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Wednesday, June 9, 2021

Equipped for a Good Work!!

Lesson 9

Intro: How do you stop your distractions from controlling your day? Being productive is about mastering your attention, not making a to-do-list. But we should be more intentional and purposeful on our daily routine – my attention, attraction, and alliance to God. I read an article that Google is seeing an increase in the number of people searching “What day is it?” Let’s learn tonight how to be indistractable and get our life back on track!

Today’s Thought – In Sync
“Anxiety is the dizziness of freedom”

1. **Distractions:** a thing that prevents someone’s full attention to something Matthew 6:24
 - a. There are two words in the word distraction (**traction and action**)
 1. Most people when they become distracted fall into two categories:
 - The Blamers or The Shamers
 - The Blamers blame things outside of themselves 1 Corinthians 7:35
 - The Shamers take it on the inside of themselves Psalm 119:15
 - Family, Finances, Faith, Friends can all be distractions
 - External Triggers- what’s used against me Isaiah 54:17
 - Internal Triggers- what I use against myself Philippians 4:13
 - b. *Family Distractons* Luke 10:41
 - Having a Martha’s mind – it’s troubled Romans 12:2
 - Too busy to notice what’s important Philippians 4:6-7
 - Sit before you serve Mark 4:19
 - c. *Fatal Distractions* Judges 16:4
 - His attraction become his distraction Matthew 26:41
 - Delilah detours his destiny 1 Corinthians 10:13
 - Delilah was his dungeon
 - His eyes were put out
 - Sampson’s attraction became fatal Ezekiel 18:20
 - d. *Foolish Distraction* Titus 3:3
 - Wrong place, wrong time 2 Samuel 11:1
 - What’s wrong about the wrong place?
 - You stay too long
 - You become apart of your environment Psalm 1
 - You pay more than it costs Romans 3:23

2. **Discipline** – a controlled behavior resulting from discipline (*a system of rules of conduct*)
- a. Spiritual discipline will help you develop a deeper relationship
 - b. Here are eight spiritual disciplines – and why we need them. They are practices we do routinely to help us overcome our bad habits and replace them with good habits.

1. **Scripture Reading, Memorizing, and Reflecting**
 2. **Prayer**
 3. **Fasting**
 4. **Worship**
 5. **Service**
 6. **Solitude**
 7. **Discernment**
 8. **Evangelism**
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