



Travel Light

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Presenter: Jim Hammond

Talk It Over

Travel Light
Week 2:
"Letting Go Of Distractions"

SMALL TALK

1. Be honest. Who feels distracted right now? What is it that has your attention?

VIEWPOINT

2. **READ Luke 10:38-42.** Do you more easily relate to Mary or Martha? Why?
3. What do you think Jesus means when he says that really "only one" thing is needed? What is very bold about this claim? What is he claiming? What can we do with a claim like this?
4. **READ Proverbs 4:5, 25-27.** Which phrases seem to be about attentiveness versus distraction even though those words are not used? Which phrases strike you? Why?
5. **READ Psalm 19:1-2 and Romans 1:20.** Distractions are thoughts or ACTIONS that take us off track. We are inundated with so many actions, transactions, satisfactions, dissatisfactions, interactions, and reactions that we tend to excuse our inattentiveness to God. Does this excuse work? Why or why not?

GETTING PERSONAL

6. How do you feel about your time spent with screens? Why do you feel that way?
7. How does taking time to dive deeper help those of us who are chronically distracted? What does this kind of focus and attentiveness do for us?
8. What distractions do you want to limit? Which do you want to eliminate? How will you accomplish this?

MAKING PROGRESS

9. How can we love God more wholeheartedly? What are the relationship principles that apply when it comes to distractions, attractions, attentiveness and inattentiveness? Describe your current journey from wherever you are to where God wants you by using these terms.

I. Have a _____ Christmas.

II. The devil doesn't need to _____ you if he can _____ you.

III. Choose what is _____.

1. Focus on the _____.

2. Go _____.

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