

# LENS

*"What is not eternal is eternally useless." C.S. Lewis*

## PURPOSE

The ONE80 Life™ Lens provides a Christ-Centered focus on goals, plans and decisions while keeping an eternal view in mind. The lens will support any individual or group as they maintain focus on the only thing that will last: Love. When direction, purpose and decisions become fuzzy or out of focus, the ONE80 Life Lens restores clarity of priority, purpose and direction. The Lens itself is not a process, but it can be used with any process or program to provide greater spiritual growth and immediate eternal focus.

## THE LENS

The One80 Life Lens brings awareness to the three truest desires of the human heart; the only desires eternal in nature, promoting life and growth.



***Connection with God***



***Healthy Connection with Others***



***Connection to True Self***

## APPLICATION OF THE LENS

Use these questions to open up a conversation.

1. How does this \_\_\_\_\_ (decision, relationship, priority, thing, etc.) help me and others connect more intimately and more lovingly to God?
2. How does this \_\_\_\_\_ help me and others connect to others in healthy ways?
3. How does this \_\_\_\_\_ help me and others connect to True Self?

Applying this lens within this prioritized order will result in greater alignment with the most important things in life, releasing life and growth within you and between you and others.

Print this out and apply it for yourself, or take this to anyone who can help you examine life through the lens. The best people helpers are those who have applied this lens in their own life and operate with a Christ-focused relationship.

Some of the best support options for Christ-focused connection come through counseling and life coaching. Christ-focused counselors primarily help to remove obstructions to connection through recovery and healing. Christ-focused life coaches primarily help with discovery of True Self and healthy connection. These two people-helping professional groups are trained and spring-loaded with knowledge of how to support an individual from exactly where they are and help close the gap to where they want to be in healthiness and discovery. Other people-helpers who are applying the lens to their own life can also help support other's growth and change.

**More information on these topics can be found on [Platform.ONE80Life.com](https://Platform.ONE80Life.com)**

This lens is a product of the most important commandments found in the Bible.

In Mark 12, the Hebrew teachers of the law asked Jesus what is the most important commandment. Jesus answered with these words:

***“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” Mark 12:28-31 NIV***

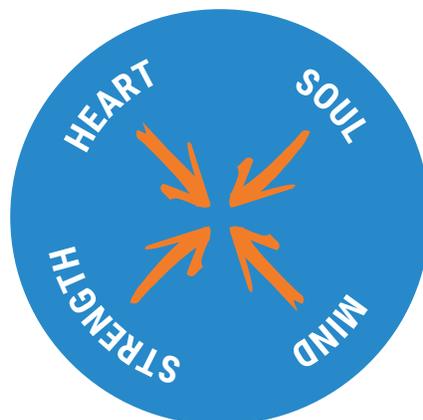
***“All the law and the prophets hang on these two commandments.” Matthew 22:40 NIV***

These verses provide the foundation for the ONE80 Life Lens and are the verses that the lens always refers back to when examining life from any angle.



The ONE80 Life Lens offers a view of the Greatest Commandment verses through the understanding of the priority of connection. This is provided for greater clarity and understanding, especially since the concept of love remains complex and sometimes misunderstood in society.

Additionally there are four layers of connection, which involve healthy engagement of:



*These layers identify every part of an individual.*

## An Important Note about Responsibility:

Every individual is responsible to cultivate his/her own connection to God, healthy connection to Others and connection to True Self. This cannot be done by anyone else but the individual. Others will be involved in your journey of greater connection with God, Others and True Self, but ultimately you must take 100% responsibility. The ONE80 Life lens and website are available to support you in your journey.

Others will be involved in your journey. It is also important to note that there are two prerequisites to healthy connection: 1) seeking it and 2) maintaining humility while seeking it. For more information, read "[A Thief's Essential Lesson](#)" on the One80 Life™ [blog](#).

Seeking without humility can result in a focus on knowledge without understanding and wisdom. A posture of humility without seeking can result in missing out on the deeper understanding and wisdom that seeking with humility provides. Seeking, while maintaining humility, allows you to connect with every good thing.



**One80 Life™ helps bring what matters most into focus.**

**We'd love to hear from you!**

Do you have a question to ask or a story to share regarding the One80 Life™ Lens?  
Connect with us on the One80 Life™ [website](#).