

The Danger of Distraction

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We are distracting ourselves into spiritual oblivion. Pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives.

An over-busy, digitally distracted life of speed is the greatest threat to spiritual life that we face in the modern world.

John Mark Comer (The Ruthless Elimination of Hurry)

Question: What examples either confirm or contradict this statement as a reality in your life?

Read Daniel 6

Babylon is a symbol of the world and its values.

Question: What do you see in Daniel's life that speaks to keeping our hearts focused on God in the midst of distraction?

Read Ephesians 6:12

Question: How do these "spiritual forces of darkness" show themselves both obviously and subtly in our culture?

If the pressure on the inside is equal to or greater than the pressure on the outside, you can stand up to anything!

Question: What are some external and internal activities you can do that make room for your focus to come back on God and quiet yourself to hear His voice?

Some strategies for **expressing** devotion:

- Do it first thing in morning
(Attention is the beginning of devotion.)
- Minimize social media
- Embrace silence

Questions: What is the strength and benefit of these strategies? What would you add to this list? What works for you?

Next Steps:

- One Minute Pause App – your favorite app store
- Meditate on Christ – meditateonchrist.com
- YouVersion app - Bible.Com

Reading plan: The Daniel Difference

<https://my.bible.com/reading-plans/11480-the-daniel-difference>