



Destroyed By Distraction | Doug Wekenman | 10.01.2023

Weekly Study

SHARE

Welcome to week four of Alive & Free. This week Pastor Doug gave an amazing message called *Destroyed by Distraction*. The devil doesn't have the power to destroy our souls directly but one of the most powerful means he uses to interfere with our life is to distract us by any means necessary, and unfortunately, with every passing year we are surrounded by more and more worries, technology, demands, and desires that are all fighting for our attention. Jesus promised us in John 10:10 that it's possible to live an abundant life to the full but we have to be willing to go to war against the things that are holding us back. Are you tired of letting the distractions of this world consume your time? It's time to take a stand and start killing the things that distract us in our life.

What are 2-3 things you're grateful for this week? How might you be taking them for granted?

What has God been teaching you recently? Explain

How have you made adjustments in your life to live out these new lessons?

GROW

Read Matthew 13:1-9

Jesus was famous for his extraordinary parables because of the brilliant and deep meaning that he conveyed to people from all walks of life. But many of us have a habit of associating ourselves with one person, or category from his parables - usually the best option available. But Doug invited us to think deeper when he asked, "What if Jesus wasn't talking about four different types of people but four different conditions of our own hearts throughout a given day?" When we pose this question to ourselves, we (hopefully) realize how naive it would be to assume that we could ever be one type of soil all of the time - none of us are ever that consistent. If being perfectly focused is associated with being the good soil, we

might feel discouraged knowing we will never be able to be perfectly focused all the time. But just as sanctification is the process of becoming more holy, our work towards becoming more focused is just that, a process. It has less to do with achieving perfect focus and far more to do with identifying the things that distract us, learning how to acknowledge when we are distracted, and practicing how to re-engage with our Creator who gives us life, peace, and guidance. As we commit to this practice, we will start to become distracted less frequently, and for shorter periods of time leaving us focused on living life to the full as God intended.

What stuck out to you most in the parable of the soil?

John Mark Comer said, "Your attention is the most valuable resource you have because where you give your attention is the person you become... in the end, the sum of your life is no more than what you gave your attention to."

Take inventory of your priorities in life and the true power behind them. What are they? Why are they your priorities? What drives them?

Take inventory of your distractions and the true power behind them. What are they? How do you justify them? Are they addictive? A means to an end? An attack from the enemy? Something else?

Like JMC said, "you become what you give your attention to." Are your priorities winning right now or your distractions? Why? How might your attention need to be adjusted?

M O V E

Read Matthew 13:18-23

In this parable, Jesus tells everyone there are three main categories that distract us. The first is the **devil**. The enemy will always try to distract us from our purpose, calling, and relationship with God. As the saying goes, "If the devil can't make you sin, he'll make you busy." The second thing we get distracted by is **doing**. We were made for work, but it can be so easy to lose ourselves in the busyness of life, so much so, that we forget about our calling along the way. The third thing we get distracted by is **deceit**. Worries have a way of consuming the thoughts of our mind and make little problems seem huge. Worries come like the wind of a storm and take us off our course.

Which of the three categories above distracts you the least? Which one distracts you the most? Explain why you think that is.

What is one practical step you can take this week to get better at eliminating distractions in your life that are keeping you from experiencing life to the full?

P R A Y

God, thank you for speaking through Doug in such a mighty and powerful way. This week will you show us how to tend the soil of our hearts, to make the ground a pleasing place for fruit to grow? We can never be perfectly focused on you but will you expose the distractions in our life for what they are so they can be uprooted and tossed aside, leaving only your word and your plan for our life that we may let it grow within us and nurture it so it spreads roots and flourishes not only in our lives, but bears fruit for those who find themselves around us.