

## #6 - DISTRACTIONS

DISTRACTIONS TAKE OUR EYES OFF THE "MAIN THING"



...more than a buzzword

**Q. When you think about your own personal discipleship, what is the "main thing"?**

*"For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe. Command and teach these things. Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." 1 Timothy 4:10-12*

*"Since we are surrounded by so many examples of faith, we must get rid of everything that slows us down, especially sin that distracts us. We must run the race that lies ahead of us and never give up. <sup>2</sup> We must focus on Jesus, the source and goal of our faith." Hebrews 12:1-2a GW*

### DEFINING "DISTRACTION"

What would you add to collinsdictionary.com's definition of distraction, "Something that turns your attention away from something you want to concentrate on." How do we know if a distraction is "good" or "bad."

### THE ENEMY IS SLY IN HOW HE INFLUENCES US WITH DISTRACTIONS

Give an example of ways you have seen Satan's character in these ways:

1. Crafty. Genesis 3:1
2. Enticing. James 1:13-15
3. Vicious. 2 Corinthians 4:4
4. An Imposter. 2 Corinthians 11:14
5. A Liar. John 8:44

### IDENTIFYING DISTRACTIONS

Which of these distractions most often affect your personal discipleship?

1. Social media. Instagram, TikTok, Facebook.
2. Technology. Zoom meetings, texting, etc.in ministry, and even family. Comparison makes us prideful or pitiful.
3. Budgets and numbers.
4. Regret, guilt and mental fatigue.
5. The feeling that we must perform to look busy and look good.
6. Politics.
7. Trends in ministry. Just because what works for one church or group doesn't mean it is for yours.
8. Opinions of others. It is easy to compare ourselves to others
9. Ministry itself, when well-intentioned ministry is priority over family.

## DISCUSSION QUESTIONS:

**What strikes you about Paul's admonition to be "above reproach" in 1 Timothy 3:1?**

1. Which of these distract you the most from being the disciplemaker you could be: social media, laziness, too much to do, tv?
2. What are your biggest "time-wasters? What is your best advice in phasing out unnecessary distractions or limiting time. When are those times you need to disconnect 100%?
3. What are some personal strategies for keeping track of daily and longer term goals?
4. How / with whom are you tempted with comparison. What are some of your distraction boundaries?
5. Who helps to keep you accountable?

**As for those we mentor**, it's simple. Stay focused on the very things we hold ourselves to. However, we should stand guard, keep the trust, and speak truth to those we mentor.

## For Further Reflection:

- What helps to keep you focused?
- What questions might you ask yourself about the importance of any given item that is taking up valuable time in your life?
- What questions might an accountability partner need to ask you regarding distractions? With whom can you keep accountable?

Want more info? Want to join a cohort? <https://forms.gle/FZ9XMeHpmXivCSAV9>

Video-  **DISCIPLESHIP TOOLKIT #6 Distractions** Chris Julian

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