

## Concentration

### Description

Hebrews 2:1-9

Recently, I had an eye exam. One particular test required you to click a button each time you saw a light on the screen. I was determined to do my best and concentrated on that screen and flashing light. I realized that I was focusing so much that I was clicking before the light appeared!

Concentration can be difficult for many of us. Some are easily distracted. Whatever the intrusion, our concentration can be easily broken.

The writer of Hebrews knew this and clearly warns his readers, "We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away" (2:1). When our focus on Christ is interrupted by distractions, we are in danger of ignoring the "great salvation" that transforms us.

Anyone who struggles with concentration knows that repetition is important. Daily focusing on Christ through scripture reading, prayer, and spiritual discipline is key for improving our "careful attention." Our careful attention is intentional, steady, and deliberate.

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