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Refocus On Him

Read Revelation 1:9-17

I. REFOCUS UNDER PRESSURE

Revelation 1:9

- What type of pressure are you under? Is it emotional? Physical? Mental? Material? Social? Financial?
- From Revelation 1:9, what types of pressure do you think John experienced?

A. THE PRESSURE OF SUFFERING

- What were the two specific causes of John's suffering in verse 9? Put each into your own words.
- In what way have you suffered in a similar fashion?
- In what other ways are you suffering?

B. THE PRESSURE OF SOLITUDE

- Describe the highlights of John's life from the following verses (John is sometimes referred to as the beloved disciple.) John 1:1-2, 14; Mark 1:19-20; John 9:1-8; Mark 9:2-7; John 11:7, 16-17, 38-44; Matthew 26:36-38; John 19:25-27; John 20:1-8; Acts 1:1-11; Acts 2:1-4; Acts 3:1-10.
- How was John's life different on Patmos?
- Have you ever had to make a similar transition?
- What is your Patmos?
- Do you think John would have received the vision of the glory of Christ had he not been on Patmos?

II. REFOCUS THROUGH PATIENCE

A. PATIENCE IN YOUR ATTITUDE

- From verse 10, what was John's attitude when under pressure, on Patmos?
- What does I Peter 1:6-9 say our attitude should be when under pressure? I Peter 2:20-25? I Peter 4:12-19?
- What is your attitude when under pressure?

- How do you think Proverbs 3:3-6 might help you adjust your attitude? Matthew 11:28? I Peter 5:7?

B. PATIENCE IN YOUR ACTIVITY

- Describe John's activity before exile on Patmos from I John 1:1-3.
- What activity was God now commanding John to do? See Revelation 1:11, 19
- How were the two activities different?
- What opportunities would John have missed had he not been willing to change activities and ministries?

III. REFOCUS THROUGH PREOCCUPATION

Revelation 1:12-16

- What do the lamp stands represent in Rev. 1:12? See 1:20
- Who was the one "like a son of man"? (see 1:17-18)
- From verses 12-16, how did John see Jesus as our High Priest (cp. Heb. 4:14)? As King (cp. Rev.19:16)? As Everlasting Father (cp. Isa. 9:6, Dan. 7:9)? As Judge (cp. John 5:22)? The Living Word (cp. John 1:1-2, 14)? The Good Shepherd (cp. John 10:28) the Truth (cp. John 14:6, Eph. 6:17, Heb. 4:12)? The Light of the World (cp. John 8:12)?
- When under pressure, with what are you preoccupied? With what was John preoccupied?

IV. REFOCUS UNTIL PROSTRATE

Revelation 1:17

- What impact did the vision of the glory of Jesus Christ have on John?
- What are the primary characteristics of a dead man? Relate these characteristics to surrender to Christ.
- How did Paul have a similar experience in Galatians 2:20?
- Do you think Jesus was referring to this experience in Matthew 16:24-25?
- How does this apply to you?
- How do you think the vision of the glory of Jesus Christ helped John deal with the pressures, problems and pain in his life?
- On what are you focused?
- Would you choose to lift up your eyes and refocus on Him?