

"Distractions"



To the leader:

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the page.

On Sunday, Billy continued in our *Own Worst Enemy* series where we are looking at some things that can and do get in the way of us living our best and fullest life through Christ. Specifically, Billy talked about distractions and the fact that Satan doesn't have to destroy us if he can distract us. If he can distract us, he can derail us from experiencing the full, meaningful and significant life God has for us. The hardest decisions in life are not between "good" and "bad" but "good" and "best". We learned three principles for how to choose what's best in life: Diminish the distractions, fix our focus and maximize what matters most.

"The devil doesn't need to destroy you if he can distract you."

- ◆ To what extent are you easily distracted?
- ◆ In what way have you experienced the negative impact distractions can have on your faith

Let's review the points from the message Sunday:

1. Diminish the distractions

- ◆ What steps can you take in order to diminish the distractions present in your life?
- ◆ In what way does learning to diminish distractions, rather than trying to eliminate them, bring value to your life?

2. Fix your focus

- ◆ What percentage of your focus would you say is on God throughout your day?
- ◆ What are some things that you can say "no" to in order to better focus your attention on God?

3. Maximize what matters most

- ◆ What steps do you need to take in order to maximize your relationship with God? What habits need to be put in place? Who is going to help you make this goal a reality?
- ◆ What kind of impact can distractions have on the impact and influence of the family? What steps need to be taken in order to diminish such distractions?

Now what?

- ◆ What steps are you going to take to diminish distractions in your life? Who is going to hold you accountable?
- ◆ Text FOCUS to 3302649459 to take on the First 15 challenge and start off your morning with Jesus!

Three Essential Questions

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*