

SOUL DETOX: Airplane Mode Your Life

Luke 10:38-42

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INTRODUCTION

1. Living by distraction
2. Living by design

A. RECOGNIZING THE BURDEN OF A DISTRACTED LIFE

1. Reasons for our choices
 - Personal freedom
 - Personal welfare
2. Results with too many choices
 - We develop paralysis. (v. 40)
 - We postpone our decisions. (v. 39)
 - We are easily provoked. (v. 40-41)
 - We are unable to find pleasure in our life. (v. 42)

B. RECLAIMING THE BLESSINGS OF A FOCUSED LIFE

1. Essence--discover the design of your life. (v. 39)
2. Explore--discern the vital from the trivial (v. 42a)
3. Eliminate--do more by doing less (v. 42b)
4. Experience--delight in the life God has prepared for you (v. 42c)

CONCLUSION

What is your one thing? (Luke 10:42; Psalm 27:4; Mark 10:21; Philippians 3:13)

Bible Engagement Project

Engage

In this **Learn** small group series, we'll explore what the Bible says about core truths every believer needs to know. God's truth for our lives is so much more than facts to remember. These truths will transform us as we learn from God through His Word.

The **Learn** journey will be twofold. When we meet as a group, we'll do the **Learn in Community** section together. We'll read and discuss featured Scripture portions as we invite the Holy Spirit to speak to us. Then we'll pause and reflect on what we've learned, so we leave our group ready to put the core truth into action in our lives.

In the Bible Engagement Project app, you'll also see personal devotions. These daily inspirations deepen your understanding of the core truth as you continue to **Learn on Your Own**. Research shows that spending just ten minutes four times a week can make a big impact on our faith journey. No spiritual discipline has the potential to produce more life transformation than engaging frequently with God through His Word. Let's get started.

QUESTION

Do you have any special letters, cards, emails, or maybe even text messages you have kept, just to read again later? Who wrote them and why are those writings important to you?

Just as we treasure the written words from someone we love, we should treasure the words of our loving Heavenly Father. But some people see the Bible as a mere rule book, a list of God's orders for us humans to follow. While it's true the Bible includes critical guidelines for Christians, seeing it strictly as a list of rules misses the point.

You see, the Bible was written down by people—but it was *inspired* by God. He gave them the words to write. Compiled together in a book we call the Bible, it is God's Word written to us.

Watch

As we watch this video, think about your response to the following question. What's your favorite way to read the Bible: As a printed book, an e-book, through an app, listening as it's read to you, or some other way?

As we go on this journey together, I pray we are all willing to listen *and* to learn from God. One of the best ways to do both is through His Word.

QUESTION

What's your favorite way to read the Bible: As a printed book, an e-book, through an app, listening as it's read to you, or some other way?

Consider What the Bible Says

The Bible has a lot to say about itself. In fact, you'll see as we look at Scripture that the trustworthiness of the Bible is confirmed through its content. Though it was written by more than forty authors across generations, its message is remarkably consistent. From Genesis to Revelation, prophecies are given and later fulfilled. The Scripture's truth changes hearts and displays the steady character of our God.

God's Word Is Trustworthy

Read [Isaiah 7:14](#).

Hundreds of years before Jesus came to earth as a baby, many details of His life were foretold in the Old Testament. As an example, we see in [Isaiah 7:14](#) that the woman who would give birth to Jesus would still be a virgin. Let's look at how the New Testament shows this prophecy was fulfilled.

Read [Luke 1:26–38](#).

Examples like this from the Gospel of Luke, and many other fulfilled prophecies within the Bible, help us know we can trust what God has said in His Word. As Mary proclaimed in [Luke 1:37](#), God's Word will not fail.

QUESTION

Why is it important to see how God's prophecies are confirmed through His actions many years later?

QUESTION

In your own life, what have you seen God do that He said He would do?

God's Word Is Inspired

According to [2 Timothy 3:16](#), God inspired His Word, but it was written down by people. One of the reasons we can have confidence in these writers is because they are firsthand eyewitnesses of God at work.

Read [2 Peter 1:16–21](#).

The experience Peter mentions in [2 Peter 1:19](#) references the time when Peter and others *heard* God speak (see [Matthew 17:5](#)). God proclaimed that Jesus is His Son. As an eyewitness, Peter knew God is the author of His Word.

As you probably know, the words of the Bible weren't just written by Jesus' followers. God was inspiring writers long before then. And in this letter Peter wrote to Christians, he helps us know that those older writings are still important. God's Holy Spirit was not just telling prophets what to say to His people then. He was also giving relevant truth for those of us living thousands of years later.

QUESTION

How might our personal testimony give others confidence in God's Word?

Read [1 Thessalonians 2:13](#).

This verse and others also reinforce that God's Word is His message, not the thoughts and ideas of humans. The good work the Bible continues to do in people's lives is more proof that it is God's inspired Word.

QUESTION

How is God's Word doing good work in your life?

God's Word Is Consistent

Read [Hebrews 1:1–2](#).

God never changes ([Hebrews 13:8](#)) and neither does His Word. This passage from Hebrews clarifies that the message of God and the message of Jesus are one and the same. [John 1:1](#) introduces Jesus as the Word of God, or the ultimate expression of God to us. In this way, the Bible is also true in terms of its consistency. It doesn't waver in its message of a relational God in pursuit of His people.

QUESTION

How has God used the Bible to speak to you personally?

QUESTION

This passage indicates that God speaks to us in many ways. In what other ways has God spoken to you?

God's Word Is Life Changing

Read [Hebrews 4:12](#).

The Word of God is relevant for believers because it's alive. The Bible has the power to actively transform our life from the inside out by shining truth in the darkest corners of our minds and hearts. This transformation, however, can only take place when we allow His light to shine. In other words, our thought patterns and motivations will undergo lasting change only when we listen to God's Word and apply its truths to our life.

QUESTION

How do you move beyond reading to listening to the truth of God's Word?

QUESTION

Has the Bible helped you to see something that needed to change in your own life? How did that revelation lead to transformation for you?

Reflect**The Bible Is God's Word**

God desires to have a relationship with each of us. From the time of creation, across all generations, and even to this very moment, He has made a consistent effort to speak to His people. As the Word of God, the Bible stands not only as a cornerstone of our faith, but also as a precious treasure for every believer. In its pages, we can discover truth and learn more about the nature and heart of God, our Creator and Savior.

Though audible words from God are rare today, He still speaks to His people through the Bible. Martin Luther, a key figure in church history, once said, "Let the man who would hear God speak, read Holy Scriptures." In essence, the act of reading the Bible allows us to hear the voice of God every day.