

¹Now 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

-001.tiff

(although up to that time I had not set up the doors in the gates), ²Sanballat and Geshem sent to me, saying, “Come and let us meet together at Hakkephirim

-002.tiff

in the plain of Ono.” But they intended to do me harm. ³And I sent messengers to them, saying, “I am doing a great work and I cannot come down.

-003.tiff

Why should the work stop while I leave it and come down to you?” —Nehemiah 6:1-3 ESV

-004.tiff

I. Distraction is a Temptation

-005.tiff



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-006.tiff

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

-007.tiff

DISTRACTION IS A TEMPTATION

• **Distracted by Curiosity**

-008.tiff

DISTRACTION IS A TEMPTATION

• **Distracted by Criticism**

-009.tiff

T-H-I-N-K

True? Helpful? Important? Necessary? Kind?

-010.tiff

“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

-011.tiff

DISTRACTION IS A TEMPTATION

• **Distracted by Care**

-012.tiff



-013.tiff

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

-014.tiff

2. Focus is a Decision

-015.tiff

“A gladiator’s first distraction is his last.”
—Oenomaus

-016.tiff

FOCUS IS A DECISION
• Focus Starts With Conviction

-017.tiff

“Putting rocks around a small town is not what makes Nehemiah’s work great.

-018.tiff

A dedication to God's name, God's promises, and God's people is what makes Nehemiah's work great." —James Hamilton

-.019.tiff



-.020.tiff

"And the world is passing away along with its desires, but whoever does the will of God abides forever." —1 John 2:17 ESV

-.021.tiff

FOCUS IS A DECISION
• Focus Shapes Your Character

-.022.tiff

"What will your life have been, in the end, but the sum total of everything you spent it focusing on?" —Oliver Burkeman

-.023.tiff

²³Search me, O God, and know my heart! Try me and know my thoughts! ²⁴And see if there be any grievous way in me, and lead me in the way everlasting! —Psalm 139:23-24 ESV

-.024.tiff

FOCUS IS A DECISION

• Focus Strengthens Your Confidence

-025.tiff

“We’re not adrift in chaos. We’re held in the everlasting arms. I know the One who is in charge of the universe. ‘Do the next thing.’”

-026.tiff

I don’t know any simpler formula for peace, for relief from stress and anxiety than that practical, down-to-earth word of wisdom.” —Elizabeth Elliott

-027.tiff

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely,

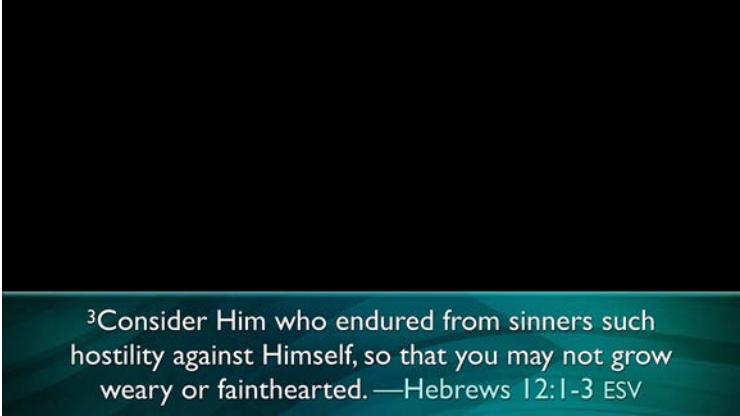
-028.tiff

and let us run with endurance the race that is set before us, ²looking to Jesus, the founder and perfecter of our faith,

-029.tiff

who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

-030.tiff



³Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. —Hebrews 12:1-3 ESV

-.031.tiff