



Making The Most Of Your Time

Focus Your Attention

Key Scripture

Ephesians 5:15-16 NASB

15 Therefore be careful how you walk, not as unwise men, but as wise,
16 making the most of your time, because the days are evil.

Distractions are a part of life

Matthew 12:46-50 NKJV

46 While He was still talking to the multitudes, behold, His mother and brothers stood outside, seeking to speak with Him. 47 Then one said to Him, "Look, Your mother and Your brothers are standing outside, seeking to speak with You."
48 But He answered and said to the one who told Him, "Who is My mother and who are My brothers?" 49 And He stretched out His hand toward His disciples and said, "Here are My mother and My brothers! 50 For whoever does the will of My Father in heaven is My brother and sister and mother."

Distractions come in all different forms

✓ **External** Distractions

Luke 9:62 TLB

But Jesus told him, "Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God."

✓ **"Show"** Productivity Distractions

Luke 16:15 CEV

You are always making yourselves look good, but God sees what is in your heart. The things that most people think are important are worthless as far as God is concerned.

✓ **Digital Addictive** Distractions

✓ **Need To Feel Important** Distractions

✓ **Omnipresent Illusion** Distractions

John 11:14-15 NLT

14 So he told them plainly, "Lazarus is dead. 15 And for your sakes, I'm glad I wasn't there, for now you will really believe. Come, let's go see him."

Notes: _____

Stay Focused

1. Take **control** of interruptions.

Job 33:30 Message

Meanwhile, keep listening. Don't distract me with interruptions. I'm going to teach you the basics of wisdom."

- ✓ **Schedule** Times for Interruptions
- ✓ **Make P.A.I. List**
- ✓ **Set Clear Expectations**

2. **Eliminate** external distractions.

Proverbs 4:25 Message

Keep your eyes straight ahead; ignore all sideshow distractions.

3. Make time for deep **focused** uninterrupted thought.

1 Corinthians 7:35 Message

I'm trying to be helpful and make it as easy as possible for you, not make things harder. All I want is for you to be able to develop a way of life in which you can spend plenty of time together with the Master without a lot of distractions.

Notes: _____

