



DAY 1

Setting Our Eyes On The Lord

Reading: *Psalms 16:1-11*

Devotional: In a world filled with distractions, Psalm 16 reminds us of the importance of keeping our focus on God. David declares, "I keep my eyes always on the Lord" (v. 8). This intentional act of directing our attention to God is crucial for our spiritual well-being. Today, reflect on where your attention has been lately. Have you been consumed by social media, work stress, or worldly concerns? Consider how you can realign your focus on God. Perhaps start your day by reading Scripture or spending time in prayer before checking your phone. Remember, as you fix your gaze on the Lord, He promises to make known to you the path of life and fill you with joy in His presence (v. 11).

DAY 2

Renewing Our Minds

Reading: *Romans 12:1-2*

Devotional: Paul's exhortation to "be transformed by the renewing of your mind" speaks directly to our modern struggle with distraction. In a world that constantly bombards us with information and stimuli, it's crucial that we actively engage in renewing our minds with God's truth. This renewal isn't passive; it requires intentional effort on our part. Today, consider what inputs are shaping your thought patterns. Are they aligned with God's will or the pattern of this world? Challenge yourself to replace one negative or worldly influence with something that draws you closer to God – perhaps a Christian podcast, a devotional book, or extended time in prayer. As you do this, ask God to help you discern His good, pleasing, and perfect will for your life.

DAY 3

The Power of Meditation

Reading: *Psalms 1:1-3*

Devotional: In our fast-paced, information-saturated world, the practice of meditation on God's Word seems almost countercultural. Yet Psalm 1 promises that the one who delights in and meditates on God's law will be "like a tree planted by streams of water" (v. 3). This imagery speaks of stability, nourishment, and fruitfulness. Today, choose a short passage of Scripture and spend time truly meditating on it. Read it slowly, multiple times. Reflect on each word. Ask God to reveal its meaning and application to your life. As you do this, you're not just reading words; you're allowing God's truth to sink deep into your heart and mind, providing a stable foundation amidst life's distractions and challenges.

DAY 4

Fixing Our Eyes On Jesus

Reading: *Hebrews 12:1-3*

Devotional: The author of Hebrews encourages us to "fix our eyes on Jesus" as we run the race of faith. This focus is essential in a world full of distractions that can easily entangle us. Just as a runner keeps their eyes on the finish line, we must keep our gaze on Christ. Today, reflect on what "weights" or distractions might be hindering your spiritual race. Are there habits, relationships, or thought patterns that are drawing your attention away from Jesus? Consider practical steps you can take to remove these hindrances. Perhaps it's setting boundaries on your phone usage, being more intentional about your media consumption, or carving out dedicated time for prayer and Bible study. Remember, as you fix your eyes on Jesus, you'll find the strength and endurance to persevere in your faith journey.

DAY 5

Seeking The Things Above

Reading: *Colossians 3:1-4*

Devotional: Paul's instruction to "set your minds on things above" challenges us to elevate our perspective beyond earthly distractions. In a culture that constantly pulls our attention downward – to our phones, to material possessions, to temporary pleasures – this upward focus is revolutionary. It's a reminder that our true life is hidden with Christ in God. Today, practice this upward gaze. When you're tempted to mindlessly scroll through social media, pause and say a prayer instead. When you're caught up in worldly concerns, remind yourself of your eternal identity in Christ. As you consistently redirect your thoughts to heavenly realities, you'll find that your priorities shift, your anxieties lessen, and your joy in Christ deepens. Let this practice of seeking the things above become a daily habit that transforms your perspective and strengthens your walk with God.