



“Distractions of Life”

Sun May 5, 2024

- I. **Luke 21:34-36**
 - A. Cares – Distractions
 1. Webster Definition – Something that turns your attention from something you want to concentrate on.
 2. God’s Definition – Anything that turns your attention from God’s Plan and Purpose in Your Life.
 - B. **Mark 4:18-19**
 1. God’s Plan – For you to be Happy and Prosperous In This Life.
 2. Satan’s Plan – To do everything he can to keep you from God’s Plan! (He comes to steal, kill, and destroy....and the only way he can stop God’s Plan in your life is by stealing or choking the Word of God/Power of God).
 3. Index Card – Through the Course of this message, write the 3 top distractions in your life on the card (from the top distraction in your life to the least).

- II. The What (To Do) and the How (To Do It)
 - A. Most People Know the What...but let’s recap what we already know...
 1. **I Peter 5:6-7** “Cast all your care/distractions upon Him; for He cares for you.”
 - God cares about the big things in your life and the small things...
 - To Him, they are all the same: Anything but the One Thing that is Needful is a Distraction! (**Luke 10:41-42**).
 2. **Matthew 6:34** “Take No Thought...”
 3. **Philippians 4:8** “What things that are true, honest, just...think on these things.”
 - C. The How
 1. It Begins with First...**Determination and Declaration**
 - Remember, what you don’t hate, you will learn to tolerate (You need to get to the place where you are fed up with Satan’s bag of tricks...the worry and distractions of this world – most people just learn to live with them, and ultimately, they accept them as a part of life).
 - Once you are determined and had enough...Declare out loud so the devil can hear you: “I am a child of God; I am done with the cares of this world. Satan, you will no longer have any place in my mind. I have the mind of Christ and the Peace of God at all times!”
 2. **What Is First Will Always Be Your Foundation...**
 - And That is what you will lean on when you need it (The How to do it is putting the Word of God first place...when you wake up, spend time with God; when you sit at lunch, spend time with God; when you go to bed...)/ “Love the Lord your God with all your heart, soul, strength, and mind...”

- It's Called the Law of First (First Priority)
- 3. Giving ALL your distractions/Cares to God (Index Card)
 - The reason I asked you to write it down is so you could see the problem...
 - What's some of the top things on the list?
 - ** Job Related Distraction
 - ** Family Related Distraction
 - ** Your own health and well being
 - ** Busy Schedule
 - ** Friends/Other People
 - ** Money Related Distraction
 - ** Social Media/Cell Phone/Computers
 - ** Television
 - ** Myself!!!!
 - ** Did anyone say, "My wife or husband"? (A little humor/please don't raise your hand to this one...)
 - Fold the index card in half, hold it in your hand, and close your eyes...See yourself in the Presence of Jesus who is standing with open arms...Now see yourself giving Jesus your card. This is the "How" at its best! Take a moment anytime the distraction tries to take over and pray! It doesn't matter if you run to Jesus 100 times in one day...He is always here...always has been and always will be....Because He cares.