



Every Thought Captive Week #3 "Distractions"

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ 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." ⁴¹ But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10:38-42

1. The Weapons of Distraction

Choice, Entertainment, News, Ads and Phones!
(circle the one you struggle with the most)

2. The Effects of Distraction

Martha is described in 3 words: distracted, anxious, and troubled

3. The Cures for Distraction

1) silence, solitude, and slowing down.

2) Sabbath: "To stop, and delight"

3) Choose what is best

"Good things that take us away from the best thing are distractions"

4) Sit at Jesus' feet.

2 ways to learn: knowing and experiencing

4. The Result of Not Being Distracted

⁴² ...but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

There are 2 eternal things: God, and people.

Invest your time in those and the results will be eternal.

Renew Your Mind This Week:

1. This week identify “patterns of distraction” ...then....Develop a plan to eliminate or reduce it from your life! (Pro-tip: do this with a friend so you can hold each other accountable.
 2. Of the 3, pick either Silence, Solitude, or Slowing Down to try this week.
1. Take a moment to think about your typical day. What kind of thoughts tend to dominate your mind?
 2. How does distraction effect you the most? Your health? Job? Relationships?
 3. Martha’s distraction made her anxious and upset. Which of the two do you see most in your life?
 4. Of the cures, which was the most: Convicting? Exciting to try? The hardest you feel to accomplish?
 5. How can you as a Life Group support each other in eliminating distraction and encouraging each other to choose what is best in your lives?
 - 1.

Life Group Discussion Questions

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Source: Kyle Idleman “Every Thought Captive” Zondervan Publishing
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