

# SERMON NOTES

"We're becoming conditioned to distraction, and it's harming our ability to listen and think carefully, to be still, to pray, and to meditate. Which means it is a spiritual danger, an evil from which we need God's deliverance" (Matthew 6:13). Jon Bloom

dis-tract 1 a : to turn aside : Divert b : to draw or direct (as one's attention) to a different object or in different directions at the same time

## Key Verse:

Genesis 45:24 (NASB95) So he sent his brothers away, and as they departed, he said to them, "Do not quarrel on the journey."

Genesis 45:24 (NKJV) So he sent his brothers away, and they departed; and he said to them, "See that you do not become troubled along the way."

As Joseph sent his brothers back to Jacob, he knew the inherent dangers from being distracted on their journey. As a result, he challenged his brothers to keep focused and not get distracted on their journey to the father. In the same way, we are on a journey to our Heavenly Father. We must KEEP FOCUSED AND NOT GET DISTRACTED ON OUR JOURNEY TO THE FATHER.

## DON'T GET DISTRACTED

- Distractions are common
- Distractions reveal our hearts
- Distractions are a spiritual battle

## KEEP FOCUSED

- Keep the right perspective – 18, 20
- Keep the right practices – (what are the practical things we must do to prevent from being so distracted)
- Keep remembering God's provisions – 19,21 (Jesus is enough – 1 John 2:15-17)
- Keep reflecting on God's promises – 18, 23 "best of the land of Egypt"
- Keep your focus on the Father (Philippians 3:13-14)

## Take Away:

Hebrews 12:1 (NASB95) — Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us.

## Our Prayer:

"Whatever it takes, Lord, increase my resolve to pursue only what you call me to do, and deliver me from the fragmenting effect of fruitless distraction."