



NO DISTRACTIONS

with Tracy Campbell

▶ FOCUS VERSE

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

Luke 10:41-42

▶ DISCUSSION

- 1. Tracy quotes Ephesians 3:19, which says, “the love of Christ . . . surpasses knowledge.”**
 - a. Have you ever been interested in something enough to research it thoroughly, only to find out that the knowledge wasn't fulfilling or useful?
 - b. Have you ever focused on learning more about Christ to the point that you missed out on the joy of your relationship with Him?
- 2. Later on, Tracy points out, “Jesus called His disciples to be with Him first before He ever sent them out to *do* for him.” (See *Matthew 11:28-30*.)**
 - a. Have you ever found yourself being so busy *doing*—even if the work you were doing was constructive and beneficial—that it made you feel less connected to God?
 - b. What, if anything, did you do to reconnect with Him or restore some balance?
- 3. Have you ever received a blessing “too soon”—that is, when you weren't mature or aware enough to truly appreciate or make the most of it?**
 - a. What mistakes did you make in that season of your life that you might not have made if you'd received that blessing at a later, more appropriate time?



- 4. Conversely, with the benefit of hindsight, are there any blessings in your life that you're glad you didn't receive any earlier than you did? (See James 1:17.)**
- a. Why do you consider yourself grateful for that “wait”?
 - b. In what ways did you become a stronger, wiser, or more mature person during that time?
- 5. How often do you spend some time alone with your thoughts—or prayers—in a quiet place? (See Luke 5:16.)**
- a. What are the biggest distractions that get in the way of those quiet moments, and what could you do to make them less intrusive?
- 6. Think about a tragedy or setback you experienced—either directly in your own life, or in the life of someone really close to you—that tested your faith. (See 1 Peter 1:6-9.)**
- a. As you struggled with that test, did you find that your faith wasn't as strong as you'd previously thought it was?
 - b. Did you do anything to restore that faith and reinvest in your relationship with God?

