



BREAKING THE ICE

Did you get any surprise responses from the thankful / grateful notes you sent in the last week?

How easy / hard has it been for you come up with 3 things you are thankful for every day?

What is one tradition of Christmas you are looking forward to?

MAIN CONTENT

This week Pastor Kevin started our “Comfort and Joy” Christmas series. We can get all the way through Christmas and miss it. We can worry about our future, be distracted from the present or have regret from our past that keeps us from fully experiencing the beauty of Christmas.

1. Which of the following keeps you from experiencing Christmas and why: worrying about your future, being distracted from the present or having regret from our past?

Distraction is defined as anything that keeps us from giving our best attention with things that matter more. We can get distracted by our phones, our worries, our family life, school etc. How we deal with distraction matters.

2. What are you distracted by right now?

We can become addicted to our distractions. Many people are addicted to their phones. Because of the addiction to our phones, they can become our biggest distraction. Studies show the more we are addicted to our phone the more anxiety and depression is present. And the more we are digitally distracted the less present we are spiritually.

3. How distracted are you by your phone? How can you use your phone to help you flourish instead of being distracted?

Read Luke 1:38-55

When we want to become less distracted we can do a few things. The first thing we can do is surrender, we surrender our problems and our distractions to God. When we surrender we can experience His comfort and joy. (Luke 1:38)

4. What do you need to surrender to God in order to be less distracted?

The second thing we can do to be less distracted is to sing to God in worship. We see Mary sang a song to God in Luke 1:46-55. She went to Him in worship, thanking and praising Him, helping us be present in the moment with Him.

5. What is your favorite worship song? How does that song help you feel closer to God?

The last way we can be less distracted is to spend time pondering about God. We ponder by contemplating and going to him repeatedly. We can ponder his goodness, his love for us and that He came as a baby to give us new life.

6. What some things you can ponder and spend time thanking God for?

CLOSING PRAYER

Thank you God for coming as a baby for us to have life in you. For offering us comfort and joy in the midst of our distractions, pain and situations. For giving us the gift of your Son. Will you help show us where we are distracted and where we need to focus on you. Will you help us live a life free of distractions so we can focus on you. In Jesus name, Amen.

ACTION STEP

- + Take inventory of the distractions in your life right now. What can you do to eliminate those distractions so you can focus on the season of Christmas and the comfort and joy it brings.
- + Pray and ask God to deliver you from your distractions.
- + Take time to worship and focus on the things God has done for you. Ask Him to fill you with His peace you need for this season.