

CROWN OF LIFE DISTRACTIONS BIBLE STUDY

Lesson 3: "Setting Ourselves Free From Distractions, With Chisel In Hand"

Introduction

Distractions are not always so easy to address in our lives. Sometimes the distractions of life can feel like a burden that we can't shake or clutter we struggle to shed. It makes me think of how Michelangelo described his process of sculpting marble:

"The sculpture is already complete within the marble block, before I start my work. It is already there, I just have to chisel away the superfluous material." — Michelangelo

What distractions in our lives are like the superfluous material we would benefit from chiseling away?

The Bible warns us about distractions which can come in many forms, such as worries, riches, pleasures, and even good things that take our attention away from God. The enemy uses distractions to weaken our faith and make us lose sight of what truly matters.

Distractions also come in the form of sin and temptations. The devil uses them to pull us away from God. 1 Peter 5:8 tells us to "be sober, be vigilant," because the devil is always looking for ways to destroy us. We must guard our hearts and minds and stay rooted in God's Word. When we read the Bible daily and pray, we stay connected to God and are less likely to be distracted. Tonight's lesson is a tour through several passages on how we can practically deal with distractions in life.

Agree or Disagree (and why):

1. "The shorter way to do many things is to only do one thing at a time."
2. "Most of what we say and do is not essential...Ask yourself at every moment, 'Is this necessary?'"
3. "The successful warrior is the average man, with laser-like focus."

Bible Verses About Distractions

Matthew 14:30 –

- What can we learn about focus and attention based on Peter’s experience?
- Why is this lesson so difficult for us to learn/retain?

Psalms 119:37 –

- How can we determine what things are worthless, from which we are to turn away?
- What constitutes “turning away” from something?

2 Timothy 2:4 –

- What sort of entanglements is this passage referencing?

Philippians 3:13-14 –

- What does it look like when someone is following the direction given in this passage?

1 John 2:15-16 –

- Strong prohibition here. How do we refrain from loving the world or the things in it?
- What specifics in today’s society constitute the dangers of lust and pride?

Galatians 5:7 –

- What is the distraction here?

2 Corinthians 10:5 –

- What type of things exalt themselves against the knowledge of God?

John 15:5 –

- Evaluate this prayer: “Lord, help me not be apart from you.”

1 Timothy 6:9 –

- Practically speaking, what can we do to avoid this kind of destruction and help others avoid it as well?

Deuteronomy 5:32 –

- Describe what is meant by “turning aside.”

Matthew 6:24 –

- What are the implications of this passage for those living in 2026 America?
- Significance of “mammon.”

Prayers

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

Prayer requests

Next Week Wednesday: No Bible Study (Holy Week)

We meet next on Wednesday, April 8th.