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## **Every Day Relationship: Breaking Free from Distraction**

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### **Nine Reasons that People in the Bible Fasted**

- To Prepare for Ministry (Matthew 4:1-17)
- To Seek God's Wisdom (Acts 14:23)
- To Seek God's Power for Protection (Ezra 8:21-23)
- To Express Grief and Mourn (Nehemiah 1:2-4)
- To Repent and Return to God (Jonah 3:1-10)
- To Seek God's Power for Victory (Judges 20:26-28)
- To Worship God (Luke 2:36-37)
- To Seek God's Favor in a Desperate Situation (Esther 4:16)
- To Engage in Spiritual Warfare (Mark 9:29)<sup>[1]</sup>

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**Luke 10:38 (NIV):** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

**Luke 10:39 (NIV):** She had a sister called Mary, who sat at the Lord's feet listening to what he said.

**Luke 10:40 (NIV):** But Martha was distracted by all the preparations that had to be made...

**Luke 10:40 (NIV):** ...She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

**Luke 10:41-42 (NIV):** "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

### **Two Reasons Why Distraction Can Be Dangerous**

**Reason #1: Because Distraction Causes Us to Miss What's Right in Front of Us**

**Reason #2: Because Distraction Leads to Angst and Frustration**

**Luke 10:41 (NIV):** "Martha, Martha," the Lord answered, "you are worried and upset about many things..."

## Two Steps to Breaking Free from Distraction

### Step #1: Recognize That Freedom Won't Happen on Accident

**Luke 10:41-42 (NIV):** "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

### Step #2: Give Your Attention to Things with Eternal Value

**Luke 10:41-42 (NIV):** "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

### "Only One Life" by C.T. Studd

Two little lines I heard one day, Traveling along life's busy way;  
Bringing conviction to my heart, And from my mind would not depart;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Only one life, yes only one, Soon will its fleeting hours be done;  
Then, in 'that day' my Lord to meet, And stand before His Judgment seat;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Only one life, the still small voice, Gently pleads for a better choice;  
Bidding me selfish aims to leave, And to God's holy will to cleave;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Only one life, a few brief years, Each with its burdens, hopes, and fears;  
Each with its days I must fulfill, Living for self or in His will;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

When this bright world would tempt me sore, When Satan would a victory score;  
When self would seek to have its way, Then help me Lord with joy to say;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Give me Father, a purpose deep, In joy or sorrow Thy word to keep;  
Faithful and true what e'er the strife, Pleasing Thee in my daily life;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Oh let my love with fervor burn, And from the world now let me turn;  
Living for Thee, and Thee alone, Bringing Thee pleasure on Thy throne;  
Only one life, 'twill soon be past, Only what's done for Christ will last.

Only one life, yes only one, Now let me say, "Thy will be done";  
And when at last I'll hear the call, I know I'll say "'twas worth it all";  
Only one life, 'twill soon be past, Only what's done for Christ will last.