

## **“LIVING...DISTRACTION FREE!”**

Life is certainly full of distractions. Think about it with me for a minute. Distractions divide our attention and prevent us to concentrate. FOCUS comes from eliminating our distractions.

Whether we are a grandparent, parent, guardian, teacher, coach or student, we truly need to identify our distractions, starve them, and refuel FOCUS!

“A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.” Proverbs 27:12 (NLT)

I am simply suggesting that to be sensible and avoid danger zones, we need to revisit potential “danger zones” that our distractions have fueled. Own them and adjust. We all can do this, at home, in the classroom, and at work by establishing guardrails and boundaries. If we push pause, still the cultural noise, and truly consider what is dividing our attention and causing us not to concentrate on God, our spouse, kids, class, etc., I am simple enough to believe that the prudent (you and me by the grace of God) see danger, build guardrails, and establish boundaries that will re-ignite our FOCUS and get us all back on track.

Be blessed,

Mr. C.