



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

### Distraction is a Roadblock...

- Diverting Your Attention
- Altering Your Direction and  
Steering You Off Course

### Distraction is the #1 Killer of...

- Productivity in Your Work
- Intimacy in Your Marriage and Relationships
- Safety in Your Vehicle, and the  
#1 Cause for Anxiety

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

### The Reality is...

1. Distraction is Dangerous

"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



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*"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 Numerous

[ Matthew 14:28-30 ]

- Curiosity and Content
- Conflict and Criticism
- Anxiety and Worry
- Faults and Failures
- Money and Materialism
- Lust and Lasciviousness

[ James 1:13-15 ]

### The Remedy to...

3. Distraction is Focus

*"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*

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