

# THE BATTLE OF DISTRACTIONS



**Main Passage:** Romans 12:1-2 | Colossians 3:2

**Big Idea:** We fight the battle of distractions by **renewing** our minds & being wise about how we spend our **time**.

You can't experience **renewal** without **resetting**.

Where your **mind** goes, your **life** follows.  
And what fills your **mind** is what fills your **time**.

Living **distracted** lives leads us into living **empty** lives.



# DEAD PHONE ANALOGY

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POINT: You can't experience **renewal** without **resetting**.

You can't run on **empty** and expect to live **full**.

🔥 Living distracted lives leads us into living empty lives.



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.”







# YOU NEED A DAILY **RESET**

**MIND RENEWAL ISN'T A ONE-TIME THING. IT'S DAILY, BECAUSE DISTRACTIONS ARE DAILY.**



Distractions keep us from being focused on the things that matter the most.

Distractions cause us to think more with an earthly mindset than an eternal mindset.

If Satan can distract us with the things of this world more than the things of God, he's winning the daily battle.

🔥 Satan prowls on the weak..and one of the ways to weaken our walk spiritually is to live distracted lives.



2 Corinthians 11:3 CSB

But I fear that, as the serpent deceived Eve by his cunning, your minds may be seduced from a sincere and pure devotion to Christ.

1 Peter 5:8-9 CSB

Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. [9] Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world.





We can fight the battle of distractions by incorporating daily spiritual renewal and reset into our lives.

Simple Application: 5 Minutes of Mind Reset

- 2 minutes: Read a short Scripture (start with Psalms or John).
- 2 minutes: Reflect – What does this show me about God?
- 1 minute: Pray – God, help me reset today around You.

**Challenge:**

Start each morning with a spiritual “reset” before touching your phone. And do this at different points of the day. Just take a 5 minute reset to get recharged. Declutter your mind from whatever is toxic.





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

WHAT FILLS YOUR **MIND**  
FILLS YOUR **TIME**.



# WRONG DESTINATION ANALOGY

# TAKEAWAYS

Reset your mind daily — because a renewed mind leads to a renewed life.

We fight the battle of distractions by renewing our minds & being wise about how we spend our time.

You can't experience renewal without resetting.

Where your mind goes, your life follows. And what fills your mind is what fills your time.

Living distracted lives leads us into living empty lives.







# REFLECTION QUESTIONS

 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.”