

# Are You Distracted? (part 1) Loving God, part V

I have a confession... Not only am I highly distracted but easily distracted. So there, I said it!

We all have to deal with them and they challenge the best of us. That is distractions. This week I want to look at what is causing us to be distracted and what we really need to focus on.

Do you remember this verse from last week's message, "Are You Being Challenged?". The parable of the sower is a great passage that illustrates how distractions can inhibit our spiritual growth:

***Matthew 13: 22** The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced.*

What is distracting us and taking our eyes off Christ?

Here is a list of some "popular" distractions: TV, radio, friends, family, Internet, neighbors, activities, and video games.

Here is another list of distractions that work in a different way: lack of employment, poor health, money (both lack of and lust of), legal issues, lust, appetite, etc.

## **Even ministry can be a distraction**

I can't list everything, just keep in mind that anything that is taking our focus off Christ is a distraction, even ministry.

Not all of these activities are "bad", of course, but they can

all distract us from loving God.

Consider this example of a distraction:

**Luke 10: 38** *As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. 39 Her sister, Mary, sat at the Lord's feet, listening to what he taught. 40 But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." 41 But the Lord said to her, "My dear Martha, you are worried and upset over all these details! 42 There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."*

We can see here that the distraction is making dinner (serving/ministering). Of course, Martha is saying that Mary is distracted by Jesus "my sister just sits here while I do all the work?". It's easy to allow the world guilt us into doing work, but Jesus makes it clear what's most important.

### **Focus on what Jesus tells Martha...**

**Luke 10: 42:** *"There is only one thing worth being concerned about".*

Just think about this... a lot. Consider that Jesus is the One that tells us "Don't worry" (Matthew 6:34) and we also read "Don't worry about anything" (Philippians 4: 6)

And here He's telling us *"There is only one thing worth being concerned about"*, which is spending time in the presence of the Lord. This is something we cannot afford to lose sight of. This is the essence of our walk with Him. The time we spend sitting at His feet, *"listening to what He teaches"*, is how we get to know Him. This is how He knows us!

*Luke 10: 42 "only one thing is necessary" (NASB )*

My point here is this: We all get distracted, that is unavoidable. Distractions happen. We, men and women of God, cannot afford to neglect the *one thing that is needed*. We must spend time at the Lord's feet.

**Be in prayer. Stay in the Word. Join those that  
love Jesus.**