

BETWEEN NOTIFICATIONS

Day Three — Distracted Doesn't Mean Disconnected

Scripture: “*Martha, Martha... you are worried and upset about many things, but few things are needed—or indeed only one.*” — Luke 10:41–42

Distraction is not the same as disobedience.

Martha loved Jesus. She welcomed Him into her home. She worked hard to serve Him well. Nothing she was doing was wrong—it just wasn’t first.

That’s the tension so many of us live in.

We are surrounded by good responsibilities, real pressures, and valid demands. We aren’t distracted because we don’t care about God. We’re distracted because we care about *everything*—and everything wants our attention now.

Distraction creeps in quietly. It doesn’t announce itself as a problem. It disguises itself as productivity, responsibility, and even service. Before we know it, we are doing things *for* God without ever sitting *with* Him.

And when we’re constantly distracted, our souls grow tired even when our hands are busy.

Jesus didn’t scold Martha for serving. He gently reminded her of what mattered most. Mary chose presence over performance. She chose listening over doing. She chose to stop—even when there was more to be done.

God is not asking us to abandon our responsibilities. He’s asking us to stop letting them replace relationship.

We often believe we'll connect with God once life settles down. But life rarely settles. Instead, God invites us to meet Him right in the middle of the mess—right in the middle of the noise.

Connection doesn't require a perfect environment. It requires a willing heart.

Even brief moments of attention—turning off the noise, closing the app, sitting in silence—can realign a distracted soul. God doesn't measure our devotion by the length of time we spend with Him, but by the posture of our hearts when we do.

Reflection Questions:

- What distractions feel “necessary” in your life right now?
- When was the last time you chose presence over productivity?

Prayer:

Jesus, I confess that I am often busy doing good things while neglecting the best thing—time with You. Help me recognize when distraction is pulling me away from relationships. Teach me to choose presence, even when my to-do list is long. In Jesus Name We Pray, Amen.