

# **LESS OF WHAT YOU DON'T NEED AND MORE OF WHAT YOU DO!**

## **From Overwhelm to Peace: Letting Go Of Distractions**

**DISTRACTION:** pulling apart;  
separating; drawing the mind in  
different directions.

**If the devil can't destroy you, he will do  
anything he can to distract you**

**As they continued their travel, Jesus  
entered a village. A woman by the  
name of Martha welcomed him and  
made him feel quite at home. She had  
a sister, Mary, who sat before the  
Master, hanging on every word he said.  
But Martha was pulled away by all she  
had to do in the kitchen. Later, she  
stepped in, interrupting them. "Master,  
don't you care that my sister has  
abandoned the kitchen to me? Tell her  
to lend me a hand."**

**The Master said, "Martha, dear Martha,  
you're fussing far too much and getting  
yourself worked up over nothing. One  
thing only is essential, and Mary has  
chosen it—it's the main course, and  
won't be taken from her."**

**Luke 18:38-42 (MSG)**

**You're worried and distracted by so  
many things, but few things are needed**

**Prioritize what is best over  
what is just good**

**Steps To:**

- Diminish Your Distractions**
- Replace Your Distraction With  
Purposeful Practice**
- Ask God For Focus And Listen When  
He Speaks**



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