**DISTRACTIONS AND STAYING FOCUSED**

***Written By: Tommy Romans August 2023***

In starting this Newsletter, I want you to know that Distractions are killing us! The Holy Ghost spoke to my heart that the enemy is stealing peoples’ minds in these final closing hours. He is working overtime to keep our minds off God. Most of the Church has lost her connection to the Lord and the Spiritual things! She has lost her power and peace with God in these trying times.

**Isa 26:3** Thou wilt keep him in perfect peace, whose mind is **Stayed** on thee: because he trusteth in thee.

 **4** Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

HAVING A SINGLE EYE

**Lu 11:34** The light of the body is the eye: therefore when thine eye is **Single**, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.

 **35** Take heed therefore that the light which is in thee be not darkness.

 **36** If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light.

 What is Jesus saying here – if thine Eye be Single? Jesus did not say double. **Single** in the Greek means – Focused on ONE THING, not focused on many things, but having a clear vision that is focused only on ONE PURPOSE, one Goal, one ambition and that is to serve God, to please Him and to do His Will!

 The disciples who were freshly filled with the Holy Ghost on the day of Pentecost and called to ministry – Luke records in **Acts 2:46** - And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and **Singleness** of heart. They had only ONE goal and desire and that was to fulfill the Call of God! Their Eyes were fixed on Jesus!

Let’s look close at what Jesus is telling us! Jeus is dealing with our Vision – our Focus. In the natural you cannot walk without Light – you cannot see where you are going – you must have light or the darkness will blind you. Darkness typifies this world, it's carnal pleasures, it’s sins and trivial pursuits and all of its earthly cares. Many wrong decisions are made, wrong turns are taken because of darkness. Many dangers and pitfalls and evils lurk in the darkness because there’s no light to reveal it. You must continually behold the light – Keep the EYES of your heart Focused on God and His Word in this blinding deceitful hour! What is it that determines whether you live in darkness or light? What is it that determines whether you live in victory or defeat – It is the spiritual condition of your Eyes of the inner man, the soul - what you are constantly focused on. The Single Eye that Jesus is dealing with stands for your whole aim and main desire in life. What is your goal above all others?

 By the Eye, we set our end before us – that’s the mark we shoot at – it’s the place we long to go, it’s in our heart, we keep it in our view, it’s what we work for! Did you know that everything you do and desire is a direct result of what’s in your Eye? Jesus is saying – if we aim honestly and with a pure heart to give God Glory, then our Eye is Single! **Phil. 1:21** – Paul said – For me to live is Christ!

 Your whole life is like a big Circle. Anywhere you are in that circle, if you aim at no other point but the center, then your lines will never cross because God is the Center! Regardless of family, friends, or job; regardless of troubles and trials, your aim and desire will be Jesus and He’ll be your light. I’m dealing with our Eyes, what are you Focused on?

DISTRACTIONS ARE DANGEROUS

 Distractions are killing us! Did you know that we live in the midst of many Distractions? They are all around us – they can draw your attention so easily, they can sidetrack you. Isn’t it amazing how short our attention span is, how easily we are distracted? Little things distract us so easy! How many wrecks happen on the road, many fatalities because the Eyes were taken off the road on to something else for a second! I want you to know that the devil, the enemy of your soul will use anything he can either to entice you or bug you – He wants your attention. That’s his job, to break your concentration and get your mind off the Lord and spiritual things! He may send texts, calls, thoughts, visits, sights and sounds to draw your attention away from God and His Word. He will fill you with obligation and desires that’ll keep you away from prayer and communing with the Lord.

 Listen, God is your life-line and if that is severed, you are headed for confusion, trouble and loss! Our minds are constantly being bombarded with things, worries, cares, and aggravations. Our minds become hijacked and we don’t even realize it. The devil wants to take your peace away from you.

BEELZEBUB THE DEVIL

 I’m not trying to be funny but I’ll use an illustration:

 It seems Beelzebub the devil will send one small housefly into your house to hijack your sanity. You open your door to go outside or to look out and in comes the little devil without invitation. You didn’t ask for it but in came trouble!! This might seem comical but the little demon has the whole house to fly through, but guess where he goes? He finds YOU!! He buzzes by on the right, he buzzes by on the left, he buzzes all around your head. You’re trying to read your Bible and meditate on the Lord and pray. You had peace and calm until he showed up. You can hear the buzzing of his wings, he’s fast and furious as you barely get a glimpse of him. You sworp and fling your arms trying to shew him away, but he’s determined and for no reason he’s got you in his sights. You barely get another scripture read till he’s right back. Your concentration is now broken by something so little. He’s now got ALL of your attention. You swipe at him again and he buzzes up to the ceiling fan, circles the light and you got it – here he comes again like a dive bomber straight down at you, you are his target!! By this time your mind is not on God anymore, the peace has been shattered by something so little. It’s now got you on your feet, you head for the fly swat. You chase him all over the living room swiping at him. Minutes pass and he then goes into the kitchen and you’re right behind him. He circles the stove, the sink, the ceiling light but he won’t be still long enough or land for you to make the final blow to kill him and get rid of this annoyance. You keep sworping and needless to say by this time you’re furious, his buzzing has driven you quite mad, the devil is in your house!!! And FINALLY he lands on the kitchen window high up on the glass close to the curtain rod. It’s now or never, I’m tired of this demon, I’ll get rid of him if it’s the last thing I do!!! You slowly draw back, take aim and you’re so irritated and angry that you swing with more force than is needed and you miss and you knock one end of the curtain rod loose and it falls down into the kitchen sink!! A mad war has taken place right in your home over this intrusion!! After a while you finally kill the little imp and he is finally gone, so is your spiritual mind, but the collateral damage has been done. It’s amazing at the things that Satan uses to irritate, vex, break our concentration and make us angry!

 You dear readers know what I am saying and you get the point – The devil uses little annoyances, little things and aggravations and he will bug you and irritate you to death with them!! This is exactly how the devil operates – He’ll find some way to enter your home, your life, cross your path by some method or even somebody to irritate you, vex you, worry you in order to take your EYES and Mind off God. He’ll use troubles, problems and people if you let him. Satan will seek to hinder you – he wants to sever your link between you and God and get your Eyes focused elsewhere!! Satan is a sly crafty master at what he does.

 Listen close, sometimes we open doors and let the enemy in by allowing things that steal our hearts, our minds and time away from the presence of God and His calling. We easily get sidetracked – This is the reason Jesus said “If thine Eye be Single, if it stays focused on the Lord and committed to Him with the desire of all the Heart, you will be full of Light!!” Could this be our Prayer: “Please Lord, help us and open our Eyes to see how we are being manipulated and Distracted by the devil and losing our concentration and commitment to God and Spiritual things!”

Sometimes it’s not the major things that stops or hinders our progress on the path of life in fulfilling God’s Will. You ever get a little tiny gravel in your shoe? It doesn’t hurt very bad but after a while of irritation you have to go over and set down, take your shoe off and get rid of the little stone of hindrance. There are some things that happen in life that are out of our control – they just come and they happen, but sometimes if we don’t pray and get the mind of the Lord, we open the door and let the enemy come in and steal our time and take our peace by what we allow!! Be careful what you seek and go after! Every thing is not innocent, it may have a hidden price tag that will cost you in the long run!! They will end up robbing you and taking your mind and heart away from the things of God! Time is of the essence, it is precious, don’t let people or the things of this life and of this world ever blind you to the precious things of God and take you away from His calling and presence!!

The person with the Single Eye is the one whose only desire is to make good his future and eternity. He moves forward clearly focused on his goal without wavering or doubt. He or she never lets anything distract them but keeps their Eye always set and focused upon the eternal. The Eyes are fixed upon the One who called and saved their soul for a purpose. Can you say – “Lord, I’m not allowing anything to distort my vision – not trials, nor afflictions nor bad experiences that I’ve had to fog my vision of the celestial.” He who has a Single Eye will walk in confidence and assurance – their whole heart and life will be full of Light, having no part dark!!

WALKING A THIN LINE AND

KEEPING FOCUSED

 Let’s look now at a tight rope walker for an example of a Single Eye. It’s like dare-devils who walk a thin tight rope, keeping their balance without falling while they walk across from the top of one skyscraper to the other on a thin rope stretched hundreds of feet above the concrete and streets below. There is nothing beneath their feet but air and one thin one inch line. They know if they fall it’s over – it’s sure death. Before they ever step one foot on the line to start the crossing, they understand they cannot look off in any other direction or look at any other object except the line they’re walking on in front of them. They can’t even look at others to see what they are doing or what they are thinking – they just can’t do it and keep their balance. They know that their success and security in reaching their goal will be their staying focused.

 How many people, good people have fallen and went down because they got their eyes off Jesus and started looking at other things? They were doing good, some almost reached the other side but did not make it. Can I say – blessed is that person in these days who can keep their mind concentrated on God and eternal things and never allow their vision to be fogged by the earthly vanities and cares. Children, keep focused by looking unto Jesus the Author and Finisher of your Faith. How can you keep your balance in the society we live in? Don’t ever take your eye off the Master. Continue looking and gazing into Gods Living Word. For the line you walk is that precious scarlet cord, that golden rope that is anchored in Genesis and stretches all the way to the end of Revelation and ends on a street of solid gold just inside the gates of pearl – Gods Holy City – stretching to the throne of God around which the redeemed that have made it are eternally secure and are rejoicing with everlasting joy.

 The record is clear through the pages of the Bible, that many have fallen, lost their balance and went down in history as a tragedy, broken in sin and defeat. But on the other hand, others continued walking in the light, stayed in the straight and narrow way, kept their balance while they walked Gods straight golden cord. They kept a Single Eye, had one desire and purpose in life and that was to serve God and be a light to others along the way.

 I want to say to all my readers – keep working, be faithful, your labors are not in vain. Don’t let anything distract or side-track you. Keep focused on the Goal. Remember Noah, he kept a Single Eye. For 120 years this man ceaselessly labored and toiled, stayed faithful and never quit. As a result his family were all saved.

 Remember Abraham the father of Faith. God stretched a golden line before him and he stepped out on nothing under his feet but the promise of God. He loaded his wagons that day and left his father and all the idols behind and launched out for a city which hath foundations whose builder and maker is God. This faithful servant left everything behind, building altars as he went and a thousand miles later his feet entered Canaan. His Single Eye took him through famine, war, desert sands and many sacrifices and that Golden line brought him to the place where God called him the Father of many nations – THE FATHER OF FAITH. And because of him, the blessings of Abraham have passed down to us.

 I want to ask you – have you left anything behind that you’re sorry of? Do you have any regrets of following the Lord? Are you glad you made sacrifices along the way and stayed true? Abraham left behind him such a witness that his son Isaac followed in his footsteps. Your family and children can tell if you’re sold out to God. They know if you have a Single Eye! When Mom and Dad walks the line and stays focused, it shapes the hearts of their little ones. I want what Mom and Dad’s got!

 Listen children, the effects of a Single Eye of a parent, pastor, leader or any other will affect and inspire others right down the line. O God, don’t let me fail or ever get sidetracked by something! Others are depending on me to keep the vision and if I lose it, they may fail and miss Heaven!



**LORD FOREVER KEEP ME FOCUSED**



 Did you know that your feet and eyes are connected? The feet follow the eyes. It is your eyes dear soul that directs your steps. If we ever needed our steps to be sure, it is now. Any of us could fall if we don’t stay focused. Remember, others are watching you. Children, keep Heaven always in your view. There is a reward at the end of the line. May God Bless all my Readers!!

**JUDE 1:24 –** Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His Glory with exceeding joy.

**KEEP YOUR EYES ON JESUS!**