

Lesson 10: Spiritual Concentration

If you chase two rabbits, both will escape.

Before water generates steam, it must register 212 of heat; 200 will not do it. The water must boil to generate enough steam to move an engine. Lukewarm water will not run anything. Lukewarmness will not generate life's work.

It is not the straining for great things that is most effective; it is the doing the little things, the common duties, a little better and better.
Phelps, Elizabeth Stuart

The shortest way to do many things is to do only one thing at a time.
Sydney Smiles

Psalm 55

- **Verses 4-5**-David is afraid that his life will be taken. He is consumed by this thought. This great fear produces anguish in his heart. His physical body is disturbed by the fear of his mind.
 - **Verses 6--8**-David is like so many of us. When difficulty comes we just want to escape. We want to fly away from all of our troubles. But remember, **God is a God who is powerful enough to deliver you in the trouble without having to move you out of the trouble to do it.**
 - **Verses 9-14**-David says that he could withstand the threat of an enemy but it is very difficult to withstand an attack coming from someone who used to be your closest friend, or even used to be a spouse.
- **Verses 1-3**-Here, the psalmist is distraught because he can't concentrate on God. Why?
 - Because he is troubled and distraught at the voice of the enemy. David is distraught at the chastening of King Saul. He is a victim of their anger.
 - What happened to the boy David that fought Goliath. What happened to the person that wouldn't wear armour but rather went to fight in the name of the Lord?
 - The same thing that happens to me. No matter how many victories I have, I fail. No matter how many books I write or lessons I teach, I still get mad, sad, lonely, weak, and troubled. Why? Because I do not choose to trust in God for my need at that time.
 - Do not let me give in to the threats of the enemy but rather help me to stand strong in their midst.