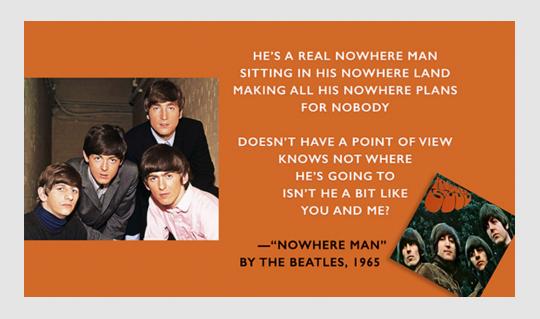


.001.tiff .002.tiff





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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

.005.tiff .006.tiff

"A PROBLEM WELL STATED IS A PROBLEM HALF-SOLVED."
—CHARLES KETTERING

THE REALITY IS...

I. DISTRACTION IS DANGEROUS

.007.tiff .008.tiff

"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

.009.tiff .010.tiff

THE REASONS FOR...
2. DISTRACTION ARE NUMEROUS

28AND PETER ANSWERED HIM, "LORD, IF IT IS YOU, COMMAND ME TO COME TO YOU ON THE WATER."
29HE SAID, "COME." SO PETER GOT OUT
OF THE BOAT AND WALKED ON THE WATER
AND CAME TO JESUS. 30BUT WHEN HE SAW
THE WIND, HE WAS AFRAID, AND BEGINNING
TO SINK HE CRIED OUT, "LORD, SAVE ME."
—MATTHEW 14:28-30

.011.tiff .012.tiff

"YOU CAN ALWAYS FIND A DISTRACTION
IF YOU'RE LOOKING FOR ONE."
—TOM KITE

.013.tiff .014.tiff

"DON'T DWELL ON WHAT WENT WRONG.
INSTEAD, FOCUS ON WHAT TO DO NEXT."
—DENIS WAITLEY

"YOU WILL NEVER REACH YOUR DESTINATION
IF YOU STOP AND THROW STONES AT EVERY DOG
THAT BARKS." —WINSTON CHURCHILL

"DON'T BE DISTRACTED BY CRITICISM.

REMEMBER—THE ONLY TASTE OF SUCCESS

SOME PEOPLE HAVE IS WHEN THEY

TAKE A BITE OUT OF YOU."

—ZIG ZIGLAR

13LET NO ONE SAY WHEN HE IS TEMPTED,
"I AM BEING TEMPTED BY GOD,"
FOR GOD CANNOT BE TEMPTED WITH EVIL,
AND HE HIMSELF TEMPTS NO ONE.

14BUT EACH PERSON IS TEMPTED WHEN HE IS
LURED AND ENTICED BY HIS OWN DESIRE.

15THEN DESIRE WHEN IT HAS CONCEIVED GIVES
BIRTH TO SIN, AND SIN WHEN IT IS FULLY GROWN
BRINGS FORTH DEATH. —JAMES 1:13-15

.015.tiff .016.tiff

THE REMEDY TO... 3. DISTRACTION IS FOCUS

"TO DO TWO THINGS AT ONCE IS TO DO NEITHER."

—PUBLIUS SYRUS

.017.tiff .018.tiff

"IN THE AGE OF DISTRACTION,
SINGLE-TASKING IS A SUPERPOWER."
—GREG MCKEOWN

25LET YOUR EYES LOOK DIRECTLY FORWARD,
 AND YOUR GAZE BE STRAIGHT BEFORE YOU.
 26PONDER THE PATH OF YOUR FEET;
 THEN ALL YOUR WAYS WILL BE SURE.

 27DO NOT SWERVE TO THE RIGHT OR TO THE LEFT;
 TURN YOUR FOOT AWAY FROM EVIL.
 —PROVERBS 4:25-27

.019.tiff .020.tiff

"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

.021.tiff