

MESSAGE NOTES

KILL SWITCH - DR. TODD MARRAH / KILLING DISTRACTIONS

So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. // **HEBREWS 4:9-11**

A distraction is anything that causes us to lose our **FOCUS**
on the important.

LIST YOUR TOP 3 DISTRACTIONS

- ① _____
- ② _____
- ③ _____

"Like money, social media is a great **SERVANT** but a
terrible **MASTER** ." - Carey Nieuwhof

Actively pursue rest with **INACTIVITY** .

A distracted **LIFE** often reflects a distracted **HEART** .

Learn to be **DISCONNECTED** so that you can be connected
to the Spirit of God.

Give yourself the gift of **SOLITUDE** .

OTHER SCRIPTURE REFERENCED:

1 Corinthians 6:12 (NASB); Matthew 11:28-29; Mark 6:31 (NASB); Psalm 46:10
Jeremiah 29:11; Romans 3:23; 6:23; 10:13; John 3:16-17

TO REACH THE UNCHURCHED AND AWAKEN THE
SPIRITUALLY RESTLESS TO LOVE GOD AND LOVE PEOPLE