

**The Dangers  
of**

# **DISTRACTIONS**

**October Bible Study Series**

# **The Spiritual Dangers of Unchecked Distractions**

## **Lesson Three**

# **Technology and the Christian**

**“...this is our greatest temptation with technology—to use it as a substitute for God.”**

**Scripture Lesson:**

**“See then that ye walk  
circumspectly, not as fools, but as  
wise, Redeeming the time, because  
the days are evil.”**

**Ephesians 5:15-16 (KJV)**

**Ephesians 5:15-16 (ESV), “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”**

## **Colossians 4:5 (KJV)**

**Walk in wisdom toward them that are without, redeeming the time.**

**Colossians 4:5 (ESV), Walk in wisdom toward outsiders, making the best use of the time.**

**“Walking”** refers to how  
we live out our lives.



**Circumspectly** means  
“cautiously, or guardedly,  
paying attention to where we  
are going.”

**Redemption is literally a  
buy-back or a trade.**

The Greek word for time is **kairos**. It is the appointed time, the proper time, the slice of time where you have an opportunity.

**“Every second carries with  
it an opportunity.”**

# **Four Dangers of Unchecked Distractions:**

**1. Unchecked Distractions Make  
the Gospel Unfruitful in Us.**

**Matthew 13:7,22**

**“Other seeds fell among thorns, and the thorns grew up and choked them.” **Matthew 13:7 (ESV)** “As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.” **Matthew 13:22 (ESV)****

**Choke** means "to strangle," or  
"to suffocate, "to cut-off"



**Word Chokers:** money, media,  
church/religion, relationships,  
routine, our work, hobbies,  
spiritual leaders, and ourselves.

**“A life that is filled with the cares of this world is a life that is passionate for vanity and passionless for spirituality.”**

## **2. Unchecked Distractions Cause Us to Forget about Judgment.**

**Luke 21:34-36**

**Luke 21:34–36 ESV, “But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap. For it will come upon all who dwell on the face of the whole earth. But always stay awake, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man.”**

**Dissipation** means the squandering of money, energy, or resources; wasteful, luxurious or disorderly living.

**1 Peter 4:3-4, (ESV),** For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry. With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you.

**Luke 17:26-30**, Just as it was in the days of Noah, so also will it be in the days of the Son of Man. People were eating, drinking, marrying and being given in marriage up to the day Noah entered the ark. Then the flood came and destroyed them all. It was the same in the days of Lot. People were eating and drinking, buying, and selling, planting and building. But the day Lot left Sodom, fire and sulfur rained down from heaven and destroyed them all. It will be just like this on the day the Son of Man is revealed.

### **3. Unchecked Distractions Cause Us to Divide Our Commitment.**

**1 Corinthians 7:32-35 (NLT)**



**1 Corinthians 7:32-35**, I want you to be free from the concerns of this life. An unmarried man can spend his time doing the Lord's work and thinking how to please him. But a married man must think about his earthly responsibilities and how to please his wife. His interests are divided. In the same way, a woman who is no longer married or has never been married can be devoted to the Lord and holy in body and in spirit.

**But a married woman must think about her earthly responsibilities and how to please her husband. I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.**

**A Word of Advice to Singles and  
Married Christians.**

**“Always desire Christ more than  
romance and prove it by your lifestyle.  
Use your independence to live  
dangerously—even recklessly—for the  
Gospel.”**

# **4. Unchecked Distractions Close Off Communion with God.**

**Luke 10:38-42**

**Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 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.” But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”** **Luke 10:38–42 ESV**

# **Time Management – 3 Categories:**

**1. Things I Must Do**

**2. Things I Should Do**

**3. Things I Want To Do**



**In all our busyness and even  
service, are we humbly sitting  
down to quietly receive and enjoy  
the better portion?**

**John 6:35**, Jesus said, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst”

**Why is it so Challenging to  
Remain Focused?**

**I Corinthians 6:12; 10:23, All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything. All things are lawful, but not all things are profitable. All things are lawful, but not all things edify.**

**Two Principles for Focusing:**

**1. Things may be **Permissible**, but not **Profitable** for our **Spiritual Growth**.**

**2. Things may be Legal and Lawful,  
but should be Avoided, if it affect  
our Relationship with the Lord.**

**"Is it lawful?"**



**“My main focus is to  
remain focus.”**

## **Follow-up Chat**

- 1. What were some distractions / pitfalls you had to deal with this week that tried to pull you away from spending time with God?**
- 2. Do you have any Word Chokers to add to the list on slide 17?**
- 3. “A person who is obsessed with the idea of getting married is not very attractive.” Agree or disagree.**
- 4. How challenging is it for you to remain spiritually focus?**

**5. What are some things that may be completely legal but should be avoided, if it causes you to become addicted to it, or affect your relationship with the Lord Jesus, or another Christian brother or sister?**

**6. At what point in your spiritual walk will you be able to go beyond, “Is it lawful”? to “what is best”?**