

Dissing the Distractions!

DISTRACTION

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

- The devil doesn't need to _____ you if he can _____ you.

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹She had a sister called **Mary**, who **sat at the Lord's feet listening to what he said**. ⁴⁰But **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!" ⁴¹"Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴²but few things are needed—or indeed only one. **Mary has chosen what is better, and it will not be taken away from her.**" - Luke 10:38-42 (NIV)

- So often the most difficult choices aren't between GOOD and _____, but between GOOD and _____.

CHOOSING WHAT'S BEST

1. _____ Distractions!

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**. - 1 Corinthians 7:35 (NLT)

"**Stay away** from her! **Don't go near** the door of her house!" - Proverbs 5:8 (NLT)

2. _____ Focused!

"**Set your gaze** on the path before you. With fixed purpose, **looking straight ahead, ignore life's distractions**.

²⁶**Watch** where you're going! **Stick to** the path of truth, and the road will be safe and smooth before you."

- Proverbs 4:25-26 (TPT)

"**Don't** allow yourself to **be sidetracked** for even a moment or take the detour that leads to darkness."

- Proverbs 4:27 (TPT)

3. _____ God!

Whether you turn to the right or to the left, your ears will **hear a voice behind you**, saying, "**This is the way; walk in it.**" - Isaiah 30:21 (NIV)

DISCUSSION GUIDE

- Do you feel distracted right now? What has your attention?
- Read Luke 10:38-42. Do you more easily relate to Mary or Martha? What distracts you most from time with God?
- Which distractions do you want to limit? Which do you want to eliminate? How will you do it? Discuss it.
- What did God say to you during this message? Discuss it.
- How can you begin to pray this week to allow God to help you to stay focused?