



# DO NOT DISTURB

DEALING WITH DISTRACTION  
THROUGH SPIRITUAL PRACTICE

## Do Not Disturb: Part 1

### Discussion Questions:

1. How do you typically respond to distraction in your life?
2. Is there a specific area of your life where you feel particularly off balance?
3. Is there a consistent source that leads you towards distraction? (ex: social media, work, person, etc...)
4. What is one spiritual discipline that you can practice this week? What are the greatest potential obstacles that would keep you from engaging in this practice?