

## **Time To Defeat Distractions**

My day was literally filled with distractions and as my day came to a close, I became very aware of the negative distractions of life. What do I mean?

We live in a world full of distractions. Just think for a moment of how many distracted drivers you see each day... A recent study by Synovate found that more than 6 in 10 Americans say they can't live without their mobile phone; 82 percent say they never leave home without it; nearly half of them sleep with it nearby and 60% use it while driving. Many live in the constant state of being distracted!

Distractions steal time and energy causing individuals to lose focus. Just like spiritual distractions, prevent you from giving God your full attention by shifting your attention to something else other than God.

Distractions can cause problems in your relationship with God. They come in and attack you in different ways to prevent you from getting closer to God. They pull attention away from Him and move your focus to something else. These distractions influence your choices and reduce your spiritual growth. They disrupt your obedience and cause you to make the wrong decisions. They attempt to steal your concentration concerning God's word and in times of prayer. They try to prevent you from doing things you should be doing for Him.

Distractions try to divide your attention away from the things of God. What is the opposite of distraction — focus. You must focus on Him to keep yourself from becoming distracted. There are so many things in your life right now that are fighting for your time and attention. The title of today's message is a call to not only become aware of distractions, but to recognize and defeat them when they knock on your door! In the midst of all of this distraction, the cure is to refocus attention on what is truly important. One must work tirelessly to eliminate distractions and to focus on what matters most, God!!!

*“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God” (Hebrews 12:1-2)*

Rev. Dr. Gina Cobb  
February 23, 2018