

Lu 8:14 And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection.

Lu 21:34 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

Mr 4:19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Introduction:

“Choked” Lu 8:14 And that which fell among thorns are they, which, when they have heard, go forth, and are choked <4846> with cares and riches and pleasures of this life, and bring no fruit to perfection.

Lu 8:42 For he had one only daughter, about twelve years of age, and she lay a dying. But as he went the people thronged <4846> him.

“overcharge” = “Weighted down” Mt 23:4 For they bind heavy <926> burdens and grievous to be borne, and lay them on men’s shoulders; but they themselves will not move them with one of their fingers.

Mt 23:23 Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier <926> matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone. {anise: Gr. dill}

Ac 20:29 For I know this, that after my departing shall grievous <926> wolves enter in among you, not sparing the flock.

Ac 25:7 And when he was come, the Jews which came down from Jerusalem stood round about, and laid many and grievous <926> complaints against Paul, which they could not prove.

2Co 10:10 For his letters, say they, are weighty <926> and powerful; but his bodily presence is weak, and his speech contemptible. {say they: Gr. saith he }

1Jo 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous <926>.

- I. Choked and Weighed with Distractions? What are the symptoms of this choking and being weighed down. [overcharged] too much.
- A. All joy is squeezed out of life.
 - B. Confidence is taken away.
 - C. No spirit: no spiritual breath.
 - D. Little strength
 - E. Prayers hindered.
 - F. Instability and drifting around.

II. The Nature of the Distractions.

A. The word “cares” has the idea of “divided” It is something that divides the mind. It may be good or bad.

1. Paul talked about the care of the churches; He also said that we are to have care for one another in the church. Divided from our own self interests. And that is a good kind of distraction, and sometimes the bad cares/distractions are for the purpose of bringing about the good kind.

2. Very often it is negative. And has the idea distraction, or producing a double mind: you are forced to change what you are thinking about.

B. What are the kinds of distractions. I would suggest a few of these, you will relate to others from your own life.

1. Acts of God.

a. Death: Sodom/Gomorrah; Days of Noah; Rich fool; Rich man and Lazarus. Dickenson: “I could not stop for death”

b. Job: major distractions in his life.

c. Sickness and physical infirmity of all kinds.

d. Natural disturbances: storms, tornadoes, earthquakes, etc.

e. “Accidents” of all kinds.

2. Acts of others. “It must needs be that offenses come.” People do stupid and sinful things that will affect you. Mt 18:7 Woe unto the world because of offences! for it must needs be that offences come; but woe to that man by whom the offence cometh!

a. Spouses and children

b. Coworkers

c. Friends

3. Your own acts

a. Drawn away of your own lusts. Self centered: distracted by your own wants and desires, even though they may be legitimate. See Ephesians 4:11-14 You need to repent.

b. Looking back, like Lot’s wife: putting the hand to the plow. Double minded. You are constantly distracting yourself.

c. Slothfulness: Pr 21:25 The desire of the slothful killeth him; for his hands refuse to labor.

III. Overcoming Distractions.

- A. As in everything, the cure is in Jesus Christ. 1 Peter 5:7.
- B. This is one of the most precious statements in the Bible: “Casting all your care upon Him, for He careth for you.”
1. You do not need to be choked and weighted down: He cares for you.
 2. How do I do this? “casting” is a figure of speech. It means literally to throw. Just to throw it down. Not literally, but spiritually, mentally, emotionally, but by faith. Throw it on Jesus Christ. **Why, because he cares for you.** He will not abandon you; he will not forsake you; he will not ignore you. You belong to Him
 3. See Psalm 37:1-9 read and comment.
 4. Focus, Focus, Focus. “Set your affections on things above, where Christ sits at the right hand of God.”

Ps 37:5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. {Commit...: Heb. Roll thy way upon}

Pr 16:3 Commit thy works unto the LORD, and thy thoughts shall be established. {Commit: Heb. Roll}.

If you cannot throw it on Christ, then roll it on Christ.

He said it, “Come to me, all ye that labor and are heavy laden, and I will give you rest.”

The prophet said it. “17 When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the LORD will hear them, I the God of Israel will not forsake them.18 I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water.” Is. 42

The catechism says it:

Question 1: What is your **only** comfort in life and in death?

Answer 1: That I, with body and soul, both in life and in death,[1] am not my own,[2] but belong to my faithful Savior Jesus Christ,[3] who with His precious blood [4] has fully satisfied for all my sins,[5] and redeemed me from all the power of the devil;[6] and so preserves me [7] that without the will of my Father in heaven not a hair can fall from my head;[8] indeed, that all things must work together for my salvation.[9] Wherefore, by His Holy Spirit, He also assures me of eternal life,[10] and makes me heartily willing and ready from now on to live unto Him.[11]

Conclusion and Application.