

YOU HAVE AN ENEMY  
"DISTRACTIONS"  
AUG. 31<sup>ST</sup>, 2025

**Big Idea:** Your best \_\_\_\_\_ against distraction is \_\_\_\_\_  
to Jesus.

HOW DOES THE ENEMY USE DISTRACTIONS?

**1. To draw our \_\_\_\_\_ away from Jesus.**

a. *"But Martha was distracted with much serving..." Luke 10:38-42, ESV*

**2. To dull our \_\_\_\_\_ to His voice.**

a. *"And after the fire the sound of a low whisper." 1 Kings 19:11-12, ESV*

**3. To divert our \_\_\_\_\_ from Him.**

a. *"Do not love the world or the things in the world." 1 John 2:15, ESV*

HOW CAN WE COMBAT DISTRACTIONS?

**1. Stay \_\_\_\_\_**

- a. Through \_\_\_\_\_
- b. Through \_\_\_\_\_
- c. Through \_\_\_\_\_

**2. Stay \_\_\_\_\_**

- a. Through \_\_\_\_\_ (small groups)

**3. Stay \_\_\_\_\_**

- a. Through \_\_\_\_\_ the Bible

## Monday

Luke 10:41–42 reminds us that Martha was anxious and distracted, but Mary chose “the one thing” that mattered most—sitting at Jesus’ feet. Distractions are often good things that become ultimate things when they steal our focus from Christ. *What would it look like for you to choose “the one thing” today?*

## Tuesday

God spoke to Elijah not in the wind, the earthquake, or the fire, but in a gentle whisper (1 Kings 19:11–12). The enemy loves to fill our lives with noise, but God calls us into stillness so we can hear His voice. *Where do you need to create quiet space in your week so you can hear God’s whisper?*

## Wednesday

A ship without an anchor may not sink, but it will drift wherever the current takes it. In the same way, without being anchored in God’s Word, our lives slowly drift away from Him. *What practices keep you anchored to God’s Word when life pulls you in every direction?*

## Thursday

Distractions often start as “no big deal,” but over time they can reorder our loves and cool our devotion to Christ. That’s why constant recalibration is vital for a faithful walk with God. *Where might you be justifying a “small” distraction that could grow into a major detour?*

## Friday

Distraction isn’t defeated by gritting our teeth—it’s overcome by greater devotion. Hebrews 12:2 calls us to “fix our eyes on Jesus, the author and perfecter of our faith.” When our gaze is locked on Him, distractions lose their grip and our hearts find freedom in His presence. *How can you intentionally fix your eyes on Jesus today?*