

# Influence Ministries

## FRESH AIR

### LESSON 3

#### TITLE: EYES ON THE ETERNAL

Every one of us goes through times in life where we are going through the motions, no wind, no breath nothing propelling us.

So, what do we do? We fake it or we die. The first step is coming to terms with that that is a reality and being honest and sharing a heart with somebody that can help us out of the doldrums.

My hope is that's what you're beginning to realize that you have in this small group.

The next step in our journey is to realize and recognize what fresh air is. You cannot pursue something that you don't understand.

So, we've done our best to define it and have given every one of us a goal to shoot for in the series.

How do we get fresh air in the different parts of our life?

To start to answer that question I need to ask another question. How do we view eternity?

The Bible says that this life is but a vapor, short in a condensed space of time.

So, eternity is forever in this thing we call life, is pretty short.

The question for this lesson is, what are you looking at?

One of the ways for us to gain fresh air is by refocusing our lives on things that really matter.

We can focus on our problems which never really fixed themselves or we can focus on the eternal things which bring the breeze to us in this life now.

Live for eternity, and you will never love another day unfulfilled.

So that being said, you have to ask yourself the question and find the answer to this...

What is the reason God has you on earth for?

If the secret of fresh air living is knowing how our life makes an impact for eternity, then we can shake it off knowing that the bad days are temporal.

I want you to think about the answers to these questions.

What is the purpose of my life for eternity?

What is my unique contribution on earth that I have eternal implications?

The more you know why you're here, the fewer problems in life can weigh you down.

Let me help you...

You exist to take your time, abilities, talents, personality, gifts, resources, money, everything you have and use it in the life of others to make a difference in eternity.

Simply put, you exist for others. Not just to help them on earth but help them with the gospel so they can spend eternity in heaven too.

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The 2nd question we need to answer is this... what do I need to spend my time doing to focus on eternity and the things that matter?

We can spend our time on a lot of things that have no internal meaning, but it uses our time.

*1 Timothy 6:17-19 NIV*

*Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.*

In other words,... they're breathing again.

A lot of us are nearsighted. We can see things up close clearly, but the things in the distance are fuzzy.

When we only focus on us and our needs, the bigger picture becomes blurry. Out of focus and you can't see clearly what God wants.

Illustration:

Look at your hand 1' away and everything beyond your hand is blurry.

Look past your hand 8' and your hand is blurry.

What are you focusing on?

*Heb 12:2... let us fix our eyes on Jesus, the author and perfecter of our faith.*

I understand refocusing our life isn't that easy, but it is doable. Let me give you some tools to help you.

## 1. Prayer

Prayer is more about you going up to God rather than God coming down to you.

## 2. Worship

Worship is making God big again by exulting him.

## 3. Focus on the needs of others.

Serving in all the eternal things you can do. By serving others it gets your focus off your own needs. You begin to look past your hand and see the picture that God sees.

My goal for you this week is to identify the reason you're on earth and identify the meaningless things that are in your way. And if you do that, I promise you will have fresh air in your life this week.