

Common Enemy #5: Distractions
(Luke 10:38-42)
Lynn Haven United Methodist Church

Introduction

What distracts you? It may be family, work, television or the phone. Distractions are everywhere. They can be life-threatening or life-altering. Certain distractions may cause our lives to take totally different turns.

Based on an incident that occurred in Jesus' ministry, distractions may derail our spiritual growth and development. Read Luke 10:28-32. Martha is the typical example of a distracted person. She shows us three common ways in which we become distracted.

Digging Deeper

1. One way we can be distracted is by worldly concerns. Look back at the example of Martha in Luke 10. What worldly concerns distracted her?
2. Martha's busyness prevented her from enjoying the company of Jesus and her other friends who had come to visit. What's the greatest barrier to your relationship with Christ and those around you?
3. Worry, another common distraction, is as much a sin as murder, lying, or stealing because it distracts us and keeps us from trusting and following Jesus. Read Matthew 6:25-26. What does Jesus have to say about worry? How are you distracted by worry?
4. Martha's intentions were good. She wanted to do the best for the Lord by serving Him. However, it distracted her from doing the most important thing- being with Him and enjoying His presence. What keeps you from spending time alone with God? How can you overcome these distractions?
5. One weapon that can defeat the enemy of distractions is worship. How can you expand your worship to more than just a once a week event? How can it become a part of your daily life?
6. Bible study and prayer are two more weapons we can use. Which one of these is the most difficult for you to find time to do?
7. Why are worship, Bible study, and prayer so important in our relationship with Jesus?

Conclusion

Satan does not have the power to stop us in our tracks, but if he can distract us, he may be able to cause us to stumble and fall. What are some distractions you have identified in your life and how will seek to defeat them so that you can focus more on Jesus?