



THE REDEEMED CHRISTIAN CHURCH OF GOD

CHRIST THE LORD PARISH

1-5 Admiralty Road , Lekki Phase 1, Lagos

DIGGING DEEP OUTLINE

TOPIC: UNDERSTANDING DISTRACTIONS

TUESDAY, SEPTEMBER 2, 2025

Text: Luke 10: 38 – 42

Introduction:

In our recent study series on *Knowing God*, we learned that one key way to apply that knowledge is by overcoming **distractions**.

What is distraction: In English, Distraction refers to anything that turns your attention away from what you want to concentrate on. However, from **Spiritual perspective**, it is described as anything that diverts a person's focus attention on or commitment to God and His purpose for your life.

Distractions can be **internal** (thoughts, emotions, desires) or **external** (phones, social media, noise). Spiritually, distractions are tools that shift our attention from God to worldly things. **Ephesians 5: 15 - 17, Gen 19: 26.**

The topic is explored in three key areas:

The World as a Distraction: The world's values often conflict with God's. Believers are warned not to conform but to set their minds on things above Romans 12:2, Col. 3:2. Stories like Martha. Luke 10: 38 - 42 and Lot's wife Genesis 19: 26, show how worldly focus can lead to spiritual loss. 1 John 5: 21, Matt 13: 5; 2 Kings 5; 20, 27 Joshua 7: 20 - 21.

Internal Distractions: Our own hearts can distract us through fear, doubt, anger, or anxiety. Proverbs 4:23 urges us to guard our hearts, as inner turmoil often leads to loss of focus and purpose Romans 7:23. Matthew 15: 18 - 20, Romans 7 : 23

Satan's Attempts to Distract: The devil uses temptations, deceit, busyness, and worldly attractions to pull believers away from God 1 Peter 5:8, Matthew 4:1–11. His strategies are subtle but aimed at destroying spiritual focus and destiny. Prov 1: 29; 2 Thes 2: 9; 2 Cor, 11: 13 - 14

Conclusion: Believers must actively fight against distractions and stay focused on their relationship with God and their eternal goal. Nothing should take priority over our love for God and pursuit of His kingdom.