



Links Players

Where's Your Focus

We must fix our eyes on Yeshua, the Originator and the Trainer, who perfects our faith to completeness. Because of the joy awaiting Him, He endured suffering on the cross without showing regard for its shame. Now, He is seated at the right hand of the throne of God. (Hebrews 12:2, HHBNT)

The late Chuck Hogan, golf instructor and mental coach, said, “Be mentally engaged with the target and physically relaxed.” It seems so simple, yet we often do the opposite.

I’m guilty of being hyper-focused on swing mechanics during a round of golf. My target fades into the background, and I pay more attention to how I swing and the outcomes.

I might hit some good shots, but not focusing on the target creates more tension in my body and “trying” on my part.

I have similar struggles in my spiritual journey, too. When I first started following Jesus, I just added him to my “perform for acceptance” bucket.

What I mean is that I was given a list of tasks—read my Bible, pray, go to church, and share my testimony. I felt pressured to do it all perfectly. I compared myself to other Christian athletes, and my inner critic never rested. I could always do better.

The writer of Hebrews invites us to a different kind of focus. A focus that sharpens our soul (mentally engaged) and is fueled by love (physically relaxed).

Our scripture today is familiar and always helpful to revisit. Notice it does not say, “Perfect your focus,” or “Try harder to think about Jesus.”

The Greek word for fix means to look intently toward or to behold in the mind. When we fix our eyes on Jesus (Yeshua) in a mentally engaged way that is soft, steady, and honest, we open our hearts for him to do the perfecting of our faith. It is not forced; it is received.

A tight, anxious, and self-centered focus sounds like: Am I doing enough? Am I spiritual enough? Am I disciplined enough?

A consistent turning back toward Jesus feels spacious and relational. It sounds like: Jesus, here I am. I want to see You today. Help me.

Mentally fixing our attention on Jesus is not about performing for him or trying to hold ourselves together—we are letting him hold us.

Fixing our gaze on Jesus is less about tightening our grip and more about relaxing into his. It's allowing the Spirit to interrupt the noise in our heads and whisper, "I'm here," whether we are washing dishes, driving to work, or playing golf.

Today, let's ask Jesus to make our focus clear, not tense. Ask him to replace self-pressure with his love and peace.

Remember, fixing our eyes on Jesus isn't about being perfect; it's choosing to trust that he is perfecting our faith to completeness.

Mentally engaged and physically relaxed feels like good soil to play in.

Prayer: Lord, thank you for Jesus – the perfecter of our faith. Help me to fix my eyes on Jesus, not out of performance, but to receive his love and path for my life.

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Tracy Hanson

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