

Travel Light

Letting Go of Distractions

TALK IT OVER

Key Scriptures

20 My son, be attentive to my words;
incline your ear to my sayings.

21 Let them not escape from your sight;
keep them within your heart.

22 For they are life to those who find them,
and healing to all their flesh.

23 Keep your heart with all vigilance,
for from it flow the springs of life.

24 Put away from you crooked speech,
and put devious talk far from you.

25 Let your eyes look directly forward,
and your gaze be straight before you.

26 Ponder the path of your feet;
then all your ways will be sure.

27 Do not swerve to the right or to the left;
turn your foot away from evil.

Proverbs 4:20-27 ESV

38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 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." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10:38-42 ESV

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil.

Ephesians 5:15-17 ESV

Therefore we must pay much closer attendance to what we have heard, lest we drift away from it.

Hebrews 2:1 ESV

Start talking. Find a conversation starter for your group.

- Be honest. Who else feels distracted right now? What else has your attention?
- Share a goal that's important to you. What's something that distracts you from making progress?

Start thinking. Ask a question to get your group thinking.

- Read Proverbs 3:20-27. Why is attentiveness to God's words important? Why does Proverbs emphasize it so much?
- Read Luke 10:38-42. Do you more easily relate to Mary or Martha? What distracts you from time with God?

Start sharing. Choose a question to create openness.

- Did you do the plate exercise that was explained at the end of the message? What did you learn?
- How do you feel about your ability to pay attention to what matters most?
- Have you ever known someone who seemed very focused on what's important? How did they do it?
- What distractions do you want to limit? Which do you want to eliminate? How will you accomplish this?

Start praying. Be bold and pray with power.

God, You are worthy of our praise and our undivided attention. Help us to focus our eyes on You. Holy Spirit, show us where we are distracted and give us Your power to let go of anything that's holding us back. May we be centered on Jesus, and compelled by Your love. Amen!

Start doing. Commit to a step and live it out this week.

- If you haven't already, do the plate exercise that was explained at the end of the message. Share the results with your group.
- Make listening for God's voice a priority this week. Each time you think God may be guiding you in some way, write it down.
- Make a list of your most important goals and right next to it a list of the major distractions in your life. Draw lines between any two that seem related. What can you do about it?