

**NOW WORD** Covenant Church  
**“OVERCOMING DISTRACTIONS”**  
Sunday – 21 July 2019

**Pastor Rhongea Nixon**  
**Matthew 14:28-31 ASV**

**Objective:** We will examine what it takes to overcome the ever-present threat of distractions.

Introduction:

Distraction Definition: *Something that distracts: An object that directs one’s attention away from something else.*

The word distraction is derived from the Old Latin word Distractionem, meaning “a pulling apart”.

**Distraction Facts:**

1. According to an article in Forbes, 56% of people surveyed leave work wondering if they accomplish anything. “
2. According to a University of California Irvine study, it could take as much as 23 minutes to fully regain your focus for the task that you’re working on before the distraction.

**CAUSES OF DISTRACTIONS:**

- A. Our \_\_\_\_\_ (1 Peter 5:8)
- B. \_\_\_\_\_

**CONSEQUENCES OF DISTRACTIONS:**

- A. Distractions cause us to \_\_\_\_\_  
Genesis 3:1-4
- B. Causes our priorities to be \_\_\_\_\_  
II Samuel 11:1

- C. Causes us to lose focus on \_\_\_\_\_  
Matthew 14:30

**CURE FOR DISTRACTIONS:**

- A. There must be \_\_\_\_\_.  
Hebrews 11:6, II Corinthians 5:7.
- B. There must be an \_\_\_\_\_ on which we can  
focus. Proverbs 4:25-26
- C. We must \_\_\_\_\_ unto the Lord.  
2 Samuel 22:7, Matthew 14:30
- D. Be \_\_\_\_\_.  
Proverbs 4:27, Nehemiah 6:1-4, Ephesians 4:14
- E. \_\_\_\_\_.  
Exodus 14:13, Psalms 46:10

**TAKE AWAY:**

If we

F \_\_\_\_\_

O \_\_\_\_\_

C \_\_\_\_\_

U \_\_\_\_\_

S \_\_\_\_\_

**WE WON'T BE DISTRACTED!**