

ENCOURAGEMENT FOR *Real Life*

118. How Do I know if I Am Living Distracted?

You are listening to episode 118 of the Encouragement for Real Life Podcast titled, How Do I Know if I am Living Distracted? Welcome to the podcast today, friend. Thank you for joining me! After hearing one of my recent talks about living an undistracted life, a woman asked me, "How do I know if I am living distracted?" She wasn't sure. And she's not alone. Many women today are asking a similar question. This is the subject of today's episode. I invite you to hang with me here for this next while, and we'll find hope and encouragement along the way. You'll know after listening to this episode if you're living distracted or not. So let's get to it.

The question she asked was a good one, and I'm thankful she asked me. In my case, mine wasn't a question. Mine was a statement, "I am living distracted." Because I already knew I was. It was very clear to me, but I just hadn't named it as such. Because once I named it, I knew I'd have to address it. Until the day when I missed an important moment that happened right in front of me. I knew then I needed to make a change.

Maybe you know you need to make a change, too.

Or maybe you don't, but you feel like something's not quite right in your life. You feel something is missing, or out of place, or that you're not living life the way you were designed to.

The thing is, some of us have been living distracted for so long, that it's all we know and it's just what we do. It has become our way of life, and it's how we live our days. We may not name it "living distracted," but might think something along the lines of, "This is my life, and I can't do anything about it." Let me tell you today, nothing could be farther from the truth. Life does not have to be this way, and we CAN do something about it. We DO NOT have to live this life distracted. In fact, God did not design us to live our lives this way. He desires us to be focused, alert, and sober-minded. He desires His good for our lives, and living distracted certainly does not come from Him.

John 10:10 Voice says, "The thief approaches *with malicious intent*, looking to steal, slaughter, and destroy; I came to give life with joy and abundance." The thief that is our spiritual enemy sneakily uses distractions to steal, slaughter, and destroy so much in our lives: our relationships, our dreams, our time with God, our spiritual growth, our very lives! He uses distractions to make us less effective and less impactful. Because he knows if he can distract us from what's truly important in life, he wins. And when we look at our lives and this world today, it appears he is winning. Distractions are everywhere!

But it doesn't have to be this way.

It doesn't. We can take back our lives from the distractions that entice us away to less important things. We can choose to live an undistracted life. But it takes effort and dedicated intention. It's not easy and it's not for the faint of heart. But it can be done, and the effort we put forth is worth it.

Like the woman who asked that question that day, are you asking the same?

"How do I know if I am living distracted?"

In Chapter 2 of my new book, *Right Now Matters: Empowering Right-Now Women in a Culture of Distraction*, I share five indications or clues that help us decipher and answer this question. I shared them in my monthly note to my email community last week. And since they are vital to stepping into an undistracted life, I believe it's important to share them here. If you're wondering, "how do I know if I am living distracted," see if any of these five indications apply to you. You might want to jot these down or come back to this part later if you're unable to write them down now. Or you can find them on pages 34-36 of *Right Now Matters*.

You may be living distracted if:

1. **You have a difficult time staying focused.**

Do you find yourself thinking about other things than what you're currently doing? Does your mind wander often? Are your thoughts scattered much of the time? Have you recently driven somewhere only to arrive with not completely remembering your drive there? If you have a difficult time staying focused on the task at hand or you keep losing your train of thought, you may be living distracted.

2. **You find it challenging to complete your tasks in a timely manner.**

Do you often find you can't finish all you have to do? Is it difficult to cross items off your to-do list because you just don't seem to make any progress with your list? Do you get sidetracked often? If you continue to move items on your task list to the next day, or you just can't seem to move forward, you may be living distracted.

3. **You often find yourself in a rush.**

Man oh man, this used to be me. And quite honestly, some days I still struggle with rushing. The more distracted we are living, the more we feel we are behind and the more we feel the need to rush. Rushing is a distraction, itself, because when we rush, it's impossible to live in the moment. When we're trying to beat the clock, we can't stay present. Why are we in such a hurry, anyway? If you're rushing through your days, you may be living distracted.

4. **You've lost your peace and joy.**

When was the last time you experienced true joy? Not happiness, but joy? Or how much peace do you have in your life right now? The more distracted we are living, the less joy and peace we will possess. Think of the person you know who exudes peace. Every time you're with him or her, you can't help but feel peaceful. I can guarantee you, that person is not living distracted. Distractions rob us of our joy and our peace. If yours feels on the low side, it may be an indication you are living distracted.

5. **It's nearly impossible for you to enjoy the moment.**

When was the last time you truly soaked in the moment? When you're with others, do you enjoy their company? If you're taking a moment for yourself, are you able to fully enjoy it without feeling the nudge to get moving again? Do you find it difficult to just sit and be or to intently listen to someone else without your mind racing? Are you able to often recognize and appreciate God's many blessings in your life? If you can't, this may indicate you are living distracted.

Which one (or ones) pertain to you?

Do any of them describe your current way of life? Which one stands out to you the most? Which one bothers you the most? Sometimes the one that bothers us the most is the one that hits home the heaviest.

These aren't to make you feel bad, or like a failure, or to discourage you. No. They are to open your eyes to see just how distractions can be sneaky. Because like I've said before, distractions don't bombard our lives all at once. They shyly entice us little by little. And before we know it, we're completely distracted and off course.

But today is a new day. Today you're equipped with awareness. You now know the truth about distractions in your life, and you can begin to take steps to overcome them.

I hope you're excited about this, because when we become aware of our reality, it's then we can make adjustments as needed. And if you're realizing for the very first time just how much you've been living distracted, you have an entirely new hope-filled life just waiting for you.

Let's look at that John 10:10 verse again. "The thief approaches *with malicious intent*, looking to steal, slaughter, and destroy; I came to give life with joy and abundance" (John 10:10 Voice). Jesus came to give us life with joy and abundance. We can't have lives filled with joy and abundance when we're living distracted. They just don't go together. But when we begin to take steps toward living an undistracted life, joy and abundance are plentiful. All thanks to Jesus. This is His desire for our lives.

So today, let's commit to doing whatever it takes to live the lives Jesus came to give us.

Without distraction.

As I mentioned, you can find helpful next steps to live an undistracted life in my book that released on October 17. It's called *Right Now Matters: Empowering Right-Now Women in a Culture of Distraction*, and it's designed to equip you to live the life Jesus came to give you. A life of joy and abundance. It's the book I wish I would have had years ago to live an undistracted life. You can find more about it through the link in the show notes.

Also, you can join my email community who receives all the inside scoop and encouraging tips each month through the link in the show notes as well.

And if you found encouragement and hope in this episode, would you please consider leaving a rating and/or review from wherever you're listening today? Subscribing to the podcast will enable you to never miss a new episode.

As we close out this episode, I pray God is encouraging your heart to seek Him as you begin to take steps to undistracting your life. It's a journey, friend, and I'm so thankful we get to walk it together. You are a blessing, and I'm grateful you are here. Your life is too important to live it distracted. I'm cheering you on. God bless you!

Links in this episode:

[John 10:10 Voice](#)

[Right Now Matters](#) - my new book!

[Join my email community](#) to receive the best stuff, but you'll get access to ALL my Free Resources!
[Encouragement for Real Life Community](#) on Facebook

Julie Lefebvre