



**I. Review/Previous Sessions**

**A. Wired for Purpose**

**B. How to discover purpose throughout your life.**

**C. The Important Role of Fulfillment.**

*Everyone needs fulfillment.*

**D. What's Warring Against Your Purpose.**

*Moses dealt with extreme inferiority!*

**II. Dealing with Distractions**

**A. Everyone deals with distractions!**

**1. Distraction**

- a. To draw away from something.
- b. To be driven about mentally.
- c. To become over-occupied with something.
- d. To be separated from the vital thing.

**2. There is a clamoring for your attention.**

Distractions take our attention away from what is vital.

**3. If you do not learn to identify and deal with the distractions of life, you will never fulfill or complete your purpose.**

- a. Assignments will be left unfinished.
- b. Your life will be filled with unfinished business.

**4. While everyone must learn to deal with distraction, there are some people who are given more to this issue.**

- a. If you know that your life has followed a pattern of being distracted, you will have to pay close attention to this.
- b. Satan loves to place our lives in a loop – looping back to the same issues over and over again.

- c. If you have experienced a pattern of being distracted – thrown off course – in and out – up and down – YOU WILL HAVE TO GIVE MORE ATTENTION TO THIS ISSUE! BUT, you can overcome!  
*God is not shining the light on this issue to bring condemnation. God is drawing our attention to the distraction issue so we can overcome it!*
- d. **Interesting stats.**
  - 90 % of workers are distracted by their phones
  - 80% of employees are distracted by chatty co-workers
  - 70% of employees are distracted by office noise
  - 56% – social media
- e. Distractions that are not addressed will:
  - Keep you from purpose.
  - Keep you from fulfillment.
  - Keep you from accomplishing long term goals.
  - Stop your God given assignment.

## **B. Distractions in the Bible.**

**1 Corinthians 7:35 (NLT)** – *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 (NIV)** – *I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord*

### **1. Nehemiah**

- a. Nehemiah was following a God given purpose to rebuild the walls of Jerusalem and the gates that had been destroyed.
- b. Nehemiah's purpose faced warfare. The enemy wasn't happy with his assignment.
- c. **Nehemiah 6:1-9 (NLT)** – *<sup>1</sup>Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained—though we had not yet set up the doors in the gates.<sup>2</sup>So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono.*

*But I realized they were plotting to harm me, <sup>3</sup>so I replied by sending this message to them: “I am engaged in a great work, so I can’t come. Why should I stop working to come and meet with you?” <sup>4</sup>Four times they sent the same message, and each time I gave the same reply. <sup>5</sup>The fifth time, Sanballat’s servant came with an open letter in his hand, <sup>6</sup>and this is what it said: “There is a rumor among the surrounding nations, and Geshem tells me it is true, that you and the Jews are planning to rebel and that is why you are building the wall. According to his reports, you plan to be their king. <sup>7</sup>He also reports that you have appointed prophets in Jerusalem to proclaim about you, ‘Look! There is a king in Judah!’ “You can be very sure that this report will get back to the king, so I suggest that you come and talk it over with me.” <sup>8</sup>I replied, “There is no truth in any part of your story. You are making up the whole thing.” <sup>9</sup>They were just trying to intimidate us, imagining that they could discourage us and stop the work. So I continued the work with even greater determination.*

**Nehemiah 6:9 (NKJV)** – *For they all were trying to make us afraid, saying, “Their hands will be weakened in the work, and it will not be done.” Now therefore, O God, strengthen my hands*

- You need to recognize when the enemy is attempting to set you up for harm – *it’s a setup!*
- Send the enemy a clear message – *I cannot come! I am doing a great work.*
- *Four Times – the enemy was persistent! You must deal with the persistence of the enemy! You must be more persistence in resistance than he is in warring against you.*
- The enemy will always use words of discouragement.  
**CALL HIM OUT!**
- When distractions show up – have a greater determination than ever – to continue your purpose/assignment. NEHEMIAH made a draw on the strength of God!

## **2. The distractions of life – choke the seed of God’s word.**

**Luke 8:14 (NLT)** – *The seeds that fell among the thorns represent*

*those who hear the message, but all too quickly the message is **crowded out** by the cares and riches and pleasures of this life. And so they never grow into maturity*

**Luke 8:14 (LSV)** – *And that which fell to the thorns: these are they who have heard, and going forth, through anxieties, and riches, and pleasures of life, are choked, and do not bear to completion*

- a. Notice – it isn't sin that is choking the work/ it is daily cares – pleasures of life – good things...
- b. What's distracting you from that which is vital?
- c. What's crowding the main thing out of your life?
  - The things of God?
  - Church attendance?
  - Keeping God first?
  - Staying on course with your purpose?
  - Staying focused?
- d. **Choke – suffocate – to smother**  
*When we become so distracted by other things – vital things will become smothered – suffocated*

### 3. Martha

- a. **Luke 10:38-42 (NLT)** – <sup>38</sup>As Jesus and the disciples continued their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. <sup>39</sup>Her sister, Mary, sat at the Lord's feet, listening to what he taught. <sup>40</sup>But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." <sup>41</sup>But the Lord said to her, "My dear Martha, you are worried and upset over all these details! <sup>42</sup>There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."
  - KJV – Cumbered about – *To distract with care*
  - The things Martha was doing were necessary.
  - The things that distracted Martha were not evil.
  - The things were keeping her from something better.



**Personal Note:** *I had to shut the door on a project. Eventually the Lord graced me with the strength to go back and deal with this unfinished business. BUT I COULD NOT allow that business to take me away from my PURPOSE BUSINESS. I could have justified leaving my PUPRPOSE business to take care of necessary things – but my PURPOSE business would have suffered loss.*

**Matthew 6:33 (NKJV)** – *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

**Matthew 6:33 (AMP)** – *But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also*

**Matthew 6:33 (NLT)** – *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

- b. **DEALING WITH THE RIGHT THINGS – AND REFUSING TO BE DISTRACTED PUTS YOU IN THE RIGHT FLOW.**
- **THE RIGHT FLOW IS THE BLESSING FLOW**
  - **THE RIGHT FLOW IS THE SUPERNATURAL FLOW**
  - **THE RIGHT FLOW IS THE FLOW OF REST/EASE**
  - **THE RIGHT FLOW – GETS THINGS DONE – RIGHT!**

**TO STAY IN THE RIGHT FLOW – MEANS – I WILL NOT BE DISTRACTED!**