

Cheltenham
Sandra Cavallo
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Overcoming the Age of Distraction

Message Notes

KEY TEXT: Luke 10:38 - 42

Ecc 9:10 "Whatever your hand finds to do, do it with all your might ... "

1 Corinthians 7:32-35 The Message (MSG)

I want you to live as free of complications as possible ... All I want is for you to be able to develop a way of life in which you can spend plenty of time together with the Master without a lot of distractions.

In a time where distractions are coming left, right and centre, how do we do manage distractions?

Distraction – what is it?

Gk word for "distracted" – Perispao – to draw away, to be over-occupied, too busy, to be driven about mentally.

Psychologists claim that distractions:

- Affect our ability to make decisions
- Affect our ability to listen
- Can affect our output

- Lead to being in a reactive pattern as opposed to a focused pattern
- Can rob us of time to reflect and respond to what is most important

Some common ways that distractions can come:

- Endless trolling through social media
- The sound of notifications on your phone
- Urgent obligations
- Hurtful criticism
- Unanticipated obstacles and sudden disputes
- Fruitless relationships, and
- Emotional issues that keep us occupied but not dealt with

From a spiritual point of view they can delay the call on our lives from being carried out or prevent us from answering that call.

Distraction – A Tool In The Enemy’s Tool Box

Distraction is definitely one of the ways the enemy prevents us from achieving and responding to God’s call.

Example: Nehemiah (Neh 6:1-13)

Antidote to Distraction = Focus

Joshua 1:7 - "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.

For 2015, How Do We Decide What is Most Important?

As you enter a new year, I encourage you to reflect on 2014. Ask yourself the questions:

- Where did I spend most of my time?
- What are the most important areas of focus?
- Did I spend my time intentionally and purposefully to cultivate those?
- What fruit has resulted from the year's activities – am I closer in my relationship to God, with my family/friends, am I contributing purposefully around me?

Three key ways to focus on what is most important

- **Time out with the Father;** (Matt 14:13; Mark 1:35; Luke 5:16; John 6:15; Matt 7:21-23)

- **Knowing & Loving The Word;** (Matt 7:21-23).

- **Serving** (Matt 22:36-40; Luke 4:8; James 2:20)

Tips on overcoming distraction:

1. Strip off the stuff that's unfruitful.

2. Be intentional

3. Be present

4. Be mindful

Additional Resources:

Most Important Teaching Series – available on Bayside Church website under Archived Teaching Series