

In Matthew 11:28-30 Jesus promised rest and an easing of burdens for weary ones who come to him. Does this contradict the emphasis in our passages on discipline and training for godliness?

How do you balance between striving for a holy, disciplined life and resting in Jesus?

Describe someone you know who has lived a Jesus-focused life well. In what ways do you want to be like them?

REFLECT

Do you agree with the statement Rob shared that “For most of us, the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.”? Are you or have you ever been in danger of this?

RESPOND

During this study what sin or “lesser thing” has God brought to your attention that you need to remove from your life? Write it down on one side of a 3x5 card. On the other side, write down a verse from the sermon or study that encourages you to deal with it. Share this with a trustworthy person who will pray for you as you

HIGH RESOLUTION

DELETING DISTRACTION

Until distractions and obstacles are removed from our path, our resolutions will keep falling flat.

Galatians 5:7-8

You were running a good race. Who cut in on you to keep you from obeying the truth? That kind of persuasion does not come from the one who calls you.

Hebrews 12:1-3 (page 828)

let us throw off everything that hinders

Luke 10:38-42

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

John Ortberg

For most of us, the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.

Christian counselor and author Henry Cloud
You may be involved with things that are not bad in and of themselves but that distract you from those deepest desires in your heart or the most important things in life. Thus they become negative influences draining away energy and attention.

and the sin that so easily entangles

Psalm 101:3
Job 11:14-15
Isaiah 55:7
Ephesians 4:22

Sin brings much more than distraction to our lives, it really brings destruction.

1 Peter 2:11
Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which war against your soul.

let us run ...the race marked out for us

fixing our eyes on Jesus

John 8:12
When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Peter Scazzero in *The Emotionally Healthy Church*
Maturity in life is when someone is living joyfully within their God-given limits. I find most of us resent limits—in ourselves and in others. We expect far too much of ourselves and each other and often live frustrated and angry lives.

Thomas a Kempis in *The Imitation of Christ*
If you want to see clearly and avoid blindness of heart, it is His virtues you must imitate. Make it your aim to meditate on the life of Jesus Christ.

DELETING DISTRACTION

LIFE GROUP STUDY

RELATE

What is the longest you have taken lessons in music, hobby or sport?

Have you ever wanted to quit following Jesus? Why didn't you?

What principle, insight, idea or quote was meaningful to you from this week's sermon?

READ

Hebrews 12:1-13; 1 Corinthians 9:22b-27; 10:31-33

How have you overcome distractions from following Jesus thus far in your life (Heb. 12:1)? What made you discard them instead of letting them continually slow down your progress?

What helps you keep focused on Jesus (Heb. 12:2)? What habits or practices have helped you endure and be faithful through tough times?

What benefits result from going to such efforts to live a godly, disciplined life (Heb. 12:11; 1 Cor. 9:24, 25)? What has that looked like in your experience?

How does a disciplined, Jesus-focused life benefit fellow believers? Non-Christians? When have you benefited from another believer's faithfulness?