

# Short & Sweet: The Final Four by Mary Kane



Nourishment and refreshment  
for the soul.

*1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Hebrews 12:2*

The air is full of madness, March Madness. Throughout the dismal days of March, we've all been glued to our devices with our crumpled brackets in hand, cheering for our favorites. (What else is there to do in March?) Now we are down to the Final Four.

As I watched the news this morning, I was moved by a photograph of a player from Duke, arms out-stretched, muscles quivering, body straining, and eyes intensely focused on the prize—the basketball. I admired his determination and perseverance to pursue his goal against all odds, sacrificing himself for the prize.

We have a final four as well: Self. World. Sin. Jesus. They all vie for our attention in a battle for mastery over our souls. Which ever one we focus on we will master us. Where the eyes are focused, the body will follow.

### **Action Points:**

1. Where do you want to end up? Are your eyes focused in the right direction?
2. Do your current habits help or hinder your goal?
3. How can you better focus your eyes on Jesus?