



## Clearing Hurdles: Overcoming the Obstacles in the Race. Clearing the Hurdles of Distraction


### We can be distracted by the world.

 2 Timothy 4:10a - *Do your best to come to me soon. For Demas, in love with this present world, has deserted me and gone to Thessalonica.*


### We can be distracted by lies

 Genesis 3:1-6 - *Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.*

### We can be distracted by theology and doctrine.

 1 Corinthians 1:10-13 - *I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brothers. What I mean is that each one of you says, "I follow Paul," or "I follow Apollos," or "I follow Cephas," or "I follow Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul?*


### We can be distracted by doing good.


 Luke 10:38-42 - *Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and*

*listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

### It is easiest to get distracted when we are not focused.

#### When we are distracted, we must recognize, repent and refocus.

 Colossians 3:1-2 - *If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.*

 **Digging Deeper:** What are some of your primary distractions? What do they keep you distracted from? What can you do to minimize or eliminate those distractions? What impact will living with fewer distractions have on your spiritual life, family life, work life, etc.? What verses help you refocus on God?