



Part Four: How Do You Stop Getting Distracted? // August 29, 2021 // Jeff Brodie

So you're on the journey of rebuilding something that matters--your relationship with your daughter, your marriage, your personal finances. But as you're making progress, the distractions start to creep in. A few extra hours at the office, some extra time on Netflix, the opinions of your friends when you say no to their invitation. So what do you do? How do you stop getting distracted from rebuilding what matters most?

Scripture: [Nehemiah 6:1-16 NLT](#), [Philippians 1:6 NLT](#)

Bottom Line: Turn the distraction into determination.

Getting Started:

1. If you could push a button and fix one thing in your life, what would it be?
2. Would you consider yourself easily distracted or hyper-focused? Share an example with the group of either scenario in your own life.

Jumping In:

3. Jeff shared that we might not consider ourselves distracted, but we do get sidetracked. Which of these two do you think is more likely to be true for you? Why?

Discuss:

4. Read [Nehemiah 6:1](#). Here Nehemiah experiences the first of a few distractions in this chapter--success. Jeff said that the distraction of success is when you stop rebuilding what truly matters for short-term success elsewhere. Have you ever experienced this kind of distraction?
5. Jeff shared that sometimes the most spiritual thing you can do is say "no." Saying no to the thing that's attempting to distract you means you're saying yes to prioritizing the thing you're working to rebuild. Why do you think it's so hard to say no to distractions?
6. Read [Nehemiah 6:5-6](#). In these verses Nehemiah experiences a second kind of distraction--appearance. The distraction of appearance is when you stop rebuilding what matters because you might look bad. Have you ever fought this kind of distraction in your life?
7. Read [Nehemiah 6:10-12](#). Nehemiah is faced with a third category of distraction--to escape. Escape is the temptation to stop rebuilding what's important and give in to the

easy or familiar thing. When you've faced the distraction of escape in your life, has your response been like Nehemiah's, or have you given in to escape?

8. Read [Nehemiah 6:15-16](#). The realization that the work of rebuilding the wall had been done by the determination of the people with the help of God is a powerful one. The thing that broke Nehemiah's heart became his legacy. What story do you want your family to tell on the other side? What do you want your legacy to be?

Moving Forward:

This week take time to call out the distractions in your life.

"I'm engaged in a great work and I can't _____." (Fill in the blank with the thing you won't let distract you from rebuilding.)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. Philippians 1:6 NLT