



Noise and Distraction

- Every yes is a no somewhere else.
- On average we reach for our phone 2,617 times a day

“38As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40But Martha was distracted by her many tasks, and she came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” 41 “Martha, Martha,” “you are worried and upset about many things, 42but only one thing is necessary. Mary has chosen what is better, and it will not be taken away from her.” (Luke 10:38-42)

- Distraction drives us to pursue the urgent over the important.
- We must choose a quieter life.

*“Be still before the Lord and wait patiently for him;... 8do not fret—it only leads to harm.”
(Ps. 37:7)*

“Be still, and know that I am God;” (Ps 46:10)

*15“In repentance and rest is your salvation, in quietness and trust is your strength,”
(Is. 30:15)*

32“That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33The whole town gathered at the door, 34and Jesus healed many who had various diseases. He also drove out many demons... 35Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36Simon and his companions went to look for him, 37and when they found him, they exclaimed: “Everyone is looking for you!” 38Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” (Mark 1:32-38)



- Jesus knew his purpose because he prioritized God's presence.



30 "The apostles gathered around Jesus and reported to him all they had done and taught.
31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."
32 So they went away by themselves in a boat to a solitary place. "(Mark 6:30-32)

15 "Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses.
16 Jesus often withdrew to lonely places and prayed."
(Luke 5:15-16)

- People say I don't like to be by myself, when they mean is I don't like to be with myself.

-
- | | |
|---|--|
| <ul style="list-style-type: none">• <u>6 reasons we reach for technology</u>1. <u>Novelty</u> Candy2. <u>Ego</u> Candy3. <u>Entertainment</u> candy4. <u>Boredom</u> avoidance5. <u>Responsibility</u> Avoidance.6. <u>Hardship</u> avoidance | <ul style="list-style-type: none">• <u>What Candy and Avoidance produce</u>1. Irritability2. <u>Hypersensitivity</u>3. Restlessness4. emotional <u>numbness</u>5. Lack of <u>self care</u>6. <u>Escapist</u> behavior7. Isolation |
|---|--|

-
- Practical solutions
 - 1. Start your day with some quiet time.
 - 2. Find Quiet places to recharge
 - 3. Take a walk, be in nature without earbuds in
 - 4. Turn off the radio on your commute. Purposefully have times without outside input
 - 5. At the end of the day take a few mins. to decompress before you reengage with family.
 - 6. Put limits on technology. Look at how much time I'm spending on Technology.

-
- We skim the surface on jet skis when God invites to be scuba dive the depths of His presence.

"I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ," (Eph. 3:17-18)