently re-center your attention on Christ?
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## Daily Action Challenge: Re-center your focus intentionally.

Choose **three moments today** (morning, midday, evening) to pause for 30 seconds and pray:

“Jesus, I fix my eyes on You.”

Notice how often your focus drifts—and gently return it to Christ without shame.

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## Guided Prayer

Jesus,

I confess how easily my attention drifts. I fix my eyes on problems instead of promises, on fear instead of faith, on myself instead of You. Teach me to consider You—Your endurance, Your faithfulness, Your finished work. When I grow weary, draw my focus back to You. Help me run this race with clear vision and steadfast hope. Amen.