



## JESUS, THE CENTER OF IT ALL

*by Whitney Davis*

Has there been a moment this year that you've thought, "What in the world is going on? Is everything spinning out of control?" I think all of us have shared this sentiment at some point this year. We have endured a global pandemic, a shut-down society, fear of the unknown, social justice issues, racial tension, financial struggle, political division, illness, mental health struggles, and so much more. All of these realities have caused us to be dependent on the sure foundation within us. It is in this foundation that we find hope for these difficult days.

Recently, I saw a video of an old familiar song, Jesus at the Center, shared. The lyrics by Darlene Zschech are as follows:

"Jesus at the center of it all  
Jesus at the center of it all  
From beginning to the end  
It will always be, its always been You  
Jesus, Jesus"

Upon listening to this song again, I breathed a sigh of relief and thought, "Yes!" What a sweet reminder to know that amid confusion and difficulty, just the mention of the name Jesus brings peace and security.

Hebrews 12:1-2 is an excellent reminder for us.

*And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer*

*and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

There are many benefits to placing Jesus at the center of your life and fixing your eyes on Him. Let's talk about a few.

### **1.) Jesus at the center gives me perspective**

This year, many things have disrupted our lives and caused emotional responses such as fear, anxiety, worry, depression, despair, uncertainty, and confusion. It is easy to get caught up in our particular circumstances and not see the bigger picture. When we place Jesus at the center of our heart and mind, He will guide our emotions to a place of peace. While all we may see is the ugly, painful knot on the backside of the tapestry of our life, Jesus is working in that very place to produce the beautiful tapestry that He sees on the other side. We may utter phrases like "I just don't understand." Or perhaps we seek to explain away or make assumptions about situations through our own reasoning. I encourage you to take a step back and submit to the Holy Spirit when these situations arise. Put on your "Jesus glasses" and look at your life through the lens of Jesus being central.

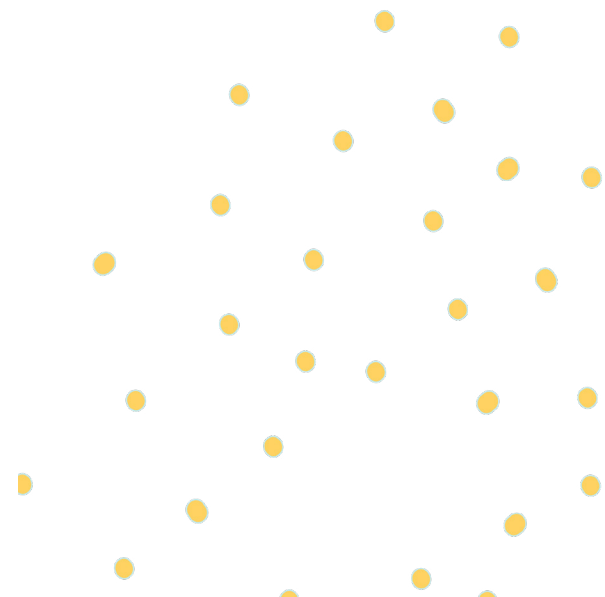
### **2.) Jesus at the center gives me security**

Our flesh fights against us as we struggle to surrender ourselves. Often we devise plans or analyze situations in our power. The weight of this self-dependence can be overwhelming. There is freedom in the security we find by surrendering ourselves and placing Jesus at the center. We can trust Him with our lives.

### **3.) Jesus at the center gives me hope**

In the words of the famous song by Andrae Crouch, "Jesus is the answer for the world today. Above Him, there's no other. Jesus is the way." Jesus is truly the only thing unshakeable in our lives. Left to our strength, wisdom, or power, we would have little hope. When Jesus is at the center of our lives, no darkness can fully overtake us, no threat of the enemy will prevail, sickness has to leave, impossible things are made possible, and hope and victory win.

We may not be able to solve the world's problems or our own. There may be no seeming way of finding solutions to our trials here on earth. However, at just the mention of the name Jesus, Light pierces the dark. I encourage you today to practically make Jesus central every day. Commit to open your Bible before you open your phone app, commit to times of prayer and worship daily, and extend love, grace, and encouragement to others. Over time, the rhythms you engage in by putting Jesus first in your everyday life will infuse your heart and mind. Jesus will be your sure foundation. You will be able to tackle anything life brings your way with Jesus at the center of it all.





### CONVERSATION STARTERS:

1. In what areas of your life do you struggle to put Jesus at the center?
2. What practical tools help you to keep Jesus central in your mind, heart, and life?
3. Hebrew 12:3 says – “*Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*” How does reflecting on the suffering of Jesus help us not to grow weary and lose heart?
4. How can you encourage others to fix their eyes on Jesus in challenging times?

### CALL TO ACTION:

1. Implement a practice this week that helps you focus on Jesus first thing in the morning. Ideas include prayer, bible reading, worship, reflection, or an activity of your choosing.
2. Keep a journal this week of things that distract and overwhelm you, and write out how you fix your eyes on Jesus during these times.

**Commit to placing Jesus at the center of everything you face this week.**

**MEMORIZE:** *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. Hebrews 12:1-3*

