

HOW TO FIGHT OUR BATTLES



THE BATTLE OF DISTRACTIONS

| 2

MAIN POINT:

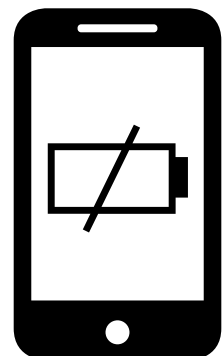


DAILY MIND RENEWAL AND ABIDING IN CHRIST ARE THE KEYS TO SPIRITUAL FOCUS – WHERE YOUR MIND GOES, YOUR LIFE FOLLOWS, AND WHAT FILLS YOUR MIND, FILLS YOUR TIME.

ILLUSTRATION:

[DEAD PHONE ANALOGY]

- Have you ever had your phone die at the worst possible time and you don't have anything to charge it?
- No matter how bad we want it to work, no matter how many times we tap the screen or press the power button, our phone isn't coming back. It isn't until we plug it in and reset it, that our phone comes back to life.



HERE'S WHAT I MEAN:



MANY OF US ARE WALKING AROUND LIKE
[SPIRITUALLY] DEAD IPHONES.

- We *WANT* renewal. We *WANT* revival. We *WANT* to experience the fullness of God. We *WANT* focus, peace, and joy. We *WANT* to be spiritually filled. We *WANT* to be able to defend against the enemy. We *WANT* all these things, but we're missing the most crucial step: **plugging in to the spiritual charger [God's Word].**



YOU CAN'T RUN ON EMPTY AND EXPECT TO LIVE FULL.

2 CONCEPTS:



ABIDING IN GOD



RENEWING YOUR MIND



CONCEPT | 1 “ABIDING IN GOD”

John 15:1-11 (NLV): “I am the true Vine. My Father is the One Who cares for the Vine. ²**He takes away any branch in Me that does not give fruit.** Any branch that gives fruit, He cuts it back so it will give more fruit. ³You are made clean by the words I have spoken to you. ⁴Get your **life** from Me and I will live in you. No branch can give fruit by itself. It has to get **life** from the vine. You are able to give fruit only when you have **life** from Me. ⁵I am the Vine and you are the branches. Get your **life** from Me. Then I will live in you and you will give much fruit. You can do nothing without Me.

⁶“If anyone does not get his **life** from Me, he is cut off like a branch and dries up. Such branches are gathered and thrown into the fire and they are burned. ⁷If you get your **life** from Me and My Words live in you, ask whatever you want. It will be done for you. ⁸“When you give much fruit, My Father is honored. This shows you are My followers. ⁹I have loved you just as My Father has loved Me. Stay in My love. ¹⁰**If you obey My teaching, you will live in My love.** In this way, I have obeyed My Father’s teaching and live in His love. ¹¹I have told you these things so My **joy may be in you and your joy may be full.**”

(v.2) “He takes away and branch in Me that does not give fruit.”

- This does **NOT** mean you can lose your salvation. There are two schools of thought pertaining to this verse: 1.) This is someone who was “playing church,” – maybe on the exterior they seemed to follow Christ, but interally, they never truly put their faith in Jesus. 2.) This is someone who truly put their faith in Jesus, is saved, but somewhere along the way they have become distracted and taken their eyes off of Jesus, therefore they have “cut themself off” from the life-giving nourishment of following Jesus.

(v.4-11) “Get your life in Me...”

- What is this “life” Jesus is talking about?
- **[LIFE]:** spiritual nourishment and fulfillment.
- Remember, Jesus is our spiritual “gasoline” or in this case, our spiritual charging block.
- Just as a branch can’t receive nourishment on its own, we can’t receive nourishment for our souls unless we spend time with Jesus in His Word and in prayer.

(v.10-11) “If you obey my teaching, you will live in my love...My joy may be in you, and your joy may be full”

- Look at the promise Jesus makes in v.10 – Who wants to live in Jesus’ love day in and day out? – Who wants to experience life in the fullest? – Who wants to live life in a perpetual state of joy?
- When we find “life” in Jesus, when we find our rest, renewal, and nourishment in Him, our cup overflows – our spiritual gas tank is full – our spiritual Iphone is recharged.

WHY DO WE NEED TO SPIRITUALLY RECHARGE?



HOW MANY OF YOU CHARGE YOUR PHONE ONLY ONE TIME A WEEK? HOW MANY OF YOU ONLY EAT ONE TIME A WEEK?

- You wouldn't eat once a week and expect to stay healthy. You don't charge your phone one time and expect it to last all week – you charge your phone daily, if you didn't it's just a piece of metal and glass not being used to it's full potential.



WHY DO WE THINK ONE SERMON A WEEK IS ENOUGH? WHY DO WE THINK THAT PRAYING EVERY NOW AND THEN OR READING SCRIPTURE WHEN I FEEL LIKE IT IS ENOUGH TO SUSTAIN OUR SPIRIT FOR SEVEN DAYS?

WHEN WE LIVE OUR LIVES SPIRITUALLY DRAINED [NOT PLUGGED IN] WE BECOME EASY TARGETS FOR SATAN.

John 10:10 (ESV): “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

2 Corinthians 11:3 (ESV): “³ But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.”

1 Peter 5:8-9 (ESV): “⁸ ***Be sober-minded***; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. ⁹ Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.”

CONCEPT | 2 “RENEWING YOUR MIND”

Romans 12:2 (ESV): “²Do not be conformed to this world, but be transformed by the renewal of your mind.”

Colossians 3:2 (ESV): “²Set your minds on things that are above, not on things that are on earth.”



**WHERE YOUR MIND GOES, YOUR LIFE
FOLLOWS.**



EYES > MIND > HEART > HANDS

Psalms 119:37-38 (ESV): “**Turn my eyes** from looking at worthless things; and give me life in your ways.”

**WHAT YOU FILL YOUR MIND WITH ULTIMATELY IS WHAT YOU FILL
YOUR TIME WITH.**

**WHAT YOU FILL YOUR TIME WITH DETERMINES THE DIRECTION OF
YOUR LIFE – YOUR DAILY FOCUS DETERMINES YOUR DESTINATION.**

**ILLUSTRATION:
[PIRATE SHIP]**



- If your life is a ship, who's steering it? What direction are you headed. There are multiple hands [distractions] that are desperately trying to take over the wheel and steer you off course.
- A worried captain leads to a worried course, a distracted captain leads to a distracted course, an anxious captain leads to an anxious course.
- At some point in your life, you have to let Jesus take hold of the wheel and lead the ship towards righteousness.

APPLICATION

- FIND OUT WHAT YOUR DISTRACTIONS ARE.
- TAKE THE NECESSARY STEPS TO LIMIT YOUR DISTRACTIONS [screen blockers, app limiters, grayscale mode, delete distracting apps, turn off notifications, etc.]
- PRAY FOR GOD TO CHANGE YOUR DESIRES.
- GET YOUR PRIORITIES IN THE RIGHT ORDER.
- FIND TIME IN YOUR DAY TO SPEND WITH GOD TO RESET, RENEW, AND RECHARGE.

5 MINUTES OF MIND RESET

- **[2 Minutes] Read** – a short passage of Scripture (Psalms, Proverbs, John)
- **[2 minutes] Reflect** – How can I apply this to my life? How can this glorify God?
- **[1 Minute] Pray** – Lord, help me reset and focus on you.





CHALLENGE

- This week, build a “**Reset Routine.**”
- When you wake up in the morning, before you touch your phone, pray **Psalms 51:10-12** over your day. If you have time before school, read a passage of Scripture, and incorporate renewal into your day to day life.






QUICK TIPS FOR LEADERS:

- Encourage honesty (it's normal to struggle here).
- Remind students there's no shame — we all fight distractions.
- Push for real-life examples (not just “church answers”).
- Celebrate any small wins they share (like deleting an app, setting a prayer reminder, etc.)



 What are some of the biggest distractions you personally deal with every day?

-  Why do you think distractions are so effective at pulling our attention away from God?
-  How can you tell when your mind needs to be renewed? (What signs show up in your thoughts, mood, or energy?) How have you noticed distractions affecting your relationship with God lately?
-  Why is it important to be wise about how you spend your time if you want to stay spiritually healthy?
-  Where have you noticed your mind drifting lately — closer to God or toward distractions?

 What does it look like to “reset” your mind on a daily basis? What's one thing that could help you personally?

-  “What fills your mind is what fills your time.” What do you think is filling most of your time right now?
-  How does living a distracted life eventually lead to feeling spiritually empty or stuck?
-  If you had to cut one major distraction out of your life this week, what would it be — and how would it help your focus on God?
-  How could you build a simple “reset moment” into your daily schedule — even if it's just 2-3 minutes?
-  How can we encourage each other in this group to actually live it out — not just talk about fighting distractions but really do it together?

Bonus Challenge Questions

-  What would your life look like six months from now if you made mind renewal and focus a daily priority starting today?
-  What is one verse or truth from God's Word that you want to fix your mind on this week instead of being distracted?
 - Romans 12:2 — “Do not conform to the pattern of this world, but be transformed by the renewing of your mind...”
 - Colossians 3:2 — “Set your minds on things above, not on earthly things.”