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We're back from vacation and Bible Soccer Camp!

Viewpoints

Viewing life as Christ's cross-scarred hand points out the blessings he's overseeing.

Dealing With Distractions ~ August 2, 2013

When life drives us into multitasking, Jesus sets the parking brake.

[Online Version & Archive](#)

It's not just teenagers who text while driving. This summer, 33-year-old Lance Safford plowed into a vehicle stopped in a highway construction zone. Lance was going 60 mph. He never used his brakes before the collision because he was texting. Now he's facing the charge of vehicular manslaughter.

Can you imagine how dramatically Lance's life changed?

- How does he cope with the feeling of people staring at him behind his back?
- How much will he spend in hours and dollars working his way through the legal system?
- Will he face time in jail? If so, will he still have a job later?
- What will insurance cost him to be able to drive again?
- What toll will all this place upon his family?

Unlike a teenager who might be sharing the latest gossip with a friend, perhaps Lance had a really good reason to be texting while driving. Maybe he was answering a burning question from an important client? But even if this was the case, is the increased efficiency of multi-tasking while in the driver's seat worth it? If you ask Lance... now...what do you think he'll say?

Of course we can't get such advice from Lance. But we can get it from Jesus. No, not specific advice about texting and distracted driving, but about the bigger issue of distracted living.

Distracted living is happening all around us, every day. And not just with teens. Maybe it's happening with us, because of all the "very important and pressing responsibilities" we carry as Moms and Dads and breadwinners. Some of the telltale signs that people are caught up in distracted living are

- Short fuses, snap judgments, angry words
- Hands trembling and hearts pulsating with worry
- Feelings of anxiety and of the pressure to perform
- The urge (the need) to pick up the phone and text while driving

And the worst telltale sign that someone is caught up in distracted living? Listening to Jesus by working with his Word is not a high enough priority.

Jesus talks about distracted living. One such time is when Martha was steamed at her sister Mary. Why was Martha so hot with Mary? Because Mary was coolly sitting on her hands as she listened to Jesus teach, while Martha was laboring over the hot stove, preparing the meal for Jesus. Remember what Jesus said to Martha? **“Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her”** (Luke 10:41-42).

Notice how Jesus describes “time in his Word” as the “one thing needed” and “what is better” – an important message for all of us (me included!) being driven into distracted living.

The teachings of Jesus work on so many different levels. When Jesus points out sinful patterns, and we’re turned from them as we rejoice in his cleansing love, we also benefit from stress-reduced living. When Jesus brings us the eternal relief that comes in his forgiving blood shed on the cross, it also bleeds off the pressures of life’s many demands. When Jesus energizes us with his promises to walk with us through life, we also receive his godly power to help us prioritize life from his point of view. In other words, while life has a way of driving people into multi-tasking and into catastrophic collisions, the Word of Christ has the way of engaging the parking break that prevents such catastrophes.

You might be able to imagine how dramatically Lance Safford’s life has changed due to a few moments of distracted living, but you’ll never be able to fully understand how dramatically your life will be blessed, until you understand why Jesus said to the distracted sister: **“Mary has chosen what is better, and it will not be taken away from her.”** †

This viewpoint is a reflection of the [7/21/2013 sermon, “Distracted Living,” available by clicking here.](#)

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Blessings to you and your loved ones, Pastor Mike Nitz

