

Our world is full of distraction.

We have never been more connected with the news of the world around us, updates from the lives of our friends, and opinions of those we don't even know. Research shows that iPhone users unlock their phones an average of 80 times per day. In addition, it was shown that the average iPhone user checks their phone between six and seven times per hour—or about once every 10 minutes. Our days are constantly being interrupted by texts, tweets, push notifications, ads, Instagram posts, emails, and on and on we could go. Our brains are being trained to crave distraction. With this increased connectedness, if we are not careful, we can become disconnected with our Creator. by Chandler Vannoy

Many kinds and sources of distractions

Pleasure, pain, manual, visual, auditory, cognitive, isolated, regular, lifestyle, big, little, good and bad

- Something that pulls a believer's focus away from God
- Something that shifts our attention from something of greater importance to something of lesser importance
- Something that turns your attention away from something you want to concentrate on (God and the things of God)

Distractions often run to what is important to us. So, distractions can reveal what we love

- Steal our ability to listen, think, focus, concentrate, to be still, pray, and meditate
- Kills purpose
- Inhibits our growth
- Steal time that you cannot get back

John 10:10

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

The Devil loves distracted Christians

Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Nehemiah 6:3

So I sent messengers to them with this reply: "I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?"

Matthew 6:33

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Colossians 3:2

2 Set your minds on things above, not on earthly things

Hebrews 12:1

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,



Distractions

Good things

Phones

Social Media

Television

Sports

Shopping

Money/Finances

Worries

People

Riches

Politics

Decision paralysis

What to do?

- Get focused
- Pay attention to what you pay attention to
- Create boundaries and constraints
- Set your minds on the things above
- Be willing to do whatever it takes and put in the work
- Pray and ask the Holy Spirit for guidance

Prayer

*Father help me to choose the right things to look at, the right things to listen to, the right things to spend my time, attention, energy and love on in the New Year. So, I can do, and be all you want me to be.
In Jesus Name, Amen*



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