



**"The Zone"
October 2012**

As you know, I'm recording a CD on top of developing a host of other ideas God has given me. I'm so excited, blessed actually, to finally have the opportunity to record this CD in a favorable environment and to share what God has given me with anyone who will hear my music. But, it's difficult to stay motivated and to keep moving forward. A friend of mine compares a lack of focus to following rabbit trails. Sometimes, we simply get distracted by life and allow influences to derail us.

I like to watch sports to learn how athletes achieve laser focus. I heard a coach say the following about having the "eye of a tiger":

When the joy of living occurs, there is an absence of fear and self doubt in the present moment and time. This is the zone. Getting in the zone means living with clarity, focus, and intent.

If you are like me, you're thinking, "I need to learn how to get in the zone. I would love to have clarity, focus, and intent!" Take a look at two influences that distract all of us:

1) Television programs are now teaching and influencing the moral decisions of most Americans. The top rated shows are littered with murder, violence, and sexual promiscuity. And family shows have become a dying art; they can't survive. It seems Hollywood would like to influence how we all think, how we all look, and influence our value system.

1 John 2:15-17 – Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world – the lust of the flesh, the lust of the eyes, and the pride of life-comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

2) And shall we discuss our culture's rules! Often our current society has adopted opinions and values that could not be further from the truth in the Bible.

1 Corinthians 3:18-20 – You should not fool yourself. If any of you think that you are wise by this world's standards, you should become a fool, in order to be really wise. For what this world considers to be wisdom is nonsense in God's sight. As the scripture says, "God traps the wise in their cleverness"; and another scripture says, "The Lord knows that the thoughts of the wise are worthless."

Psalm 119:176 helps me to leave behind these influences and get in the zone.

And should I wander off like a lost sheep- seek me! I'll recognize the sound of your voice.

It sounds like David felt exactly like I do. I've realized I always have grace. I always have another chance to make better decisions. I recognize the voice of the Lord and I have hidden God's word in my heart. God's word helps me stay on track and knowing God won't give up on me is comforting. Take courage in knowing God will never leave you. Take advantage of another day and another opportunity to get in "The Zone". Forget what is behind you and press forward. Pay no attention to opinions of this world. Remember the Bible is still the authority and the best guide for living successfully. Live with clarity, focus, and intent.

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