

# THE DISCIPLINES OF LIFE SERIES

DEVELOPING A LIFESTYLE THAT'S USABLE TO GOD

MEDIA REFERENCE NUMBER WNX-533    FEBRUARY 23, 2011

THE TITLE OF THE MESSAGE:

## THE DISCIPLINE OF **DISTRACTION**

*A PRACTICAL SERIES ON CHRISTIAN DISCIPLINES  
AND HOW WE SHOULD BE LIVING IN THE WORLD AROUND US*

Week 27 of a 31 Week Series

SUBJECT TOPICALLY REFERENCED UNDER:

**Christianity 101, Faith, Discernment, Discipleship**

**Introduction to the Text;**

**Luke 10:38-41**

**Matthew 28:18-20**

And Jesus came and spoke to them, saying, "**All authority** has been given to Me in heaven and on earth. :19 **Go therefore** and **make disciples** of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, :20 **teaching them to observe all things** that I have commanded you; and behold, I am with you always, even to the end of the world."

**Luke 10:38-41**

Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Jesus into her house. :39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. :40 But Martha was **distracted** with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." :41 And Jesus answered and said to her, "**Martha, Martha, you are worried and troubled about many things.**

There's no doubt about it - to be a real,  
bible-based,

spirit-filled, culturally engaged Christian will draw enemy attack.

**Ephesians 6:10-12a**

Finally, my brethren, be strong in the Lord and in the power of His might. :11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. :12 For we do not wrestle against flesh and blood...

# THE CHRISTIAN IS AT WAR – In Some ways Against an Evil Age – Yes. But in All Ways against Invisible and Sinister Plots by Demonic Powers.

But what might be the worst of all, and the most constant of all, is the repeated conflict that every believer must endure – **Distractions!**

## Distractions Can Kill

It's that constant bombardment of urgent things, pressing things, and at times, even silly things that distract and divert us from what's important.

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## THE DISCIPLINE OF DISTRACTION

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### 1.) Identifying the distractions

## IDENTIFYING DISTRACTIONS

### 1a.) What are those things that tug at us?

In Martha's case, what tugged on her was "The Many Things" that make up a home.

**Luke 10:40a**

But Martha was **distracted** with much serving,  
and she approached Jesus *and said... (never a good combo)*

She's at Her End, Emotionally.



**Distracted** *perispazw perispao, per-ee-spah'-o*; to be dragged around or tied to something that is out of control. The word paints a picture of a man whose foot is stuck in the stirrup of a runaway horse.

**Distractions Generate Confusion & Worry.**

**DISTRACTIONS RESULT IN MISSED OPPORTUNITIES.**

A distraction takes us away from reality. Distractions also bring temporary relief from the inevitable... ***“Like, Get Your Home Work Done!”***

***“Who’s Going to Do The Cooking if I Don’t?”***

the truth is – we humans will just drift to the next “pressing” thing.

**Luke 10:40b**

...and she approached Jesus and said, “Lord, (1) **do You not care** that my sister has left me to serve alone? Therefore (2) **tell her to help me.**”

Martha’s Attitude Determined Her Altitude.

And she’s **flying pretty low** at best.

## **? What are the Things That Tug on Us ?**

**Psalm 37:7**

**Rest** in the LORD, and **wait** patiently for Him; Do not **fret**

A seven-year-old girl was thrilled when her dad took her to Disney World for the first time. She headed straight for Space Mountain. The dad worried that the roller coaster would be too scary for her. He tried his best to discourage her, but she insisted. To her delight, they rode it twice. The next year they returned to the Magic Kingdom, and the daughter...

...now eight, again dragged dad to Space Mountain. As they stood in line, the dad could see her soberly studying the signs that warned about the ride's speed and sharp turns. “Dad,” she said, “**I don't think I want to go on this ride.**” The dad then asked her why she would be nervous when she had enjoyed herself so much the last time. She replied, “**This year's different, I can read.**”

**Luke 10:40b**

she approached Jesus and said, “Lord, **do You not care** that my sister has left me to serve alone? Therefore tell her to help me.”

## **IDENTIFYING DISTRACTIONS**

**1b.) What are those things that **pursue us?****

It Sounds Great – It’s All Normal.

Martha Desired Help (*we think – we're not sure of her motive*)

We derive worth and meaning from what we have,  
what we do and how its done.

#### Matthew 6:31-32

“Therefore do not worry, saying, ‘What shall we **eat**?’ or ‘What shall we **drink**?’ or ‘What shall we **wear**?’ :32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

There will be things that in and of themselves, cannot feed us.  
They are only pictures, trimmings, reminders – they have no substance.

bills, kids, spouse, money, gas, rent, health, healthcare, obama, obamahealthcare, -  
the end of the world !!! – **see how quick that can happen?**

## IDENTIFYING DISTRACTIONS

### 1c.) What are those things that **concern us**?

#### Luke 10:41

And Jesus answered and said to her, “**Martha, Martha,**  
**you are worried and troubled about many things.**



#### **Worried**

.merimnaζw merimnao, *mer-im-nah'-o*; great anxieties. disruptive thoughts,



#### **Troubled**

turbaζzw turbazo, *toor-bad'-zo*; a crowd of trouble. Something turbulent. Things that stir up the water. Turbid.



#### **Many things**

polu/β polus, *pol-oos'*; an abundance of or a great amount of things. a large or overflowing amount of common things. = concerns.

#### Matthew 6:25

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

# THE DISCIPLINE OF DISTRACTION

## 2.) Conquering the distractions

### 2a.) Means that we establish a devotional life

#### Matthew 6:26-30

Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? :27 Which of you by worrying can add one cubit to his stature? :28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; :29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. :30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He not much more clothe you, O you of little faith?*

## ESTABLISHING A DEVOTIONAL LIFE

#### Matthew 5:6

Blessed are those who hunger and thirst for righteousness,  
For they shall be filled.

#### Exodus 33:18-23

And he said, “Please, show me Your glory.” :19 Then He said, “I will make all My goodness pass before you, and I will proclaim the name of the LORD before you. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion.” :20 But He said, “You cannot see My face; for no man shall see Me, and live.” :21 And the LORD said, “Here is a place by Me, and you shall stand on the rock. :22 So it shall be, while My glory passes by, that I will put you in the cleft of the rock, and will cover you with My hand while I pass by. :23 Then I will take away My hand, and you shall see My back; but My face shall not be seen.”

## CONQUERING DISTRACTIONS

### 2b.) Means that we take aggressive measures

It's been said that;  
**The Devil is in the Details**

### 1 Peter 5:6-9

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, :7 casting all your care upon Him, for He cares for you. :8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. :9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

### Isaiah 54:17

No weapon formed against you shall prosper, And every tongue *which* rises against you in judgment You shall condemn. This *is* the heritage of the servants of the LORD, And their righteousness *is* from Me,” Says the LORD.

### 1 Corinthians 10:13

No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

## CONQUERING DISTRACTIONS

2c.) Means that we **maintain a keen focus**

### Each and Every Day We Decide Who's Going to Win The Day

#### Psalm 119:15

I will meditate on Your precepts, And contemplate Your ways.

25 years ago there was this thing called - “Lamaze Training”

#### Proverbs 3:5-8

**Trust** in the LORD with all your heart, And lean not on your own understanding; :6 In all your ways acknowledge Him, And **He shall direct your paths**. :7 Do not be wise in your own eyes; Fear the LORD and depart from evil. :8 It will be **health to your flesh**, And strength to your bones.



**Trust** *batach*, *baw-takh*; to be confident, secure, carefree, safe.

#### 1 Corinthians 7:35

And this I say for your own profit, not that I may put a leash on you, but for what is proper, and **that you may serve the Lord without distraction**.

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### 3.) Resisting the distractions

#### 3a.) Resisting requires preoccupation

What Are You Living For Right Now ?

>>>>>>>> The Urgency of This Hour <<<<<<<<<<

#### Colossians 3:15-16

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. :16 Let the word of Christ dwell in you richly

#### Matthew 6:33

But seek first the kingdom of God and His righteousness,  
and all these things shall be added to you.

The Preoccupation That I Mean is This;  
"to be occupied with the truth of God's love for us"

### Having Our Minds in the Right Place, Free of Distraction.

#### Philippians 2:5

Let this mind be in you which was also in Christ Jesus,

#### Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about its own things.  
Sufficient for the day is its own trouble.

### A Great Story on How to Spin Worry

"For several years a woman had been having trouble getting to sleep at night because she feared burglars. One night her husband heard a noise in the house, so he went downstairs to investigate. When he got there, he did find a burglar. "Good evening," said the man of the house. "I am pleased to see you. Come upstairs and meet my wife. She has been waiting 10 years to meet you."

## RESISTING DISTRACTIONS

### 3b.) Resisting requires obedience

**Matthew 6:26**

Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

**Ephesians 5:16**

redeeming the time, because the days are evil.

**A Picture of Obedience;  
God's creation Isn't Distracted, Cuz God provides !**

"We see no worried birds out there"

## RESISTING DISTRACTIONS

### 3c.) Resisting requires vigilance

There are things that I know that are  
**"Agents of Distraction" in my life. – they aren't even evil.**

Books, History, Yard Stuff, Birds, Plants, The Sky, Stars,  
I Love Trees. The Beach. Sunsets...

I need to be watchful against those things.

They will suck up all my time and I can just stare 24 hours a day at really cool stuff –  
but that's not how we're to live.

**Philippians 4:8**

Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

There is a time for Sabbath, unplugging and resting.  
But for most of our time – we must be on guard against Distractions.



## Vigilance Requires Looking Around.

Are you discouraged, trapped in the pattern of worry? One very practical suggestion that comes out of Jesus' teaching here is often overlooked. **Lift up your eyes** and enjoy God's simple pleasures. Stop and take time to focus on the minute details of God's loving care over....

...creation. **Stop and look at the flowers.** Stop and look at the grass. Stop and take a look at the sunrise. Breathe in the fresh air. **Literally, stop** and take some time with God recognizing His creation. The intricate care of God over the minutest detail of creation should encourage us. You will find some practical steps in this process all by itself. The simple truth is this. Worriers have a difficult time stopping their worry. Here are the practical suggestions of Jesus. **Stop what you are doing and go outside. Spend some time with God in His creation.** On Monday, we took a walk down English Springs Road and we noticed that caterpillars were trying to cross the road – needless to say, I spent my time “rapturing” caterpillars from one side of the street to the other...

(1)

**Christian**, come, bring your **distraction** to the altar now

(2)

**husband** lead your wife into the **presence** of the Lord

(3)

lost **man**, lost **woman**, come and **bring your sins** to Him

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*End of Study*

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