

Distraction.

**Our devices often dictate what we prioritize.
We live in a world of digital idolatry.**

WHY DO WE GET DISTRACTED?

- WE DON'T LIKE WORK
- WE DON'T LIKE PEOPLE
- WE DON'T LIKE OURSELVES

DISTRACTION IMPACTS:

GROWTH
CONNECTION
URGENCY

LIVE UNDISTRACTED

TURN OFF THE BEEPS: GO TO IT ON YOUR OWN TIME
SHUT DOWN THE PHONE. PRIORITIZE. EMAIL.
KEEP IT OUT OF THE BEDROOM
ELIMINATE COMPETING DISTRACTIONS: APPS, SOCIAL MEDIA, BROWSING.

CONVERSATION STARTERS

1. What is one reason that you get distracted? Do you use digital devices to escape from work, people, or yourself?
2. The authors of Scripture could not have known that a time would come when we could be so distracted so easily. What do you think they would say today, seeing how we have become distracted?
3. Where have you seen distraction impact your life? In your personal and/or spiritual growth, your connection with others, or your sense of urgency?

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QUESTIONS FOR MY GROUP