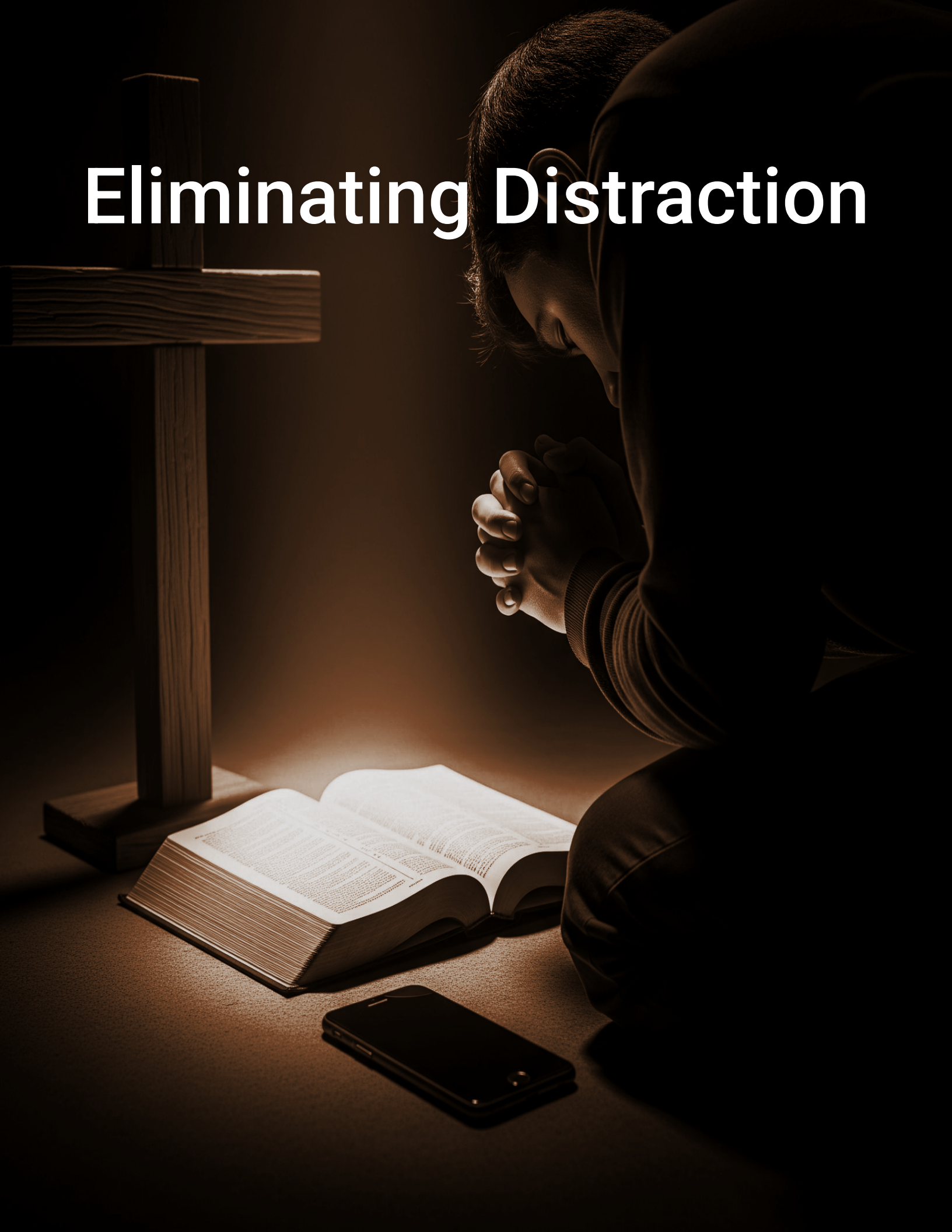


# Eliminating Distraction



## **Distraction Disconnects Us from Purpose**

In Luke 10:38–40, we see Martha busy with many tasks while Mary sits at Jesus' feet. Martha's focus on serving caused her to miss the most important thing: being with Jesus. In the same way, digital distractions—constant notifications, endless scrolling, and busy schedules—can keep us so focused on tasks that we lose sight of God's purpose for us. God calls us not just to do, but to be with Him. Our true purpose flows out of His presence, not from constant activity.

### **Reflection Questions:**

- When do you feel most distracted from God's purpose for you?
- How can you make space this week to sit at Jesus' feet like Mary?

## **Distraction Disconnects Us from People**

In her frustration, Martha turned against her sister Mary. Distraction doesn't just pull us away from God; it also damages relationships. Today, digital distractions often rob us of deep connections with family and friends. How often do we check our phones instead of making eye contact? Or zone out online instead of being present at home? Colossians 4:6 calls us to let our conversations be full of grace and attention. True love requires presence, and presence requires putting distractions aside.

### **Reflection Questions:**

- How have digital distractions affected your relationships with family or friends?
- What is one way you can show up more fully for someone this week?

## **Distraction Disconnects Us from Presence**

Jesus told Martha that Mary had chosen what was better—time with Him. Mary wasn't distracted by what had to be done; she chose to be fully present with the Lord. Psalm 27:4 reminds us of the beauty of seeking God's presence above all else, and Philippians 3:13–14 calls us to press on toward our true goal in Christ. Busyness and distractions can drown out God's voice, but when we choose stillness, we discover peace, purpose, and direction.

### Reflection Questions:

- What helps you focus more on God's presence in your daily life?
- What distractions do you need to set aside to make room for Him?

### Key Takeaway

Practice being present. Don't let distractions steal your time with God, your loved ones, or your purpose. True life is found not in constant activity but in focused, intentional living with Jesus at the center.

### Challenge

This week, when you feel tempted to zone out, scroll mindlessly, or lose focus, remind yourself: "Don't get distracted." Use those moments to turn your heart back toward God, the people in front of you, and the purpose He has given you.

