

# Travel Light

## Part 2: Letting Go of Distractions

Distraction: a pulling apart, separating, drawing of the mind in different directions.

*The devil doesn't need to destroy you if he can distract you.*

(Luke 10:38-42)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

### **Three ways to choose what is better:**

#### **1. Diminish the distractions.**

(1 Corinthians 7:35)

I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.

(Prov 5:8 NLT)

Stay away from her! Don't go near the door of her house!

#### **2. Focus on the important.**

(Proverbs 4:25 TPT)

Set your gaze on the path before you. With fixed purpose, looking straight ahead, ignore life's distractions. Watch where you're going! Stick to the path of truth, and the road will be safe and smooth before you.

(Matthew 6:33)

Seek first the kingdom of God and his righteousness and all these things will be given to you.

### **3. Listen to the voice of God.**

(Isaiah 30:21 ESV)

And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.