

DISTRACTIONS

A distraction is anything that pulls your focus away from a primary task or desired goal

I'm convinced the greatest threat to the church today isn't persecution or lack of God's presence – it's distraction!

Corrie Tin Boom said – “If the devil cannot make us mad, he will make us busy.”

Luke 10:38-42 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹ And she had a sister called Mary, who also sat at ^[a] Jesus' feet and heard His word. ⁴⁰ But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.”

⁴¹ And ^[b] Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. ⁴² But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

Church, the busyness of life can actually become our greatest obstacle to living an abundant and fruitful life. How?

Satan doesn't have to tempt us with sin, he just fills our lives so full of noise and screen time we no longer hear and see the person of Christ

v. 39-40

Mary and Martha loved Jesus deeply but Martha was distracted by much serving. Not on purpose, just too busy

Most Christian's problems aren't some deep dark sin that's choking out their faith, it's the worries of life

The daily grind and non-stop distractions are so noisy we can't hear God

It's always urgent, non-stop entertainment or keeping up with the news, pushing and working more to have more and, yet, those distractions box the Holy Spirit right out of our day

Maybe we need to unplug, change up our schedule and actually make time to sit with Jesus and listen to His voice

Jer 29:12,13 Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find Me, when you search for Me with all your heart.

Busyness causes spiritual drought

What if we decided to enjoy some time with Jesus even if it cuts out some of our hobbies, entertainment, and things we're entirely wrapped up in?

v. 40

Martha was so mad when she came to Jesus and said my sister has left me to serve alone

Martha was so focused on serving Jesus that she lost sight of the honor of hosting Jesus

Are we guilty of confusing serving and busyness of working for Jesus with actually enjoying the fellowship of sitting with Jesus?

How can we redirect our attention back onto Jesus?

1. PRIORITIZE JESUS

v. 41

Martha was so busy and anxious about things she forgot who she was and whose we are

Her busyness made her forget Jesus does care about my circumstances

Do you overschedule, do you spend more time with others than Him and your own family?

Social media and technology eats up our quality time with Christ. We're not too busy, we just prioritize other things instead of sitting with Jesus. This is dangerous

2. CHOOSE TO REST IN CHRIST

v. 42

Busyness makes us feel accomplished, needed, important, recognized, but actually Jesus said busyness can also distract us from our good portion

Mary chose to prioritize time with Jesus and by doing that she chose the good portion instead of just serving

Matt 11:28,29 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am ^[a]gentle and lowly in heart, and you will find rest for your souls.

Have you ever thought what you've missed out on by prioritizing being busy?

Martha missed out here

3. UNPLUG

Pastor, I don't have time to pray, read my Bible or just sit with Jesus.

Evaluate your social media and your daily schedule for the last couple weeks and see how much busy-time kept you from Jesus, church, and your real purpose

People today are discouraged, spiritually cold, and leaving the church because time with the Lord was not essential to them

No more excuses. We do have time, plenty of time when Jesus becomes my non-negotiable priority

Unplug from the world and your love for it and we too, like Mary, will have chosen our good portion

**Ps 46:10 Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth!**

Busy makes more distractions. Martha wasn't doing anything bad, she was just being pulled away from what was better

Matt 6:33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Slow down, sit at His feet, the work can wait but your soul can't!