

# DISTRACTION

**1 Corinthians 7:35 KJV** And this I speak for your own profit; not that I may cast a snare upon you, but for that which is comely, and that ye may attend upon the Lord without **distract**.  
*Περισπάω perispāō per-ee-spah'-o* From [G4012](#) and [G4685](#); to *drag* all *around*, that is, (figuratively) to *distract* (with care): - cumber. (Note: aperispastōs)

**Psalms 88:15 KJV** I am afflicted and ready to die from my youth up: while I suffer thy terrors I am **distracted**.  
*פָּן pōn* A primitive root meaning to *turn*, that is, *be perplexed*: - be distracted.

**Luke 10:40-42 KJV** But Martha was **cumbered about** much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. (41) And Jesus answered and said unto her, Martha, Martha, thou art **careful** and troubled about many things: (42) But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.  
*περισπάω perispāō per-ee-spah'-o* From [G4012](#) and [G4685](#); to *drag* all *around*, that is, (figuratively) to *distract* (with care): - cumber.

**Philippians 4:6-7 KJV** Be **careful** for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. (7) And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.  
*merimna mer'-im-nah* From [G3307](#) *solicitude*: - care; (through the idea of *distract*).

**Matthew 13:22 KJV** He also that received seed among the thorns is he that hears the word; and the **care** of this world, and the deceitfulness of riches, choke the word, and he becomes unfruitful.  
*merimna*

**1 Peter 5:6-7 KJV** Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: (7) Casting all your **care** upon him; for he cares for you. *merimna*

1. Go through each of these Scripture passages and discuss in context how the idea of distraction is used.
  - A. The same thought in form of a question as we work through these passages; What are the elements that go into the Scriptural idea of distraction?
  
2. What aspects of distraction particularly tend to ensnare you personally within this framework/understanding?
  
3. What are some of the ways these and other Scripture passages tell us that we can escape the trap of distraction?
  
4. How have you personally worked through this? Share success/failure in this area.