

**The Dangers  
of**

# **DISTRACTIONS**

**October Bible Study Series**

# **A Distracted Faith**

## **Lesson One**

**“God did not create you to live a distracted life. God created you to live a Jesus-infused life.”**

**When we become distracted  
from our faith, we become  
separated from God.**

# **Six Common Causes Of Spiritual Distraction:**

# **1. Ourselves**

**We tend to be very self-focused.**

## **2. Lust and Love**

**We often find ourselves thinking of someone or something we love before we think of God.**

# **3. Entertainment**

**When entertainment gets in the way of our faith, it becomes a spiritual distraction.**

# **4.Things**

**It is important that we learn the difference between what we need and what we want.**

# **5. School and Work**

**To avoid the distractions that school and work can cause, we must be better at managing our time.**

## **6. Service**

**Sometimes we lose sight of God in our desire to be good servants.**

**Psalm 119:148 (ESV), My eyes are awake before  
the watches of the night, that I may meditate on  
your promise.**

**Psalm 119:148 (MSG) I stayed awake all night,  
prayerfully pondering your promise.**

**“my eyes are awake”**

**Romans 10:2, I bear them witness  
that they have a zeal for God, but  
not according to knowledge.**

**Christians may be excited about God, but because they have become a product of our digital world, they have a diminished ability to think deeply about Him, to truly know Him as He is.**

**One of the great dangers we  
face as Christians is becoming  
Shallow Thinkers.**

**Distraction — > Shallow**  
**Thinking — > Shallow Living**

**Shallow Thinking Is Reshaping  
Us In Two Dangerous Ways:**

**1. We Are Tempted To Forsake  
Quality For Quantity.**

**2. We Lose Our Ability To Engage  
In Deeper Ways Of Thinking.**

**We live rushed lives and forget  
how to move slowly, carefully, and  
thoughtfully through life.**

**Lamentations 3:40-42 (NIV), Let us  
examine our ways and test them and  
let us return to the LORD. Let us lift up  
our hearts and our hands to God in  
heaven and say: "We have sinned and  
rebelled and you have not forgiven.**

**II Timothy 2:15, Diligently study to show yourself approved unto God, a workman who does not need to be ashamed, rightly dividing the Word of the truth;**

***The Greek word for **STUDY** is  
meletáō – properly, to care for, attend  
to; hence be diligent, especially to  
ponder***

# **Digital Addiction**

**A recent study found:**

- ✓ 4 in 10 Americans say they can't live without their mobile phone.**
- ✓ 82% never leave home without it.**
  - ✓ 50% sleep with it nearby.**

**Proverbs 24:30-34 (ESV), I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.**

**We must learn to slow down,  
pause, and think.**

**Stop, Watch and Learned.**

**Thinking deeply amid distractions require  
we  
silence the beeps and relearn how to focus.**

**Amid all distraction, the cure is to  
refocus our attention on what  
matters most.**

# **THE CHRISTIAN MIND**

**The Christian faith requires that Christians use their God-given minds, their God-renewed minds, to know what is true and to reject what is false.**

**Colossians 1:9-10 (ESV), And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and increasing in the knowledge of God.**

# **Three Ways to Cultivate a Renewed Mind:**

# **1. Filling Your Mind**

**(what you take in)**

**“Desire the pure milk of the word,  
so that you may grow up into your  
salvation.” (1 Peter 2:2)**

## **2. Guarding Your Mind** **(what you keep out).**

# **3. Framing Your Mind**

**(cultivating a biblical view)**

**The mind is to feed and shape  
the heart.**

**We are to study God by studying  
the Word of God.**

**Psalm 119:148, My eyes are awake  
before the watches of the night,  
that I may meditate on Your  
promise.**

**“We must learn to discover what distracts us, destroy it, cultivate concentration, and seek out solitude regularly and habitually.”**

**Heart, Soul, Mind and Strength**

**Distraction Will Never  
Completely Disappear.**

**If we are to take our Christian faith seriously, we must learn to ignore the buzzes, the beeps, and the distractions that threaten to drown out serious thought and reflection.**

**Matthew 22:37-39 (ESV), And He said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.**

**Living out a distracted faith will leave us spiritually weak and confused. Our hearts will struggle to commit and to grow when we are constantly diverted.**

**“You can’t do big things if  
you’re distracted by small things.”**

## **Bible Study Follow-up Chat**

- 1. “God did not create you to live a distracted life. God created you to live a Jesus-infused life.”**
- 2. What part of your day is best to spend consistent time in devotion with God?**
- 3. What are some known distractions that are hindering you from knowing God more intimately?**
- 4. What is your response to this progression: Distraction — > Shallow Thinking — > Shallow Living**
- 5. We must learn to slow down, pause, and think.**
- 6. How can technology be a useful tool to help reshape and focus our faith?**
- 7. “You can’t do big things if you’re distracted by small things.”**