



## Travel Light wk2: Letting Go of Distractions

**Introduction:** We run at a pretty crazy pace most of the time. During Christmas, somehow that pace often accelerates. When so many things are vying for our attention at the same time, how do we focus on what really matters?

### Discussion Questions

1. Have you ever tried to talk to someone who seemed to be really distracted? How did that make you feel? Have you ever seen someone set distractions aside to focus on you? What's the difference in those experiences?
2. **Read Luke 10:38-42** Why is Martha so frustrated? What is significant about what Mary is doing? Did the things Martha was stressing about doing need to be done? How do you choose between good and best? Martha was so consumed with doing things for Jesus that she was missing Jesus. Can you relate to that?
3. One of the biggest distractions that most of us deal with is our phones. Do you spend too much time on your phone? How can you keep that device from over taking your time and attention?
4. What things can distract you most during the Christmas season?
5. Read Proverbs 4:25-27 One of the ways to not be distracted is to focus on where you want to be or what you really want to be doing. How can you fix your eyes on Jesus during Christmas?
6. The 3 big ideas from the sermon were to: distance distraction, focus on what's important, and listen to voice of God. Of those 3, which is the hardest for you? Which is most natural?

**Shaping Your Mind** - *...you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one... Luke 10:41-42*

**Moving Forward** – Satan doesn't need to destroy you if he can distract you...don't let him!