

HOW TO EXAMINE YOUR FOCUS

(Part 2)

Psalm 73:1-14

“Let no unwholesome word proceed from your mouth, but only such a word as is good for building up what is needed, so that it will give grace to those who hear.” (Eph. 4:29)

“Unwholesome” (sapro) = rotten, worthless, bad = useless.

In **contrast**: *“good”* – suitable, helpful

With the **result**: *“... that it will give grace to those who hear.”*
= the outworking of goodwill.

“I have a problem with the way you voted because it went against my very livelihood (identity/being/personhood) and I’m not going to be around you this holiday. I need to take some space for me.”

“The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.” (Luke 6:45)



“For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man.” (Mark 7:19-23)



Life lived in the wisdom of God is about **focus**. It's about keeping our hearts tuned to God's wisdom in His Word so that we can know the wise and wonderful way of **heavenly hope**.

“Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”(Ps. 139:23-24)

Our biblical examination involves three steps, and we covered the first step last Sunday.



Step 1: “Understand the power of your interpretations.”



“God’s goodness is that He is the perfect sum, source, and standard (for Himself and His creatures) of that which is wholesome (conducive to well-being), virtuous, beneficial, and beautiful.”

John MacArthur



The danger of...

- your wrong focus
- your focus on self
- your focus on the wrongs, sins and weaknesses of others in your life
- your focus on pursuing a priority of pride

is that it will...

- cause you to doubt and disbelieve in the value of your personal holiness before God
- lead you to doubt and disbelieve in God as the highest good for your life.

“Asaph was a seer, but he could not see when reason left him in the dark; even seers must have the sunlight of revealed truth to see by, or they grope like blind men. In the presence of temporal circumstances, the pure in heart may seem to have cleansed themselves altogether in vain, but we must not judge after the sight of the eyes.”

Charles Spurgeon

Step 2: “Recognize the [4] symptoms of a wrong focus.”

1. Vv. 3-5, 12 - Envy
2. V. 16 - Confusion
3. V. 13 - Discouragement
4. Vv. 21-22 – Anger (internal, external, or both)

Step 3: “Identify and confess the true treasures of your heart.”

Jesus said, “*Where your treasure is, there your heart will be also.*”
(Matt. 6:19-21)

Your focus for what you want most in any given moment will **shape** your **interpretations** of life and also **determine** your **responses** to your circumstances.

Here are some **questions** you can ask to help you **root out** what you are really living for:

- When (under what conditions) do you tend to experience fear, worry, or anxiety?
- How have you struggled with regret, saying, “If only...”
- When do you experience problems with prayer and personal worship, faithfulness in gathered worship, and in your relationship with God?
- In what situations do you typically struggle with anger?



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