

THE FOLLOW UP

DISTRACTED???

***You have 6 days to get
these 4 devos and the Quiet
Time Challenge done***



Jesus said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."
~ Luke 10:41-42

DEVO #1—So Easily Distracted

READ: Psalm 39: James 4:13-16

Distractions, distractions, distractions. Video games, movies, music, TV, the internet, books, magazines, sports, friends, hobbies, and more. It seems like there's a million things we could be doing at any given time! And, sure, there is nothing wrong with having fun and enjoying life...unless, all of that fun distracts you from what really matters.

In Psalm 39, David realized that amassing riches and busily accomplishing many worldly tasks would make NO difference in eternity. I hope that you have come to realize the same thing. In the end, when it is all said and done, only what you have done for God's kingdom will last.

1. Look again at Psalm 39:4-6. What benefits are there from remembering how short life on earth can be?
2. Look again at Psalm 39:7. If life on earth is temporary, and the things we work so hard for are temporary, where should we be placing our hope?
3. There is nothing wrong with making plans. But, according to James 4:13-16, what must we always keep in mind when making plans?
4. When it comes to how you live out each day, are you distracted from God's purpose for your life or are you living for eternity?

PRAYER

- ~Thank God for His perfect plan for your life
- ~Confess to God, if necessary, being distracted from God's plan for your life
- ~Ask God for the strength to follow His plan no matter what

ADDITIONAL NOTE SPACE

POSSIBLE ACTION STEPS

- ♦ Review an average week. How much time is spent with TV, with the internet, on your phone, involved in sports, listening to music, etc. Now compare that to the time spent reading the Bible, praying, and investing in church
- ♦ What areas most distract you from Bible reading, prayer, and church? What must you do about these things?
- ♦ Keep praying at least ten minutes each day
- ♦ Each of us has blind spots regarding our own lives. Ask your parents, and others close to you, what things they think you are wasting too much time with?

QUIET TIME CHALLENGE

NOTE:

The *Quiet Time Challenge* is NOT a devotional in itself. It is designed for you to do separately apart from your daily devotional time.

HOW IT WORKS:

Find a quiet place with no distractions. Make this between just you and God. Clear your mind then read the Bible verse(s). After doing so, work through the questions. At the end, spend five to ten minutes in "listening mode." Just ask God to speak to you and then be quiet and seek to hear His voice.

PART 1 — READ: Matthew 6:31-33

PART 2 — QUESTIONS

Explain these verses in your own words:

How often are you distracted from seeking first the kingdom of God?

PART 3 — LISTEN

Ask God to examine your heart. Let Him show you the areas that need work. Then seek to hear His voice speak to your soul. (Feel free to jot down anything you hear.)

DEVO #2 — Into His Presence

READ: Psalm 84

For the next three devos, we'll be focusing on three things that the devil LOVES to distract us from—going to church, reading the Bible, and prayer. Satan wants us to view those things as dull and boring, while viewing all the distractions he throws at us as awesome and amazing.

So, as we look at the importance of going to church today, do you see it as something you'd rather not do? Is it a priority, or is it something you do only if you don't have something else planned (like hair washing, extra sleep, TV binging, etc.)?

Perhaps your parents have to practically drag you to church each week, or maybe you enjoying going...to see your friends. Regardless, please understand that the opportunity to focus on the Lord, to worship Him, to learn from His Word, and to fellowship with other Christians is something that is vitally important to our lives.

1. Look again at verses 1-2, how much does the psalmist long to be in the Temple? How does this attitude compare with yours?
2. Look again at verses 3-4. As you get ready for church, and make your "pilgrimage" (drive) to church, are you feeling like the psalmist? Why or why not?
3. Look again at verse 10. When you are at church is there no place you'd rather be...or can you think of LOTS of other places you'd like to be?
4. If you are "less than excited" about going to church every Sunday, what can help you avoid distractions?

PRAYER

- ~Thank God that He loved and valued you so much that He sent His Son to save you from your sins
- ~Confess to God, if necessary, that worshipping Him is coming in second (or lower) on your priority list
- ~Ask God to help you keep Him and the worship of Him first

DEVO #3 — Feeding on the Word of God

READ: Psalm 119:1-16; 2 Timothy 3:16,17

The late President, Ronald Reagan, said, "Within the covers of one single book, the Bible, are all the answers to all the problems that face us today—if only we would read and believe."

Now, perhaps some of you are thinking, "Read the Bible?!? Come on, why is that important? My life has gone just fine without reading that Book!" But when you read the Bible, you're not just reading words on a page, you are discovering God's will for your life and literally walking in the mind of God.

Reading God's Word is reading God's thoughts, peaking into God's heart, and grabbing hold of God's deepest desire for your life. What could be better than that?!?

1. Psalm 119 is unique for two reasons. First, it is the longest chapter in the Bible. And second, almost every one of its 176 verses talks about God's Word. As you look again at verses 1-8, what are the benefits of knowing God's Word?
2. Looking again at verses 9-16, what are the benefits of hiding God's Word (memorizing it) in your heart?
3. According to Paul in 2 Timothy 3:16,17, what does God's Word do for us?
4. What can help you avoid distractions so that you can daily study Scripture?

PRAYER

- ~Thank God that His Word can transform you
- ~Confess to God, if necessary, neglecting to daily read His Word
- ~Ask God to give you the discipline to read His Word daily

DEVO #4 — Putting Aside Time to Pray

READ: Luke 11:1-13; 18:1-14

Here's a riddle for you: What is the most powerful, but least used weapon in the Christian's arsenal? Answer: Prayer. There is nothing more powerful for the Christian than prayer. Prayer brings us into conversation with the Creator of the universe. Prayer enables us to enter into a dialogue with the Almighty, all-knowing, and everywhere present God. Prayer lifts us up from the cares and snares of the earth and places us in the lap of our Father in Heaven.

It is there that we can share our lives with Him, and He can share His great and perfect and pleasing plan with us. It is there that we can open wide the storehouses of His grace, wisdom, love, and care.

1. The only time, in Scripture, that the disciples asked Jesus to teach them anything was when they asked Him to teach them how to pray. Why do you think that is?
2. In Luke 11:5-13, what lesson is Jesus trying to teach His disciples about prayer?
3. According to Luke 18:1-8, why is it important to be persistent in our prayers?
4. On a scale of 1-10, with 1 being the worst and 10 being the best, how do you rate your prayer life? If you didn't give yourself a 10, what can help you avoid distractions in this area?

PRAYER

- ~Thank God that He both hears and answers your prayers
- ~Confess to God, if necessary, your lack of a prayer life
- ~Ask God to discipline you to deepen your prayer life