

W H I T E N O I S E

Part 1: Interruption or Opportunity?

INTRODUCTION

For most of us, interruptions are unavoidable. Knowing this, how we deal with them becomes critical. Jesus was interrupted countless times – someone always wanted something. And yet, He handled these interruptions well because of how He protected his time and how He viewed people.

LET'S TALK ABOUT IT

1. What are your most common distractions or interruptions?
2. Your best guess, how often are you interrupted on a given day?
3. In what part of your life are you most often interrupted? home? work?
4. How are you at taking advantage of the down time you do get? Do you tend to fill it with beneficial "noise"?
5. When was the last time you caught yourself "living in a different time zone in your head?"
6. If "Jesus saw interruptions as opportunities," what would your day, your approach, your attitude look like if you were able to make that shift?
7. What was the last time you remember being interrupted, and how did you respond?
8. How can you "Plan to Pause" this week?

THIS WEEK

Every time you are interrupted, ask, "Okay God, what is my opportunity here?" Plan to Pause, to "often withdraw" even if often those withdraws are met with interruptions. See how God meets you and how it affects your mood and attitude.

"But Jesus **often withdrew** to the wilderness for **prayer**."

Luke 5:16