Dealing With Distractions

Ken Chapman · Hebrews 12:1

INTRODUCTION

- This morning I want to talk to you about distractions. And how distractions can keep us from the most important things in life.
- There's a far greater danger I want to talk to you about this morning, and that is the danger of being spiritually distracted.

1 Sin Itself Can Distract Us

Hebrews 12:1; Galatians 5:16–17

- One distraction is just simply sin itself. Sin can distract us from our spiritual focus and our spiritual goal.
- Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.
- Walk in the Spirit, and you shall not fulfill the lust of the flesh, for the flesh lust against the Spirit, and the Spirit against the flesh.
- The putting to death of the flesh is not a one-time action, is it?
- Satan is constantly putting sin and temptation, enticing us back into the world, and distracting us from our spiritual focus.

2 Life Itself Can Distract Us

Matthew 13:22

- Satan doesn't care what it takes to pull you away from God as long as it works.
- If it takes you from God, you're still away from God.
- We are busier now getting less accomplished than we've ever been.
- Jesus said, Mary has chosen the good part.
- He who received the seed among the thorns is he who hears the word and the cares of this world and the deceitfulness of riches choke the word. And he becomes unfruitful.
- You cannot serve two masters. That's just a reality. Why don't we believe our Lord?

3 Goodness Can Distract Us

James 1:26; 2 Peter 1:5–7

- There's something else that can distract us. And that is goodness can distract us.
- The New Testament is full of examples of people who allowed goodness to distract them from being what they really needed to be.
- If anyone among you thinks he is religious and does not bridle his tongue, but deceives his heart, this one's religion is useless.

- Giving all diligence. Add to your faith, virtue. And then add to your virtue knowledge.
- Don't be distracted by thinking, okay, I obeyed the gospel 20, 30, 40 years ago. I go to church.
- We can even be distracted by being good. And failing to grow and add to our faith.

4 Practical Helps to Be Less Distracted

1 Peter 4:7

- The end of all things is near. Therefore, be serious and watchful in your prayer.
- Remove or limit the distractions. If you've got things that are pulling you away from the Lord, then you've got too many things.
- Exercise some self-control and discipline in your spiritual life.
- If you don't have time right now for the study of the word, reading of the word and of prayer, make a schedule.
- Break up your routine of sameness.
- Maybe you need to get away at times. Maybe you need to just make a break from what you're doing.

> THE CHALLENGE
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> **How many of us on the day of judgment will realize we were so successful at the wrong thing? That we scored a hundred. But on the wrong assignment.**

MY NOTES