

**INNER HEALTH**  
Part 6: Healthy Focus

**GOD'S CHILDREN ARE DIFFERENT** *(Philippians 2:14-16 NKJV)*

- Different in their words
  1. Not complaining and arguing
  2. Our words are part of shining our light
  3. Holding firmly to the words of life

**GUARD YOUR HEART BY CONTROLLING YOUR FOCUS** *(Proverbs 4:24-25 NKJV)*

- A. A great question is - where is my primary focus?
1. So many distractions available
  2. Does God's Word ever come into focus for you? *(Proverbs 4:20-22 NKJV)*
  3. Don't allow God's Word to be stolen *(Mark 4:14-16 NKJV)*
- Jesus spoke of what distracts us *(Mark 4:18-19 NKJV)*
    1. Worries of this life; Anxiety that brings disruption to the mind; A creative focus on the wrong things
    2. The answer for worry is practicing what God has said *(Philippians 4:6-7 NKJV)*
    3. Deceitfulness of riches *(Ecclesiastes 5:10 NKJV) (Proverbs 18:11 NKJV)*
    4. Desires for other things