



"Dodging Distractions"

HOPE GROUP STUDY - Week of March 17, 2024

Let's review this week's message, "Overcoming the Attraction to Distraction"

1 Let's Talk & Pray

Ask everyone to share the following:

Name something that distracts you from your relationship with Jesus. After everyone has shared, pray for your time together.

2 Let's Read the Word

Luke 10:38-42

Matthew 6:33

3 Let's Review the Main Idea

Our minds can wander and be distracted - with phones, people, problems... some may even battle ADHD. However, there is an even more destructive disorder - SADD - Spiritual Attention Deficit Disorder. God wants all of our attention, not half. It's a fight to stay focused on Him, but it is so worth it! Let's learn how to focus on what matters most in our lives with Him with this week's points:

- DON'T miss the moments that matter
- DISTANCE yourself from distractions
- DO the things that matter most

4 Let's Think

- Martha had Jesus in her house! Name some tasks that were distracting her from His presence.
- What did Martha miss at that time?
- Jesus told Martha she was, "worried and upset over details..." What details would Jesus tell you that you are worrying and distracting you from Him?

5 Let's Share

- Share a moment you missed in your life because you were distracted (family, event, etc.) Why did you miss it?
- Even if it's a good thing you do, what seems to take up a lot of your time and attention?
- Do you feel like you have "hurry sickness" or always feel short of time? What do you think Jesus would tell you to help you?

6 Let's Grow

- Why does the enemy want you distracted from following and focusing on Jesus?
- Taking Matthew 6:33 into account, name what would be put into the "seek first" category for a typical day. What will you do with the things that don't fit into that?
- What is the "best" or the "one thing" to you that you need to focus on?
- What are some practical ways to eliminate the "good" things that keep us from the "best" in our daily rhythms of life?

7 Let's Pray

Take a few moments to share prayer requests and pray for them and each other.

Here's some ways to take the Next Step in following Jesus:

- Water Baptism happening April 7th
- Next Steps - 9:30am, April 7th.

Sign up for these events in the Hope app.

And don't forget Easter is coming up! Friday, March 29th, 7pm & Sunday, March 31st 9am&11am