

# Christian Focus <sup>in</sup> a Blurry World

W O R K B O O K

Fix your vision on Jesus!

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# ABOUT THIS WORKBOOK

This life is getting harder, more confusing, and scarier. As we see the signs of the end times, don't consider doing life without Jesus! (Revelation & Matthew 16)

- Reflect on what You and the Lord have done together
- Identify the purpose and theme for your life
- Love and accept yourself
- Move and create
- Enhance your communication skills
- Identify patterns of toxic people in your life
- Focus on the Master's Voice
- Renew your life in Christ

Mahalo to Pastor Isaiah & Melissa Jones  
Church At Koloa, Hawaii  
&  
Mahalo to Rylie and Chris for all your help!

# All About Your Success!

Chapter 1 focuses on things you like to do, things you don't, where you have succeeded, and where you may need more help from the Lord.

Do you talk negatively to yourself? Are you a victim of your own negative thinking? Here is where it needs to stop my friend! The Bible tells us we should only be thinking about whatever is pure, lovely, admirable, excellent, or praiseworthy. (Philippians 4:8)

A negative mind will not help you fulfill your mission in Christ. You are an amazing child of God. You are loved, blessed, and highly favored! Now start thinking this way and get on your way to finding your positive space!

**WHAT WAS THE MOST DIFFICULT TIME OR SITUATION YOU EXPERIENCED? HOW DO YOU KNOW GOD WAS THERE WITH YOU?**

Please describe a difficult time in your past that God has taken you through. Describe when you knew you were not alone and He was with you.

# Draw A Picture Of Your Theme Or Purpose

## **Chapter 2 What mission are you conquering in Christ? (Romans 8:37)**

**Who's on the mission with you? Do you have a Bible verse that you are using as your purpose? Do you have a sentence or 3 words that remind you to stay on target? Remember... if you aim at nothing, you will get nothing.**

## CHAPTER 2 GOALS

Write your new goals for living your life with Jesus Christ this year 20\_\_

GET RIGHT WITH YOUR PROVERBS 3:5 MINDSET - YOU CAN DO THIS!

Goal

### Spiritual

Strategies

Goal

### Physical

Strategies

Goal

### Relationships (Family & Friends)

Strategies

Goal

### Academic/School

Strategies

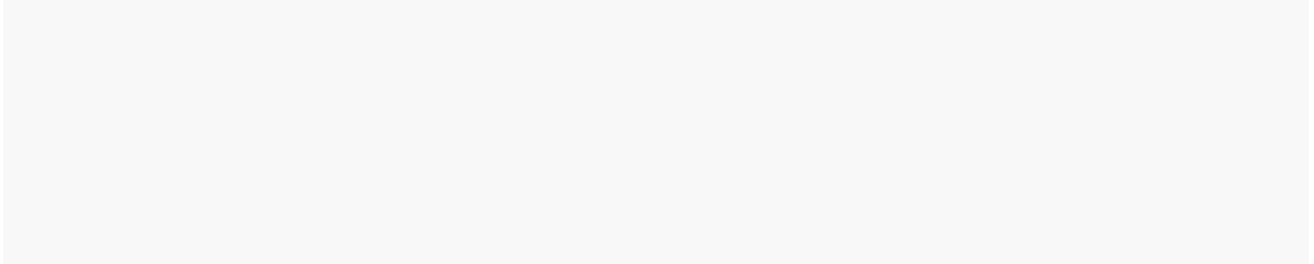
### CHAPTER 3 WHAT DO YOU LOVE ABOUT YOURSELF?

God created you and yet you don't love yourself? This is changing today my friend! Make this the day you celebrate who you were made to be in Christ Jesus. Telling yourself that you are not good enough is a lie that will disappear right now in Jesus' Mighty name! Below write some things that you are good at or what you have tons of JOY doing. Yes...you have to fill in all 6 spaces.

Have you been saying negative or discouraging things to yourself? I am sorry to tell you, but this is not helping you. Write down a negative thought that you keep repeating.

## **MAKE A COMMITMENT TO CHANGE YOUR THINKING**

What positive thought can you replace that negative thought with? Name at least 3 in this box...or more if you're feeling especially positive



You need to put on the full armor of God! How many pieces of armor does the Bible say you have? What do the pieces equip you with? (Ephesians 6:10-17)

With the armor of God, should you feel weak or strong?  
(Ephesians 6:10) Why?

## CHAPTER 4

### INSTEAD OF BEING NEGATIVE, WHAT ARE 4 DIFFERENT POSITIVE THINGS YOU CAN DO OR CREATE? DELIGHT YOURSELF IN CHRIST! (PSALM 37:4)

These activities can be anything from creating art, writing, reading, exercising, helping others, cooking, sketching, creating comics, or building and fixing things. Time is short. What you choose to do with your time matters.

**CREATE**

**DO**

**CREATE**

**DO**



## CHAPTER 5

### HOW CAN I SEND BETTER MESSAGES TO OTHERS ABOUT MYSELF?

Check all that apply:

**NON-VERBAL MESSAGE**  
I can look the person I am speaking to in the eyes

**VERBAL MESSAGE**  
I can memorize my favorite Bible scripture and share them when others need encouragement

**NON-VERBAL MESSAGE**  
I can put a smile on my face, even when I think no one is watching

**VERBAL MESSAGE**  
I can tell people the things I am grateful for rather than telling others where I messed up

**VERBAL MESSAGE**  
I can give other people compliments rather than hurt them with my comments

**VERBAL MESSAGE**  
I can use affirmations in the morning and evening

**Take 2 minutes in the morning and evening to say these positive affirmations to yourself...**

I am a child of God

I am wonderfully made

I am a gift

I have a purpose

I am strong

I can do all things through Christ who gives me strength

I am happy

I am fulfilling the Lord's purpose for me

I have faith

I have peace

I have self-control

I am wise

I am blessed

## CHAPTER 6

### CAN YOU IDENTIFY ANY TOXIC PEOPLE IN YOUR LIFE?

Mark the boxes below if you can identify someone by these hurtful actions

**MAKING YOU FEEL SMALL**

People will usually talk about how wonderful they are and either say nothing about your accomplishments or put down things you like and do well.

**MAKE FUN OF YOUR SPIRITUAL BIBLICAL BELIEFS**

These people think it is funny that you follow a God you can't see. They will often try to pull you down into sin with them or make fun of you because they don't feel good about themselves.

**GIVE YOU INSINCERE COMPLIMENTS**

These people may tell you what you are wearing is amazing, while giving you a look that contradicts the compliment.

**NEVER RETURN YOUR TEXTS OR CALLS**

These people want you to help them or communicate with them on their terms, but when you want to connect, they are not there

**GOSSIP ABOUT OTHERS/BEING TWO-FACED**

These people say harmful things about others behind their backs. They want you to do the same thing, such as "They are nice and all, but...." or "I hate it when they..." They may act like your best friend when it's just you but with others they alienate you.

**CONSTANTLY SAY NEGATIVE THINGS ABOUT THEMSELVES**

These people have nothing good to say about themselves, but yet want you to tell them wonderful things about them. "Why didn't you like my post?" "I hate my life.. what do you think I should do?" They're constantly seeking attention and validation and it gets exhausting.

**CURSING AND TAKING THE LORD'S NAME IN VAIN**

These are people who can't stop saying "bad words" or using "God" or "Jesus Christ" in a non-Biblical or Spiritual way. It may be difficult, but try to remind yourself and others to not use such bad language.

# **FOCUS ON FRIENDSHIPS**

## **LOOK UP THE FOLLOWING VERSES**

In the spaces bellow write out the scripture or put the scripture in your own words.

**TOXIC PEOPLE**  
**1 CORINTHIAN 15:33**

**PROVERBS 16:28**

**PROVERBS 22:24-25**

**PROVERBS 17:9**

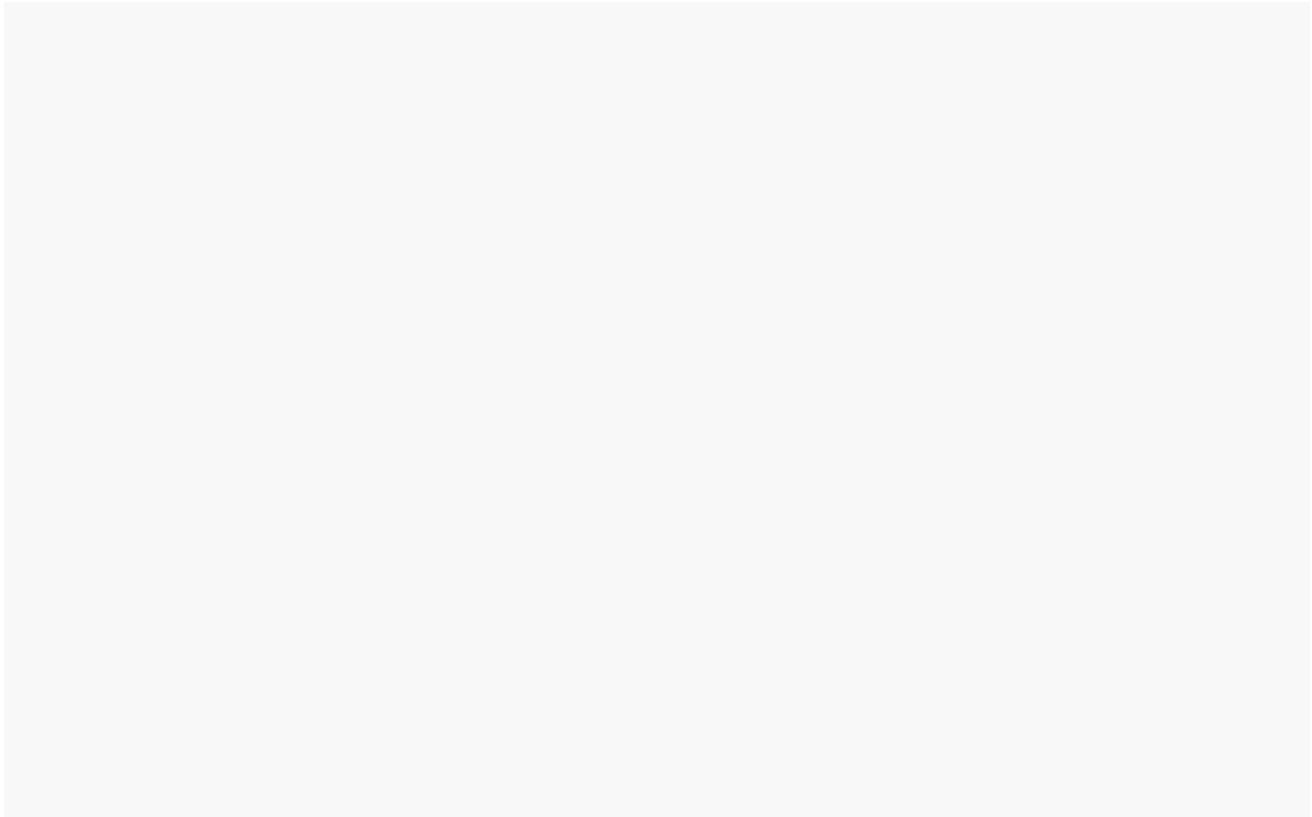
**KINGDOM PEOPLE**  
**PROVERBS 13:20**

**PROVERBS 27:9**

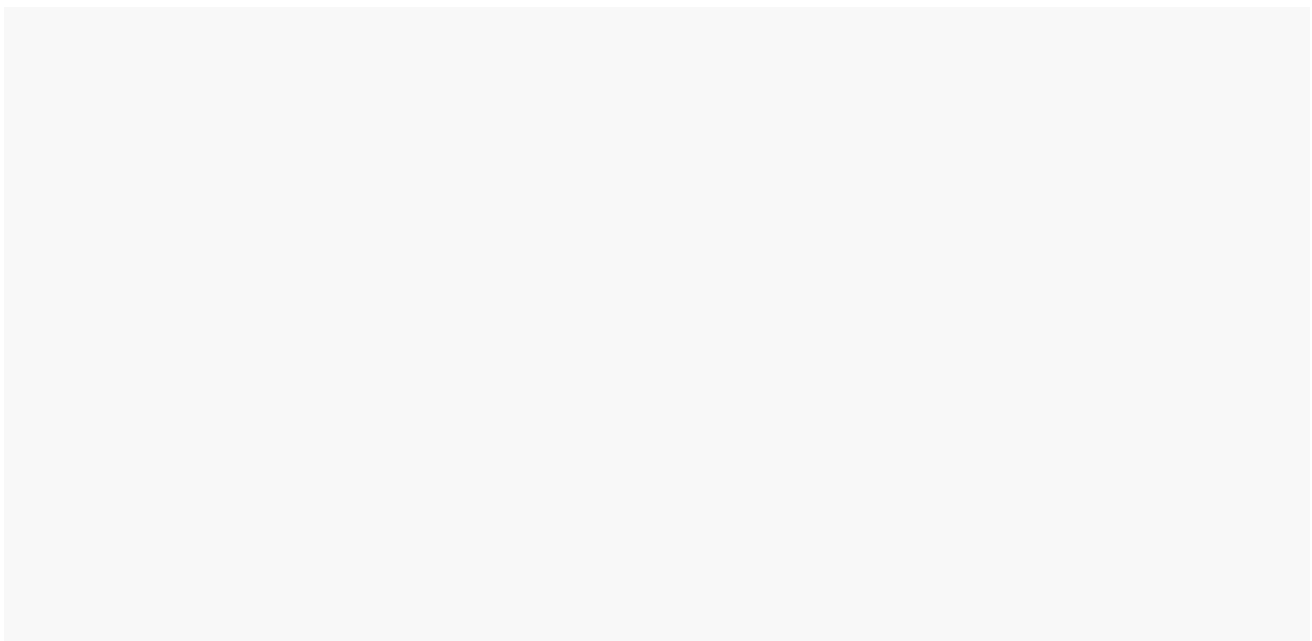
**1 THESSALONIANS 5:11**

## **DO YOU WANT POSITIVE OR NEGATIVE PEOPLE IN YOUR LIFE?**

Who are positive and negative people in your life?



**WHAT CAN YOU DO TO INCREASE THE PRESENCE OF THE POSITIVE PEOPLE?**



## CHAPTER 7

### WHAT VOICE ARE YOU LISTENING TO?

Write down who you listen to and what is being said

1

**MOM, DAD, GUARDIAN**

2

**FRIEND 1**

3

**FRIEND 2**

4

**PEOPLE YOU ARE AROUND**

5

**CHURCH FAMILY**

6

**SPORTS/ACTIVITY PEERS**

7

**WHAT DOES GOD SAY ABOUT YOU?**

## CHAPTER 7 & 8

### REVIEW YOUR GOALS AND CHANGE THEM IF NECESSARY

Write your new goals for living your life with Jesus Christ this year 20\_\_\_\_

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*I want  
Jesus!*

**GET RIGHT WITH  
GOD NOW!**

We serve a right now God!  
We serve an on time God!  
Everything you need He will provide for you!  
Turn to page 80 and read the section  
**It's time to breathe in God's love**

**COUNT ME IN**