Dangerous distractions

Intro: Texting while driving, kills more today than drunk driving. When we first are learning to drive we are too cautious to be distracted while driving. We were not as skilled behind the wheel to put even the smallest amount of attention elsewhere while driving down the road. Even the radio has proven to distract. But as we gain experience, we sometimes try to juggle these distractions while driving. Most often we get away with it, but the one time you don’t could cost you your life or worse someone else’s life. Luke 10:38-42 Martha was distracted

Distracted at worship

1. Remove the distractions
   1. Clear your mind of worldly things / cares (Heb. 12:1; Rom 12:1-2)
      1. We “get” to go; Sat night is prep night for worship the next day. (teaches anticipation, and priorities) – (Mat 6:21; 13:44)
   2. Take steps to prepare your mind to study and worship (Eccl. 5:1; 12:13; Psa. 27:4-5; 66:10-16)
2. Focus on the word
   1. Understand what you are singing /praying (1 Cor. 14:15; Psa. 47:70)
   2. Understand what is being taught (Eph. 5:17; Gal 1:6-7; 2 Pet 3:14-18)
3. Focus on your own worship
   1. Psa. 122:1 Glad to go the house of the Lord.
   2. Don’t distract others, and don’t let others distract you

Distracted at work

1. Remove the distractions
   1. Good soldier entangles not in affairs of world (2 Tim 2:4)
   2. Prepare your mind for work (Eccl. 9:10; Col. 3:23)
2. Focus on your work responsibilities
   1. Think about what you need to accomplish (1 Cor. 4:17; Prov. 22:29)
   2. Think about time management / ways to better your contribution to the team (Eccl. 3:17)
3. Focus on your Christian responsibilities at work
   1. Work as unto the Lord and not unto men. (1 Cor. 4:17)
   2. Don’t stop being a Christian when you clock in at work

Distracted at home

1. Remove the distractions
   1. Turn off the T.V.
   2. According to the Bureau of Labor Statistics: 2013- American’s spent an average of 5.26hours participating in leisure and sports which includes 2.77 hours watching TV while just spending .14 engaging in Religious activities.
      1. Religious Activities include those normally associated with membership in or identification with specific religions or denominations, such as attending services; choirs, youth groups, orchestras, or unpaid teaching; and engaging in personal religious practices, such as praying.
   3. Get off the computer
2. Focus on your physical responsibilities
   1. Clean the house; fix the faucet
   2. Easiest way to destroy a house is to do nothing.
3. Focus on your spiritual responsibilities
   1. Raising your children (Deut. 6:7; Eph. 6:1-4)
      1. “Adults living in households with children under 6 spent an average of 1.84 hours per day providing primary childcare to household children. Adults living in households where the youngest child was between the ages of 6 and 17 spent less than half as much time providing primary childcare to household children--.68 hours a day. (Primary childcare: playing with, reading to, assistance with homework, attending events, health needs, dropping off, pick up, waiting for children.” American Time Use Survey -- 2013 Results – Bureau of Labor Statistics
   2. Towards your spouse (1 Cor. 14:35; Eph 5:22-28; Tit 2:4-5)