

## SUNDAY SCHOOL

BIBLE STUDY – ARE YOU ATTENTIVE OR DISTRACTED?

1/22/2023

Lesson 3: **Knowing God by Studying His Word**

Text: Luke 10:38-42

Theme: The preparation of the mind for studying God's Word.

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Not getting anything from our Bible reading is often not a Bible issue, but a heart and/or mind issue

Last week we primarily dealt with the heart (Heb 5)

This week we are going to deal with the mind

Consider three passages with Mary and Martha: John 11:1, 20, 21;  
12:1-3; Luke 10:38-42

Martha was distracted, anxious and disquieted

**Order improves meditation and focus**

**Disorder increases imagination and distraction**

Practical suggestions:

Orderly desk or table will help (preferably in a secluded area)

Well-lit area

Quiet (if possible) – may use earplugs

Sticky notes for distracting thoughts

Orderly reading also decreases distractions (Systematic study)

Avoid phones, tablets & computers unless sole use is for Bible study

Not doing it on your tablet or phone will help – less distractions

PRAY! – Ask the Lord to help you focus