

CROWN OF LIFE DISTRACTIONS BIBLE STUDY

Lesson 2: “What Are You Doing About Things That Get In The Way of What Is Really Important?”

Prayer

Introduction

In the previous lesson, we discussed identifying spiritual distractions in ourselves and others. We talked about realizing we are distracted and addressing distractions in our lives and the sometimes prickly process of addressing spiritual distractions in the lives of those we care about.

In this lesson, we focus on limiting or eliminating distractions in our lives. While this lesson focuses on our spiritual lives, distractions are not always limited to one aspect of life. In order to avoid, limit, or eliminate distractions for our spiritual goals in life, we give honest consideration to the question, “What is getting in the way of what I really want?”

While considering this question, it may benefit us to discuss some suggested synonyms to the term “distraction.” What nuances do you note in the following list of synonyms:

complication	confusion	disturbance	diversion	interference
interruption	agitation	amusement	beguilement	bewilderment
commotion	disorder	entertainment	frenzy	game
pastime	perplexity	preoccupation	recreation	

Agree or Disagree with the following quotes (and why):

1. “Distraction wastes our energy, concentration restores it.”
2. “If we let ourselves, we shall always be waiting for some distraction or other to end before we can really get down to our work. The only people who achieve much are those who want knowledge so badly that they seek it while the conditions are still unfavorable. Favorable conditions never come.”

3. "It's hard to stay true to yourself and what you want in life when there are so many distractions and so much craziness going on around you."
4. "We are creating and encouraging a culture of distraction where we are increasingly disconnected from the people and events around us, and increasingly unable to engage in long-form thinking. People now feel anxious when their brains are unstimulated."
5. "We all need to get the balance right between action and reflection. With so many distractions, it is easy to forget to pause and take stock."
6. "Until my ONE thing is done, everything else is a distraction."

"Big Rocks First"

Bible Verses About Distractions

Matthew 6:33

- How does the context of this verse emphasize Jesus' main point here?
- What are some practical things we can do to follow what Jesus is asking us to do here?
- What do you learn about God from this verse and the context surrounding it?

Hebrews 12:2

- What do you learn about Jesus from this verse?
- What do you learn about yourself—a follower of Jesus—from this verse?
- How does this verse apply to the topic of distractions?

Colossians 3:2

- What will it look like if a person is doing what is commanded in this verse?
- What does it look like when a person does not do what is commanded in this verse?

Proverbs 4

- Take 3 minutes to read thoughtfully through Proverbs chapter 4.
- Which verse from Proverbs 4 resonates with you the most?
- Which verse from this chapter do you think speaks to the subject of distractions most clearly?
- What practical takeaway from this chapter do you want to apply to your life?

Prayers

What kinds of prayers might we offer to God regarding the distractions we face every day?

Prayer requests:

Class Next Wednesday: March 18