

Week 8 | 3/3

Distractions

In an age where we can find any tv show, eat any type of food, go online to date, scroll through social media, and buy anything instantly, it's a way of life to become distracted. In your faith walk, the closer you get to God the more the enemy will tempt you into distraction. The enemy does not want you to reach God's will for your life, be free from your past way of living, nor reach any of the promises God has for you. Today we are going to address some things that distract us in our everyday lives & learn how & why we need to focus on what is truly important— our relationship with God. We need to position our hearts to Find time for Him when you have time for other things.

What Is A Distraction?

Greek: Perispao — to be overly occupied about a thing; to be drawn away.

First you need to understand you are **Called**. There is an assignment for your life. We talked in previous weeks how God created us intricately for a very specific thing on this earth. You will be used by Him if you seek Him for His direction. To do this, we must have Him first in our lives & be in position to listen carefully to His instruction. There is no coincidence when it comes to you being at this place in your life where you have this hunger for learning about

God & His purpose for your life. God is putting you in position to carry you into your calling. That is why being wary of being drawn away from our paths is so important. The enemy distracts what he can't destroy & because you are covered by the blood, this is one of his biggest strategies to keep believers from reaching their full potential.



"...but the worries and cares of the world [the distractions of this age with its worldly pleasures], and the deceitfulness [and the false security or glamour] of wealth [or fame], and the passionate desires for all the other things creep in and choke out the word, and it becomes unfruitful." Mark 4:19 AMP

Distractions keep us preoccupied with things that keep us from focusing on putting God first. It makes it hard to be influenced by Him if we are constantly influenced by other things. Remember the Word cautioning us to guard our hearts, eyes, and ears so that we are not corrupted by outside influences. It's easy to be drawn away or to be distracted from where God is taking you by immersing yourself in things that are not from Him.

We can often put God in the place of an accessory instead of a priority. We can be caught up in a place where

we don't intentionally make time to spend with God, instead we put Him where we have time around the other things in our lives.

We discussed **idols** in the previous chapter as anything we put ahead of God. Distractions have great potential to become idols. Both distance us from God. We can get caught up in following other things that are not God especially in this day & age. That is why it is so important to stay vigilant.

*1 Peter 5:8 AMP
Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour.*

How Do We Get Caught Up In Distractions?

“When life feels uncertain or our longings go unmet, it's easy and comforting, momentarily, to grasp on to temporary fillers. If only we had more money, more friends, more experiences, or achievements, then we'd be happy and content. But this type of mentality leads to idolatry by shifting our focus off of Jesus and placing it instead on the temporary and insufficient pleasures of today.

Whatever we treasure more than God, whatever drives our thoughts and actions, becomes an idol, and these idols dull our spiritual hearing and harden our hearts to things of God.”

Excerpt from BibleStudytools.com “10 Common Idols in Our Lives and How to Resist Them”

Application

What are some of your favorite distractions?

What would be hard for you to go a week without?

Be Honest. What is the first thing you do when you wake up? How long before you put God in your day?

What are some “Good” distractions in your life? What about “Bad” ones?

What keeps you turning to these things for distraction?

Personal Study

Peter Gets Distracted

Matthew 14:28-31

Nehemiah Resists Distraction

Nehemiah 6: 1-9

God First

Matthew 6:33

Jeremiah 29:13

What to Focus on

Proverbs 16:3

Colossians 3:2

Romans 8:5

Philippians 4:8

Promises With God First

Proverbs 3:5-6

Psalms 37:3-5

Proverbs 4:26-27