

## **No Distractions**

### **Ready:**

“He will stand and shepherd them in the strength of the LORD, in the majestic name of the LORD his God.” – Micah 5:4a

### **Set**

During a golf tournament for retired athletes and coaches, I tried to take a drink of soda during someone’s drive. I picked up the can right as he was about to swing, but dropped it, which made quite a noise. I looked at the guy as soon as I dropped it. He had a nasty scowl on his face.

One of the definite no-no’s in golf is making noise as someone is about to swing. If there is anything true about sports, it’s that distractions can happen – a gust of wind at the wrong time, a photo of a giant head as someone tries to shoot a free throw, or a noise meant to unsettle the person.

Our walk with the Lord will be full of distractions. Our flesh fights with the Spirit inside us, and sometimes the flesh wins. Micah 5 talks about the coming Messiah (Jesus) and how He will be their Lord and security. In verses 10-15, Micah says that the coming Lord will rid them of their horses, chariots, fortresses, sorcerers and even idols. Anything that takes their mind off the Lord or they think will bring them peace will be removed.

Hebrews 12:1-2 talks about running the race before us by keeping our eyes on Jesus, “the pioneer and perfecter of our faith.” So much in this world can distract us from focusing on Christ and His work in our lives. Remember to keep your eyes on Jesus and keep a firm grip on your soda cans.

### **Go**

- Describe a time when you were distracted while playing your sport.
- What are some things that can keep our eyes off Jesus?
- How can we keep a better focus on Him?

### **Workout**

Micah 5:1-4

Micah 5:10-15

Hebrews 12:1-3

### **Overtime**

“Father, all I desire is to focus on You. Help me to see You, first and foremost. I know you are my all in all. In Jesus’ name, Amen.”



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