

Killing what's Killing You

Distractions (2.2.20)

S Scripture
O Observation
A Application
P Prayer



Stop focusing on what you're distracted *by*, and start focusing on what you're distracted *from*.

- What's one idea from the message that stood out to you? Why do you think it grabbed you?
- What is easy for you to focus on? What is difficult for you to focus on? Why?
- What seems to distract you the most?

Read: John 10:10, Luke 10:38-42, Mark 14:35-36.

- How do distractions keep us from living the full life Jesus wants to give us?
- Where do you picture yourself in the story about Mary and Martha?
- Was what Martha doing important? Why or why not?
- What cultural customs keep you from focusing on what's important?
- When you allow things like a notification on your phone to distract you, what is the message you're sending to whatever you're being distracted from?
- How do you feel when the roles are reversed and someone is distracted from you?
- What distractions do you allow to keep you from focusing on God?
- How can we focus on God?

Prayer: Pray for focus.