BE STILL and FOCUS ON GOD by Jim Arringdale

Kris Swiatocho shared in [Live at 5](https://www.thesinglesnetwork.org/live5-videos-of-kris.html) how hard it can sometimes be to be still and focus on God. I know I often put many things ahead of knowing Jesus better and seeking to become more like Him. Is that true of you also?

*I love what Bob Goff says about this:*

*“It's easy to get distracted by everything else; what takes a little more work is only to get distracted by Jesus. When it comes time for praying or reading about Jesus, it's easy to feel like we're wasting time. We get fidgety. Our minds start to wander. Our fingers reach for our phones to take a quick peek and see what our friends are doing. With all the stuff on our to-do lists and all the opportunities to connect with others, it can feel forced to stop, be still, and be silent.*

We’re not wasting time on God. It’s actually the best use of time to spend time with the One who created time in the first place. He knew we would need to eat, sleep, work, and brush our teeth, yet He still asked us to pray. He urged us to spend time with Him because He knew it would change everything.

Sure, it's good to guard your time, but it's even better to guard your heart. *Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.* Don't keep such a tight grip on your time that you miss out on Jesus. Take some time today and decide only to be distracted by Him.

What's your plan to be distracted by Him today?”

Jesus, help us focus on you today and what you have called us to do. Help us put aside those many things we make more important than you. Help us pursue your kingdom today in all that we do.