

Guardrails Distractions

Carefully examining our lives and minimizing distractions protects us and acts as a guardrail on the narrow road that leads to abundant life (Ephesians 5:15-21).

One of the primary tools the enemy uses against us is distractions, which often lead us to choosing what is good over what is best. We know with confidence that we are prioritizing what is best and eliminating distractions when we are seeking Jesus first and His kingdom. Seeking Jesus first and His kingdom means we are spending time in His presence, engaging His Word and actively praying. It means we are purposefully and regularly investing into Biblical community and participating in the services and ministries of the church. It also means we are looking for ways to serve and bless others.

GET THINGS STARTED

If someone were to look objectively at your day-to-day life, what would be the top three things they would find occupying your time and attention? What is that one thing that your life primarily revolves around in this season, and do you think it is what is best?

GO DEEPER

1. In Lamentations 3:40, what does it look like to *test and examine our ways*? How do we know if our evaluation of our time, choices, and priorities is in alignment with what God defines as best? If in our evaluation we find misalignment, what steps do we need to take to course correct?
2. From Ephesians 5:15-21, what is wise use of our time, and what is foolish use of our time? What might a day or week look like if we are making wise use of our time and choices? What possible order of priority should we give to the things and people that God defines as most important?
3. What does it mean to seek Jesus and His kingdom first (Matthew 6:28-34)? What is the evidence in a person's life that they are seeking Jesus and His kingdom first?

MAKE IT PERSONAL

1. If you look at your own heart and life, what is distracting you most from God's best?
2. Is Jesus at the center of your daily life and world, and does your life revolve around Him as the center? If not, what is at the center that you need to address? What do you possibly need to say *no* to – even if it is good – in order to say *yes* to seeking Jesus and to pursue what is best?
3. How would you rate your engagement of church in general, Biblical community, reading the Bible, prayer, and serving? Which one of these needs the most attention right now? How do you avoid making any of these just another thing to do versus connecting with the presence and heart of your Heavenly Father?

PRACTICE IT NOW

Take time as a group in prayer to invite Jesus to help you examine your life and time. Ask Him to show you where you have specifically become distracted and allow for time to listen to what He may reveal. With a heart of confession and repentance, lay those areas of distraction down before Him and ask Him to help you realign your life and time to seeking Him first and His Kingdom. Ask Him to show you how to make wise use of your time and how to restructure your day, week, or month to seek Him and His kingdom first.