

With So Many Distractions, What Deserves Your Attention?

Sitting in the ballpark, watching another of my husband's games, a new wife sat next to me. We introduced ourselves and began with the simple pleasantries that usually transpired. Who are you with (player, coach, name, position)? Where do you live in the off-season?

As we talked, the new wife's phone would ding the latest alert. She picked it up to check the notification while I kept talking. The distraction was frustrating. But then I began to do the same thing. I was just as easily distracted by the latest alert.

Every day, we scroll social media, listen to a podcast, binge on endless television shows and movies. We have many options of what to pay attention to daily. Do you feel you have too many options to make wise decisions?

We live in a multiple-choice culture. There are so many options. If we don't like the one choice we choose, we can change our answer to our interests.

Distractions are everywhere. Our phones ding with the latest text. The number of notifications at the top right corner of the Instagram logo catches our eye. The doorbell app shows when someone approaches. The running score of our favorite sport alerts us.

Dozens of distractions are fighting for our attention every single day. Most of us feel we can barely keep our heads above water as we flit from one interruption to another.

In Proverbs, we see that wisdom deserves our attention. How do we hear the call of wisdom over all the other chaos that swirls around us?

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