

Distractions

1. Distraction = something less important to divert your attention. (distracting thoughts, bso's, threats, opinions of others, etc)
2. Pleasant – Satan's tools 1Joh 2:15,16; Gen 3 against Eve
3. Unpleasant – Loss of: Job 1:11 His possessions; 2:4 His health, your security

1. Satan lures us

Many pleasures of sin for son of

Pharaoh (Moses) Heb 11:25 He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin.

Many pleasures distract – Pleasing the flesh, outward beauty, puff up the pride, worldly pursuits, hobbies, recreation, amusement...

1 John 2:15,16 many friends, Jam 4:4 worldly love = hatred for God

- Satan promises the pleasure of worldly riches

Pro 30:8 ...give me neither poverty nor riches, but give me only my daily bread.

1Tim 6:9 But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition

A desire to win the lottery is one of Satan's best distractions.

- 2. Satan can distract us by troubling or persecuting

Job's family and health were taken without him knowing why. Job 1:11, 2:4
Yet Job maintained spiritual focus and faith in God.

In first generation of the gospel, times were intense. Mat 24:6 “You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come.”

Persecution was real and a distraction from serving God

- Boasting of spiritual strength is easy before the distraction of persecution.
 - Mat 26:31-35 “Then Jesus said to them, “All of you will be made to stumble because of Me this night, for it is written: ‘I will strike the Shepherd And the sheep of the flock will be scattered.’ But after I have been raised, I will go before you to Galilee.” Peter answered and said to Him, “Even if all are made to stumble because of You, I will never be made to stumble.” Jesus said to him, “Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times.” Peter said to Him, “Even if I have to die with You, I will not deny You!” And so said all the disciples.”
- ➔ Distracted from spiritual matters by sleep: Mat 26:41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Fear can distract us

- Fear of persecution and torment can be a strong distraction. If we fear man, we:
- Do not talk to others about their soul.
- Remain silent about sin (hide our light Mat 5:14)
- Cowards go to hell Rev 21:8 It takes courage to serve God. Satan uses fear to distract you. All the lessons of the OT teach us to trust God, not fear man. 2Ki 6:16,17 God opened Elisha's servants eyes.

3. How to avoid distractions and maintain spiritual focus

- Be aware of your weaknesses – Job 31:1 “I have made a covenant with my eyes; How then could I look at a virgin?” Job maintained his focus on spiritual
- Distractions are a PROBLEM! Pray for strength to focus on God. After armoring...
 - Eph 6:18 “With every prayer and request, pray at all times in the Spirit, and with this in view, be alert with all perseverance and every request for all the saints,”
 - We have a prayer list for this purpose.
 - And sing – Act 16:25 praying, singing, teaching

Remain humble about your ability to avoid worldly distractions

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FOCUS!

- On what? Your master's business
- Luk 11:34 “Your eye is the lamp of your body; when your eye is clear, your whole body also is full of light; but when it is bad, your body also is full of darkness.” also vs 35,36
- Your eye is your mind – your “thinker”, but what do you think about?
- Phs 4:8 “Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is [g]lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.”

FOCUS!

- On your ONE master. Mat 6:24 “No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.” *It's like thinking of only one girl – some find that hard to do! Just look at all those women!*
- Choose: Rom 8:5,6 “For those who are in accord with the flesh set their minds on the things of the flesh, but those who are in accord with the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,”

FOCUS!

- On Truth (the light that illumines the whole body). Mat 7:7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”
- Col 3:1-3 “Therefore, if you have been raised with Christ, keep seeking the things that are above, where Christ is, seated at the right hand of God. Set your minds on the things that are above, not on the things that are on earth. For you have died, and your life is hidden with Christ in God.” song #444 “Set your mind on things above”

Be careful what you see! Your eye is a lamp.

- Luk 11:34-36 “Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body is full of darkness. Be careful, then, that the light within you is not darkness. So if your whole body is full of light, with no part of it in darkness, you will be radiant, as though a lamp were shining on you.
- Don't be distracted from your spiritual focus, either by pleasant things or unpleasant things.