



THURSDAY, OCTOBER 2, 2025 | 6:30 A.M.

Distractions

David H. McKinley

"NoWhere Man"

He's a real nowhere man
Sitting in his nowhere land
Making all his nowhere plans for nobody

Doesn't have a point of view
Knows not where he's going to
Isn't he a bit like you and me?

—The Beatles, 1965

_____ is a Roadblock...

- Diverting Your _____
- Altering Your _____ and
Steering You _____

_____ is the #1 Killer of...

- _____ in Your Work
- _____ in Your Marriage and
Relationships
- _____ in Your Vehicle, and the
#1 Cause for _____

"A problem well stated is a problem half-solved."
—Charles Kettering

The Reality is...

1. Distraction is _____

"A distraction is something that takes my time,
attention and energy away from something important
by surrendering it to something less significant."

"We, for every kind of reason, good and bad,
are distracting ourselves into oblivion."
—Ronald Rolheiser



THURSDAY, OCTOBER 2, 2025 | 6:30 A.M.

Distractions

David H. McKinley

"NoWhere Man"

He's a real nowhere man
Sitting in his nowhere land
Making all his nowhere plans for nobody

Doesn't have a point of view
Knows not where he's going to
Isn't he a bit like you and me?

—The Beatles, 1965

_____ is a Roadblock...

- Diverting Your _____
- Altering Your _____ and
Steering You _____

_____ is the #1 Killer of...

- _____ in Your Work
- _____ in Your Marriage and
Relationships
- _____ in Your Vehicle, and the
#1 Cause for _____

"A problem well stated is a problem half-solved."
—Charles Kettering

The Reality is...

1. Distraction is _____

"A distraction is something that takes my time,
attention and energy away from something important
by surrendering it to something less significant."

"We, for every kind of reason, good and bad,
are distracting ourselves into oblivion."
—Ronald Rolheiser

"We are creating and encouraging a culture of distraction where we are increasingly disconnected from the people and events around us, and increasingly unable to engage in long-form thinking. People now feel anxious when their brains are unstimulated." —Joe Kraus

*"A gladiator's first distraction is his last."
—Oenomaus*

The Reasons for...

2. Distraction are _____

[Matthew 14:28-30]

- _____
- _____
- _____
- _____
- _____
- _____

[James 1:13-15]

The Remedy to...

3. Distraction is _____

*"To do two things at once is to do neither."
—Publius Syrus*

"In the age of distraction, single-tasking is a superpower." —Greg McKeown

[Proverbs 4:25-27]

*"For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim, our lives instead of actually living them."
—John Ortberg*

"We are creating and encouraging a culture of distraction where we are increasingly disconnected from the people and events around us, and increasingly unable to engage in long-form thinking. People now feel anxious when their brains are unstimulated." —Joe Kraus

*"A gladiator's first distraction is his last."
—Oenomaus*

The Reasons for...

2. Distraction are _____

[Matthew 14:28-30]

- _____
- _____
- _____
- _____
- _____
- _____

[James 1:13-15]

The Remedy to...

3. Distraction is _____

*"To do two things at once is to do neither."
—Publius Syrus*

"In the age of distraction, single-tasking is a superpower." —Greg McKeown

[Proverbs 4:25-27]

*"For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim, our lives instead of actually living them."
—John Ortberg*