



A restaurant owner in the village of Abu Ghosh, just outside Jerusalem, offered a 50-percent discount for patrons who turned off their cell phones. Jawdat Ibrahim believes that smartphones have shifted the focus of meals from companionship and conversation to surfing, texting, and business calls. “Technology is very good,” Ibrahim says. “But . . . when you are with your family and your friends, you can just wait for half an hour and enjoy the food and enjoy the company.”

How easily we can be distracted by many things, whether in our relationship with others or with the Lord.

Jesus told His followers that spiritual distraction begins with hearts that have grown dull, ears that are hard of hearing, and eyes that are closed (Matt. 13:15).

Using the illustration of a farmer scattering seed, Jesus compared the seed that fell among thorns to a person who hears God’s Word but whose heart is focused on other things. “The cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful” (v.22).

There is great value in having times throughout each day when we turn off the distractions of mind and heart and focus on the Lord.

Focusing on Christ puts everything else in perspective.

## prayer

O Lord, help me to turn off all the distractions around me and focus on You.

May my heart be good soil for the seed of Your Word today.

Amen.

# POCKET

Write a name on each card  
of someone (family member,  
friend, or someone local  
community, etc.) that you  
will pray for on that day for  
the remainder of the tool kit.