

Psalm 143

Okay, my Vertical devo is going to focus on some “handy” visuals, and **yes, you do** have to do this with me...and yes, I am watching. ☺

- Step 1:** *Put both of your hands in front of you, about 1 foot in front of your face, side by side. Your left hand represents problems, circumstances, issues, worries, etc. Your right hand represents Jesus.*
- Step 2:** *Place your left “problems” hand right in front of your face, so that your nose touches your palm, and your right “Jesus” hand a few inches directly behind your left hand. What is your focus? Can you even see Jesus right now? You know He is there – He has promised never to leave us or forsake us when we are His – but seeing Him when your focused on your problems, is hindered, to say the least.*
- Step 3:** *Now switch your focus. Place your right “Jesus” hand in front of your face, so that your nose touches your palm, and your left “problems” hand a few inches behind your right hand. What (or Who) is your focus now? Your problems are not gone are they? They are not, however, your focus any longer. Jesus may choose to take away these problems in His way and in His timing, but He may not. Regardless, if Jesus is getting your attention & focus, then your problems are not center stage.*

I have a good friend who has a favorite saying: “*What ever gets your attention; gets you.*” Our enemy knows this one well. If he can keep our focus on you, your problems & trials, your sin, your failures, your past, your ministry, your Facebook/Twitter/LinkedIn/blog, your iPhone, your deadlines, your future...everything BUT Jesus in the present, then He wins the skirmish. Using this diversionary tactic, he can keep Jesus followers sidelined for days, weeks, months and sometimes years. Switch your focus to your Supreme Commander in Chief who has won the war – “Follow Me!” says Jesus. This is the sum total of His battle plan for us, but it is enough!

David does this well in the prayers we see in Psalms most times. In Psalm 143, he spends time telling God what is going on with him in his present circumstance (vs. 3-4), but he spends most of the time focused on God, what he knows God to be (according to His character – faithfulness in verse 1; righteousness in verses 1 & 11; lovingkindness in verses 8 & 12). He remembers back to what he has seen and heard of God doing (verse 5) and counts on Him to take action now, as seen in verses 7 – 12 (answer me quickly; teach me; deliver me; teach me; lead me; revive me; bring my soul out of trouble; cut off & destroy my enemies). A bulk of this prayer is focused on what/Whom?

So, in closing, pull out your “handy visuals” and recalibrate your focus today.

Psalm 27:1-2 – ***“The Lord is my light and my salvation; whom shall I fear? The Lord is the defense of my life; whom shall I dread?”***