

Surviving Distractions

Bible Study Series

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7p-8p

Content

- The Tool of Self-Awareness
- Time Tracking
- Environmental assessments
- Recognize personal weaknesses

The Tool of Self-Awareness

- The first step in identifying distractions is to be self-aware. Recognize when you are losing focus on “Jesus” or engaging in unproductive activities which hinder spiritual growth and personal achievements. Take note of the triggers and patterns that lead to distractions.
- Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? (2 Corinthians 13:5).
- Commit thy works unto the LORD, and thy thoughts shall be established. (Proverbs 16:3).

Time Tracking

- Keep a track of your daily activities to identify where your time is being spent. This can help you pinpoint areas where distractions are most prevalent.
- “Look carefully then how you walk, not as unwise but as wise, making the best use of the time because the days are evil.” Ephesians 5: 15, 16.



Environmental assessments

- Evaluate your surroundings. Who do you keep company with? As the old saying goes, “Birds of a feather flock together.” Believers are not to look down upon anyone at anytime. We were all once sinners. Show love and kindness to everyone, but remain aware of the environments and company you entertain.
- Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. (Psalm 1:1).

**BAD COMPANY
CORRUPTS GOOD
CHARACTER.**

Recognize personal weaknesses

- Acknowledge and repent unto God about your personal tendencies that lead to distraction, such as procrastination or daydreaming. Identifying these weaknesses is the first step towards overcoming them.
- If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. (1 John 1:8,9)