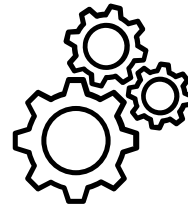


HOW TO FIGHT OUR BATTLES



THE BATTLE OF DISTRACTIONS

SYSTEM DIAGNOSTIC



DO YOU FEEL DISTRACTED, RUSHED, WORRIED, ANXIOUS, BURNT OUT, OR DEPRESSED?

- Do you feel like you have too much to do and not enough time to do it? Do you feel like your life is out of balance or you're stuck in the same rhythm of life?



DO YOU FIND IT HARD TO SPEND TIME WITH GOD?

- Do you feel too busy, too distracted, too tired – or do you feel overwhelmed by the vastness of Scripture and you don't know where to start?



DO YOU FEEL LIKE YOU ARE ADDICTED TO TECHNOLOGY?

- Do you constantly check your phone? Do you feel naked when you don't have it? Is it a coping mechanism for you? Is it the first and last thing you check before you go to bed at night?



DO YOU STRUGGLE WITH FINDING YOUR IDENTITY?

- Are you the same person online as you are in person? Do you get discouraged when your post doesn't get enough likes? Do you feel a pressure to conform to unrealistic standards?

MAIN POINT:



IF WE DON'T CONTROL OUR
DISTRACTIONS, OUR DISTRACTIONS
WILL CONTROL US.

2 CONCEPTS:



CONCEPT OF **FIXING OUR EYES**



CONCEPT OF **FILLING OUR CUP**

CONCEPT 1 | FIXING OUR EYES

2 Corinthians 4:16-18 (NIV): “¹⁶Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸So we **fix our eyes** not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal..”

Hebrews 12:1-2 (NIV): “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²**fixing our eyes** on Jesus, the pioneer and perfecter of faith.”

HOW DO YOU BATTLE AGAINST DISTRACTIONS?

↳ FIX YOUR EYES ON JESUS.

“Looking / Fixing Your Eyes”: meaning to look upon, to direct your attention to something, to be aware, to mark or aim at, and to intently focus.

WHY IS IT HARD TO FOCUS ON JESUS?

↳ DISTRACTIONS.

STATISTICS REGARDING DISTRACTIONS:

- It takes 23 minutes and 15 seconds to fully recover focus after a distraction.
- In 2024, there were roughly 3,000 fatalities and 400,000 injuries caused by distracted driving.
- 60% percent of people admit to driving while on their cell phone.
- The average attention span for humans is 8.25 seconds [A goldfish has an attention span of 9 seconds.]
- Gen-Z spends an average of 6 hours and 27 minutes a day on their phone.
- The average American spends 2.5 months per year on their phone.
- 53% of people say they want cut down their screen time. 72% of Gen-Z believes their mental health would improve if they cut back on social media. 69% of Gen-Z believe their social life would improve if they spent less time on the phone.
- The number one reason people want to limit their screen time is to have better time-management.
- 64% of teens ages 12-17, reported feeling frequently stressed.
- 74% of people said they experienced a moment in which they were unable to cope with their stress.
- High school students experience the same amount of anxiety as psychiatric patients in the 1950s – If the same standards we applied today, you would be institutionalized.

BOTTOM LINE:



WE HAVE A DISTRACTION PROBLEM.

“IF SATAN CAN’T MAKE YOU SIN, HE WILL MAKE YOU BUSY.” - **CORRIE TEN BOOM**

- Often times, Satan isn’t worried about trying to disprove God or to disprove Scripture. When Satan knows we’re saved, he moves on from attacking our salvation, and he begins to attack our sanctification [our spiritual growth]. One of his greatest tactics to keep us from spending time with God is through distractions.
- Distractions are much deeper and complex than we realize, as they can be physical, mental, or spiritual.
- Distractions are coping mechanisms and craving fillers.



ULTIMATELY, IDOLATRY IS THE ROOT OF DISTRACTION. IT ALL BOILS DOWN TO YOUR PRIORITIES [WHAT YOU ARE FIXATED ON / WHAT YOU ARE AIMING AT].



SATAN TAKES THINGS THAT ARE “GOOD” AND HE USES THEM AGAINST US. OFTEN TIMES, WE TAKE SOMETHING WE **LOVE**, AND WE MAKE IT OUR **LORD**.

WHAT DO YOU PRIORITIZE?

WHAT IS AT THE CENTER OF YOUR LIFE?

- In order for something to be at the center, that means something else has to surround [orbit] it.

IS YOUR LIFE OUT OF ORBIT?

- Just as the Sun is the center of our solar system, the Christ must be the center of our life.
- Without the Sun's gravitational pull, the planets would drift out of line.
- Just as the Sun's gravity keeps the planets in line, God's Word keeps our life in line [on the right path].
- When we deprioritize spending time in God's Word, our lives begin to drift out of orbit.



FIXING YOUR EYES GOES WAY BEYOND SIMPLY SEEING.



FIXING YOUR EYES MEANS FOCUSING ON JESUS, MAKING HIS WORD THE CENTER OF YOUR LIFE, AND AIMING YOUR LIFE TOWARDS RIGHTEOUSNESS.

Psalm 119:15-16 (ESV): "I will meditate on your precepts and **fix my eyes** on your ways. I will delight in your statutes; I will not forget your word."

Psalm 119:37-38 (ESV): "**Turn my eyes** from looking at worthless things; and give me life in your ways."



TURNING **TO** JESUS MEANS TURNING **AWAY** FROM DISTRACTIONS.



IF YOU DON'T CONTROL YOUR DISTRACTIONS, YOUR DISTRACTIONS WILL CONTROL YOU.

CONCEPT 2 | FILLING OUR CUP



Luke 10:38-42 (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.”

BREAK IT DOWN:

(v.40) “Martha was distracted with much serving.”

- In that specific culture, serving was the top priority when guests were over, especially for women.
- Martha felt a societal pressure to do what the culture told her to.
- She was more focused on **SERVING** than the **SAVIOR** – she was more focused on what **SOCIETY** says rather than what the **SAVIOR** says.
- Martha invited Jesus in, but was quickly distracted.

HAVE YOU ACCEPTED JESUS INTO YOUR HEART BUT SOMEWHERE ALONG THE WAY, YOU'VE BECOME DISTRACTED?

- Martha accepted Jesus into her home [We've accepted Jesus into our heart – meaning the Holy Spirit now lives in us].
- Once the Spirit makes His home within us, He will not leave. But that doesn't mean our priorities will instantly adjust – It takes intentional time with Jesus to shift our priorities.
- At the feet of Jesus is more than a physical posture, it's a spiritual posture – it's discipleship.
- But if we don't spend time at Jesus' feet like Mary [in the Word, in community, in prayer] it's easy for us to become distracted by worthless things.

WHAT WAS MARTHA'S DIAGNOSTIC?

↳ BUSY AND OVERWHELMED.

HOW DID JESUS RESPOND?

Luke 10:38-42 (ESV): “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.”

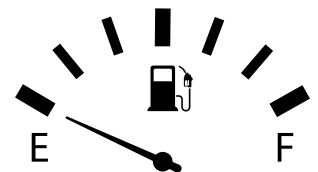
- Jesus shifts Martha’s focus back to the main thing. It’s not about serving, it’s about the Savior – it’s not about what society says, it’s about what the Savior says.
- Martha was more focused on pouring out, than she was on getting poured into.

HOW DOES THIS RELATE TO FILLING OUR CUP?

↳ OUR CUP IS OUR SPIRITUAL GAS TANK.

- If we’re not careful, we will go through life on E.
- When we pour out more than we get poured into, our lives begin to become filled with distractions and coping mechanisms.

WHAT IS YOUR SPIRITUAL FUEL LEVEL?



WHY DO WE RUN ON EMPTY?



WE'RE JUST LIKE MARTHA, BUSY, OVERWHELMED, AND FOCUSED ON THE WRONG THINGS.

CUP ILLUSTRATION



- Many of us have become overwhelmed by the pressures of the world.
- We think more time is the answer when it's not – it's about making time.
- The enemy has taken the things we LOVE and he has made them our LORD.
- Jesus isn't telling us to give up sports, school, friends, family, etc. But he is telling us focus on keeping the main thing the main thing – everything else will fall in place if we keep Jesus first.

Matthew 11:28-30 (ESV): ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest.²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

SO WHAT?



IF WE DON'T CONTROL OUR DISTRACTIONS, OUR DISTRACTIONS WILL CONTROL US.



SATAN TAKES THE THINGS WE LOVE AND TRIES TO MAKE THEM OUR LORD.



FOCUS ON FILLING YOUR CUP SPIRITUALLY SO YOU CAN POUR OUT ABUNDANTLY.



KEEP JESUS AT THE CENTER OF YOUR LIFE, EVERYTHING ELSE WILL FALL IN PLACE.

APPLICATION:

- **FIND OUT WHAT YOUR DISTRACTIONS ARE.**
- **TAKE THE NECESSARY STEPS TO LIMIT YOUR DISTRACTIONS** [screen blockers, app limiters, grayscale mode, delete distracting apps, turn off notifications, etc.]
- **PRAY FOR GOD TO CHANGE YOUR DESIRES** [how can your “want to” change to “i get to.”]
- **GET YOUR PRIORITIES IN THE RIGHT ORDER.**

REFLECTION QUESTIONS:

- WHAT ARE YOUR BIGGEST DISTRACTIONS?
- WOULD YOU SAY YOUR PRIORITIES ARE IN THE CORRECT ORDER?
- DO YOU STRUGGLE TO FOCUS WHEN SPENDING TIME WITH GOD?
- DO YOU FEEL LIKE YOU ARE ON RUNNING ON E?
- DO YOU HAVE SET TIME THAT YOU SPEND WITH JESUS?
- HOW CAN YOU INCORPORATE JESUS INTO EVERY ASPECT OF YOUR LIFE?