



## *Overcoming Distractions*

*Nehemiah 4:1-6:16*

In our daily lives, distractions bombard us. Gossip. Criticism. Financial pressure. Poor health. Conflict. Personal desires. Effusive praise from others. Any of these can cause us to turn away from God's perfect plan. As a role model, Nehemiah shows us the value of . . .

**Single-mindedness.** Nehemiah feared the Lord and conscientiously applied himself to His work. He did not have a divided mind. By setting our attention solely on God's plan, our minds will stay fixed on the task, regardless of the difficulties.

**God's favor.** The Lord's blessing is always upon us when we are obedient to Him. This knowledge should bring us confidence in hard times, just as it did for Nehemiah.

**Accountability.** Nehemiah had to report to the king about what he had accomplished. One day we will stand before Jesus, our King, and give an account for how we used our resources and gifts. (1 Corinthians 3:12-15)

**Consistency in our prayer life.** When the Israelites were ridiculed, they were helpless to stop their opponents' speech. So Nehemiah prayed, and the people received strength to continue. As the plotting worsened, Nehemiah and his fellow workers cried out to God, who not only frustrated the enemies' plans but also provided His people with discernment about how to avoid their traps.