



Stage Four: Renew Your Ability to Focus

Homeostatic State

1. The hypothalamus keeps your _____ in a _____ state.
2. Homeostasis is the process your body uses to maintain _____ while _____ to conditions like being tired, cold and hungry.
3. Our minds were initially designed for specific ways of _____ and _____ with the world.

Common Distractions

1. Using technology for ____ hours a day is 12.5% of your _____ hours.
2. Media and technology are the two greatest distractions in our daily lives, and they are _____ addictive as much as _____ is physically addictive.
3. Ask God to help you clear out the _____, cut out the distractions and help you _____ your attention on more _____ things.

Multitasking

1. If we think multitasking is _____, we need to think again. Current neuroscience has proven us _____.
2. God has designed parts of your brain to orchestrate autonomous _____ at the same time with no _____ from you.
3. The more _____ tasks we try to accomplish, the more other tasks _____ as we switch our attention between them.
4. Do whatever it takes to give God the _____ He deserves. He is worthy of all our praise and all our _____.

Homework:

1. List the things that cause the most distractions for you.
2. What three things will you do to better be able to focus on God and His Word?

Assessment:

Scripture References:

Psalms 1:1

1 Corinthians 9:25-27

Colossians 3:1-3

James 4:7

Romans 7:15