

25 Beech Creek Jamboree KY
Church Office: 606-456-4400



**WELCOME
TO
CAC**

Pastor and Sis. McKinney, along with the CAC Church Family, would like to thank you for choosing to worship the Lord with us today.

We hope you find your visit informative and inspirational and one that will keep you coming back. If you have any questions feel free to contact our ushers or staff. Connect with CAC today and let CAC be your home church.

We hope to see you in future services!

Distracted Worship

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

According to the National Highway Traffic Safety Administration, *distracted driving, claimed 2,841 lives in 2018 alone. Among those killed: 1,730 drivers, 605 passengers, 400 pedestrians and 77 bicyclists.*

NHTSA further states, *distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system — anything that takes*

your attention away from the task of safe driving. Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed. You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Have you ever been distracted in worship? Maybe you send a text, read a text, watch a baby play, or just let your mind wander. Many people sit on pews and engage in distracted worship.

Distracted worship, like distracted driving, is any activity that takes your attention away from what you should be focused on. You can be distracted mentally, and visually. You can get distracted and *travel* through the entire service without receiving or giving anything.

When we come to church, we come to worship the Lord. We should have our minds stayed and focused upon the Lord. Our well-being depends on it. Our strength depends on it. Our spiritual lives depend on it.

Unlike the stats of distracted driving accidents and casualties, it is hard to place a stat on the casualties of distracted worship. Who knows

how many people backslide per year due to distracted worship? Who knows how many folks around us end up backsliding because of our distracted worship? I am sure there are casualties.

Let's be aware of what is before us. The Lord is before us, the world is behind us and we need to worship looking forward and not by looking in the *review mirror*. The Lord keeps those in perfect peace whose mind is stayed on Him.

Don't become a victim of distracted worship. Don't hurt others with you or around you with distracted worship. Stay focused during worship. Remember even momentary glances at things that detract from worshipping God could prove to be spiritually fatal.

