



Sunday, March 22, 2020

# Staying Focused in Days of Distraction

## Nehemiah 6

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...

<sup>1</sup>Now when Sanballat and Tobiah and Geshem the Arab and the rest of our enemies heard that I had built the wall and that there was no breach left in it (although up to that time I had not set up the doors in the gates), <sup>2</sup>Sanballat and Geshem sent to me, saying, "Come and let us meet together at Hakkephirim in the plain of Ono." But they intended to do me harm. <sup>3</sup>And I sent messengers to them, saying, "I am doing a great work and I cannot come down. Why should the work stop while I leave it and come down to you?"

—Nehemiah 6:1-3

### 1. Distraction is a \_\_\_\_\_

"Distraction is the temptation to give the focus and energy needed for something highly important to something that is often quite insignificant."

• Distracted by \_\_\_\_\_

• Distracted by \_\_\_\_\_

T-H-I-N-K

True? Helpful? Important? Necessary? Kind?

"Don't be distracted by criticism. Remember, the only taste of success some people have is when they take a bite out of you." —Zig Ziglar

• Distracted by \_\_\_\_\_

... casting all your anxieties [cares] on Him, because He cares for you." —1 Peter 5:7

Lined area for taking notes, consisting of 20 horizontal lines.

