



## Part 2: "Death by Distraction"

### Introduction

We are being distracted to death. But we don't have to be. Jesus reminds us that we always have a choice and can choose what is better in order to live a life full of joy, peace, and love.

### Discussion Questions

1. What is the one app on your phone that distracts you the most (Instagram, YouTube, Facebook, etc.)?
2. If our attention is an indicator of our devotion, then what are you currently devoted to?
3. In what area of your life do you wish you could be more present, more mindful?
4. In Luke 10:38–42, we see Mary and Martha experience the same moment very differently. Which do you identify with more?
5. Priorities aren't about right or wrong. They are about better and best. What is one **good** thing that has become a distraction from something **better**?
6. Samer gave us three questions to help determine our priorities versus our distractions.
  - How do you start your day?
  - What can only you do?
  - Where can you say **no**?

### Changing Your Mind

Samer's equation for the soul:

Evaluate priorities + Eliminate distractions = Experience more love, joy, and peace

Find time this week to meditate on this idea and areas of your life where you can apply this equation in order to experience better or best rather than living distracted.