

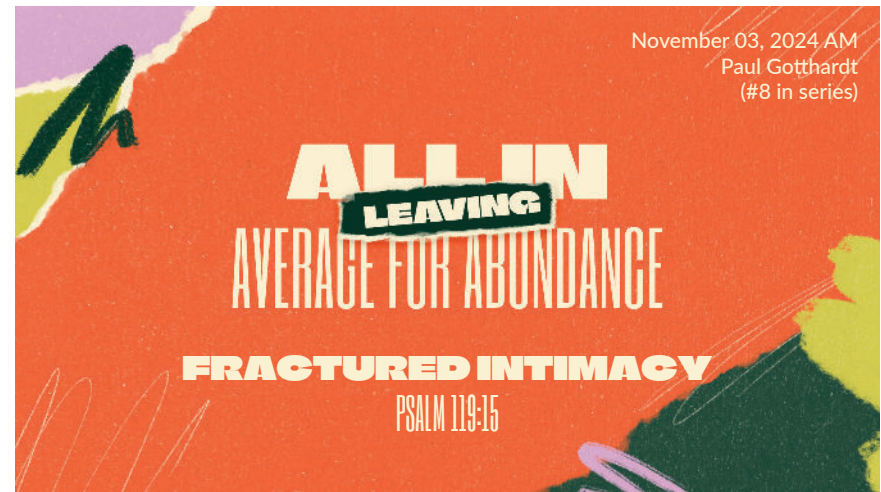
**Reflection/Response:** What are some practical ways to address our need for greater focus, less distraction, and the problem of fractured intimacy?

- Turn off/turn down competing voices (TV, internet, magazines, social media, books, music, sports, texts, calls, etc.)
- Spend time each day in the Word.
- Write your prayers and devotional thoughts in a journal.
- Read the Bible for depth—not distance.
- Exercise the quiet disciplines (stillness, simplicity, solitude, and Sabbath).
- Memorize Scripture.
- Control your calendar by saying “no” to certain things.
- Walk in obedience to what God has clearly directed.
- Ask and act upon focus questions: What’s going well? What’s not going well? What needs to be repeated? What needs to be restructured? What needs to be removed?
- Remember two big goals: (1) The goal in life is to know God; (2) The daily goal is to spend time with God.
- Have a place to write down and capture ideas.
- Build pockets of silence into your schedule.
- Turn off/reduce notifications on phones, watches, computers, tablets.



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November 03, 2024 AM  
Paul Gotthardt  
(#8 in series)

----- intimacy leads to -----  
**saints.**

*“I will meditate on your precepts and fix my eyes on your ways.”*  
(Psalm 119:15; ESV)

**Big Truth:**

Focused intimacy comes by retraining our mind to -----  
differently, pursue God, and fully -----  
His Word.

**The writer of Psalm 119 didn't start with a meditative mind and fixed eyes. There are many other steps prior to verse 15. He speaks of...**

- The blessings of walking in the law of the Lord (v.1)
- The blessings of observing His testimonies and seeking God with all your heart (v.2)
- Doing no unrighteousness, but walking in His ways (v.3)
- God ordaining His precepts and His people keeping them diligently (v.4)
- Wanting his ways to be established so that he can keep God's statutes (v.5)
- Not being ashamed when he looks upon all His commandments (v.6)
- Giving God thanks with an upright heart when he learns God's righteous judgments (v.7)
- Keeping God's statutes (v.8)
- Keeping our way pure by keeping it according to God's Word (v.9)
- Seeking God with all his heart and not wandering from His commandments (v.10)
- Treasuring God's Word in our heart so that we don't sin against God (v.11)
- Asking God to teach him His statutes (v.12)
- Telling others about the ordinances of God (v.13)
- Rejoicing in the way of God's testimonies (v.14)
- Meditating on God's precepts and fixing his eyes on God's ways (v.15)

**You \_\_\_\_\_ like what you \_\_\_\_\_.**

**We can lose focus on God and become distracted for many reasons:**

- Sin (2 Samuel 11:2-4)
- Busyness (Luke 10:38-42)
- Earthly thinking (Colossians 3:2)
- Fleshly thinking (Romans 8:5)
- Wrong thinking (Philippians 4:8)
- Anxious thoughts (Matthew 6:34)
- Uncaptured thoughts (2 Corinthians 10:5)
- Unrenewed minds (Romans 12:2)
- Failing to fix our eyes on Jesus (Hebrews 12:2)

**Our "distraction" may be God's redirection:**

- Moses and the burning bush (Exodus 3:1-5)
- Balaam and the donkey (Numbers 22:21-39)
- Bartimaeus and Jesus (Mark 10:46-52)
- Joseph's dream and journey (Genesis 37-50)
- Saul on the road to Damascus (Acts 9:3-9)
- Paul and the Macedonian call (Acts 16:6-10)

**The only way to know the difference between distraction and God's redirection is to live life in \_\_\_\_\_ of God and in \_\_\_\_\_ with His Word.**