

distractions in our lives. We do this in basically two ways; removing the distraction from us or removing ourselves from the distraction. The key is realizing how distractions erode our ability to be productive, develop meaningful relationships and accomplish what we need on a daily basis. Meditate on three things that distract you on a daily basis. How can you remove them from you or remove yourself from them? Write your ideas here as you pray for God's strength to make the commitment to diminish your distractions

### **Thursday, December 10**

Read Luke 10:38-42. Did you notice how many things Jesus said were truly important? Just one! Jesus said, "there is need of only one thing." (Verse 42) The second idea that shared during the message that will help us let go of distractions is focus on the important. There are very few things that are absolutely essential. We need to focus so that we accomplish the most important tasks on a daily basis. For Mary, that most important thing was to sit at Jesus' feet and hear his teachings. What Martha was doing was good, but had she counted the cost of doing those things in comparison to gleaning meaningful teachings from Jesus? Beginning today and for the next week, make a daily list of all that you need to accomplish. Examine that list carefully and decide what really must be done. Focus on those tasks and see if you feel more productive throughout the next week.

### **Friday, December 11**

We've been talking about what will help us let go of distractions in our lives. Avoiding distractions and focusing seem to be two sides of the same coin. The third thing we must do is listen to the voice of God. When it comes to the elements of our lives that are internal and eternal, we should always listen for the wisdom of God to guide us. It may not come to you as an audible voice, but perhaps through the advice of trusted friends, or from Scripture or in an unexpected moment of clear thinking. How does God communicate with you? Are you listening? Write your thoughts here.

## **Message Notes – December 6, 2020**

### ***Travel Light – Letting Go of Distractions\****

- I. As we travel through this Advent Season toward the end of a very \_\_\_\_\_ year, we really need to let go and travel light.
  - A. In order to what is essential on any given day we must clear the \_\_\_\_\_ from our minds to focus on what really matters.
    1. And it's a \_\_\_\_\_ to focus!
    2. If you study the word "distraction" you'll find it means "a pulling \_\_\_\_\_, separating, a drawing of the \_\_\_\_\_ in different direction."
  - B. Distraction is a powerful force that if we're not careful, can eventually \_\_\_\_\_ us.
- II. The story from the Gospel of Luke is a powerful illustration concerning distractions and doing what really matters in \_\_\_\_\_.
  - A. Jesus is in a village where \_\_\_\_\_ opened her home to Jesus and his disciples
    1. Martha was distracted by her many \_\_\_\_\_ while her "lazy, no good sister" just sat at Jesus' feet listening to him teach.
    2. Martha confronts Jesus saying, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to \_\_\_\_\_ me."
    3. Jesus answered, "Martha, Martha, you are worried and distracted by many things; there is need of only \_\_\_\_\_ thing. Mary has chosen the \_\_\_\_\_ part, which will not be taken away from her."
  - B. For years I heard these words from Jesus as \_\_\_\_\_, scolding Martha.
    1. Today I hear Jesus' words differently, with a

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\*Luke 10:38-42

softer and caring tone.

2. What Mary chose is \_\_\_\_\_ and \_\_\_\_\_ – it can never be taken from her.
- C. Now to be sure, Martha wasn't doing something \_\_\_\_\_; rather, what she was doing was \_\_\_\_\_!
1. It's because of the Marthas in the world that we \_\_\_\_\_ on time, bills get \_\_\_\_\_, schedules get created!
  2. If the \_\_\_\_\_ of the world ran things, many things may never get done.
  3. Often the most difficult choices aren't between good and bad, but between good and \_\_\_\_\_.
- III. Three thoughts on choosing what is \_\_\_\_\_ and letting go of distractions.
- A. First, \_\_\_\_\_ the distraction in your life.
  - B. Second, we must \_\_\_\_\_ on the important.
  - C. The third thing we can do is \_\_\_\_\_ to the voice of God.
  - D. Your \_\_\_\_\_ is too valuable, your \_\_\_\_\_ too great and your \_\_\_\_\_ too good to settle for less than the best.

## ***Daily Devotional Guide***

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

### **Monday, December 7**

Our Advent Messages are all about travelling light and letting go of that which prevents us from having the life God intends for us. This week we're working on letting go of distractions in our lives.

What are the greatest distractions in your life? What keeps you from being as productive as possible in your work life? What keeps you from developing relationships that are deep and meaningful? What would it mean to let go of these distractions in your life? Meditate on these questions and record your thoughts here.

### **Tuesday, December 8**

Read Luke 10:38-42. This may or may not be a very familiar story to you. The sisters, Mary and Martha, are two very different people. Martha is busy rushing around caring for the needs of the guest in her house while Mary takes a seat at Jesus' feet to listen to his teaching. Martha became frustrated, confronted Jesus and asked him to command Mary to help her!

It we remove the labels of good and bad, right and wrong for Mary and Martha, we can embrace the idea that they both made decisions, albeit different decisions. Jesus demonstrated love for Martha in the midst her distractions while recognizing that Mary had chosen to be present with him. Both were doing what is needed but it's a matter of priority. When you have the opportunity to be with Jesus, then that is the "better part." Consider the story within the context of your home and life; are you more of a Martha or more of a Mary? Write your idea here.

### **Wednesday, December 9**

Read Luke 10:38-42. In the message three thoughts were shared as a means of letting go of distractions so as to choose the better and even best thing upon which we can focus. We read that "Martha was distracted by her many tasks." She complained to Jesus wanting him to tell Mary to help her. During the message three ideas were presented as a means of letting go of distractions. The first is rather simplistic in that we need to diminish the