

**The Dangers
of**

DISTRACTIONS

October Bible Study Series

Regaining Your Spiritual Focus

Lesson Four

**“Starve your distractions feed
your focus.”**

Matthew 14:28-31(NLT), “Then Peter called to him, “Lord, if it is really you, tell me to come to you, walking on the water.” “Yes, come,” Jesus said. So, Peter went over the side of the boat and walked on the water toward Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?”

**Seven Things That Might Happen
When We Become Distracted and
Break Our Focus:**

**1. We fall Victim to our
Circumstances instead of being
Victorious Over Them.**

Isaiah 41:10 (MSG)

“Don't panic. I am with you. There is no need to fear for I am your God. I will give you strength. I will help you. I'll hold you steady, keep a firm grip on you.”

**2. Doublemindedness Occurs
When We Lose Our Focus.**

James 1:8-9 (AMP), “[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable and unreliable and uncertain about everything [he thinks, feels, decides].”

**3. We Feel Intimidated and
Insecure When We Break Our
Focus on God.**

Philippians 1:28 (AMP), “And do not [for a moment] be frightened or intimidated in anything by your opponents and adversaries, for such [constancy and fearlessness] will be a clear sign (proof and seal) to them of [their impending] destruction, but [a sure token and evidence] of your deliverance and salvation, and that from God.”

**4. Confusion and Chaos Will Enter
Our Lives When We Become
Distracted.**

Romans 16:17 (AMP) “I appeal to you, brethren, to be on your guard concerning those who create dissensions and difficulties and cause divisions, in opposition to the doctrine (the teaching) which you have been taught. [I warn you to turn aside from them, to] avoid them.”

**5. Without Our Focus. . . We
Become Unstable.**

James 4:8 (Amp), “Come close to God and He will come close to you. [Recognize that you are] sinners, get your soiled hands clean; [realize that you have been disloyal] wavering individuals with divided interests, and purify your hearts [of your spiritual adultery].”

**6. We Will Never Experience
Lasting Success If We Are Unable
to Remain Focused.**

1 Peter 5:8 (AMP), “Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.”

**7. Without Focus. . .We Will Live A
Life Filled with Fear and Doubt.**

Mark 11:23 (AMP), “Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him.”

Draw Close to God

James 4:8-10

James 4:8-10, “Draw near to God, and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double minded. Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and He shall lift you up.”

Ephesians 2:1-2, As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

II Corinthians 10:3-5, “For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) casting down imaginations, and every high thing that exalts itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ.”

Evaluate Your Life

II Corinthians 13:5

- 1. Am I fulfilling my calling?**
- 2. Am I serving my family as God commands?**
- 3. Do I honor God in my work?**
- 4. Do I produce spiritual fruit?**
- 5. Do my goals harmonize with God's plan for my life?**

Put God First

Matthew 22:37

Supporting God's Work

Matthew 6:19-21

“Doing acts of mercy get me out of myself. It gets my focus off me and onto other people.”

FIVE REASONS FOR LOSING OUR SPIRITUAL FOCUS.

- 1. Money – I Timothy 6:9-11**
- 2. Friends – Proverbs 13:20**
- 3. Pride – James 4:6**
- 4. Power – Romans 12:3**
- 5. Entitlement – Proverbs 4:25-27**

**“The man who chases two rabbits,
catches neither.”**

**“You will never reach your
destination if you stop and throw
stones at every dog that barks.”**

Follow up Chat

- 1. How often do you take spiritual inventory of your life?**
- 2. How has the discipline of fasting been helpful in retaining your focus? How often do you implement this discipline in your daily walk?**
- 3. Do you have a partner or two who are helping you maintain your focus?**
- 4. How can serving others be a way to keep focus?**
- 5. What is your number one distraction that has the potential to break your spiritual focus?**