



THE LIVING SENT PODCAST: SHOW NOTES

EPISODE: O43

TITLE: **Pt. 2 When the Enemy Can't Destroy You, He'll Distract You (Defeating Distraction)**

Episode Summary

In Part 2 of our series on distraction, we shift from exposing the enemy's tactics to exploring the resources God has given us to fight back. You'll learn how to stay alert through prayer, self-control, and anticipation of Christ's return; how to stay accountable through the sharpening power of Christian community; and how to stay anchored in God's Word when life feels noisy and chaotic. These practices will help you resist distraction, fix your eyes on Jesus, and live SENT with clarity and confidence in a distracted world.

Helpful Links

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Discussion Questions for Teams & Groups

1. Jesus told His disciples in Gethsemane to “*watch and pray*” (Matt. 26:41). How does prayer actually sharpen our spiritual alertness in daily life? What specific distractions tend to crowd out your prayer life?



2. Hebrews 12:1–2 calls us to *“lay aside every weight and sin.”* What might be some examples of “weights” in modern life that aren’t sinful but still keep us from running the race well?
3. The episode used the story of Emery’s anticipation for a birthday party as a picture of anticipating Christ’s return. How would your daily habits look different if you lived with that kind of eager expectation for Jesus’ return?
4. Proverbs 27:17 says, *“Iron sharpens iron.”* Why do you think accountability in community is so hard for us to practice, and how can we encourage one another without slipping into judgment or avoidance?
5. Think about a time when someone you trusted spoke truth into your life. How did it sharpen your faith, even if it was uncomfortable? What keeps us from both giving and receiving that kind of sharpening today?
6. Psalm 119:105 describes God’s Word as a lamp and a light. What does it practically look like for you to be “anchored” in Scripture when life feels noisy and chaotic?
7. The episode ended with the reminder that we are *sent* into our homes, workplaces, neighborhoods, and cities. How can staying alert, accountable, and anchored help you live SENT more intentionally this week?

Reflection Exercise: Three Steps to Refocus

Take 15–20 minutes this week to walk through these prompts. Be honest, write it down, and use this as a way to recalibrate your heart around Jesus.

1. Stay Alert

- List 3 things that most often distract you from Jesus (phone, busyness, worry, entertainment, etc.).
- Circle one that you will intentionally set aside or limit this week.
- Pray: *“Lord, help me stay alert to You, and not be dragged around by lesser things.”*



2. Stay Accountable

- Write the name of one person you trust with your spiritual life.
- Send them a text today: *"Can we check in with each other about distractions and staying focused on Jesus?"*
- Pray: *"Lord, give me courage to invite others into my walk with You."*

3. Stay Anchored

- Write down one verse (maybe Psalm 119:105 or Hebrews 12:2).
- Commit to memorizing it this week and repeat it every time you feel distracted.
- Pray: *"Lord, anchor me in Your truth so I don't drift."*

By the time you've finish the exercise, you have:

1. **Named** a distraction
2. Reached out to someone for **accountability**
3. Chosen a Scripture to **anchor** yourself.

Full Episode Transcript

Well, this is part two of a series on spiritual warfare. And last time we uncovered how the enemy uses distractions to pull our eyes off of Jesus. It was a sobering look at the way the devil works against us. But here's the good news about spiritual warfare. We're not left defenseless in Christ.

You have everything you need to fight back. Just like a battle-hardened soldier that goes into combat with awareness and with teammates and with a mission, you and I can step into the fight with spiritual resources that keep us focused and faithful. In this episode, we're gonna look at three powerful ways God equips you to overcome distractions. Coming up.

Well, welcome back to the episode. We are so glad that you've tuned in today. If this is your first time tuning into the Living Scent podcast, I wanted to say welcome to you and I quickly wanted to introduce myself. My name is Justin Wester. I'm the host of the podcast and I release a new episode of this podcast on the first Wednesday of each month, all with the goal of helping you to live like a missionary in your household, your neighborhood, your workplace and your city.



I wanted to let you know up front as well that today's episode comes with free show notes. Yes, you heard that right. They are free show notes and they are available at my website. If you go to justinwester.com, navigate to the podcast tab, you can download them there for free. In fact, you can download any episode's show notes for free.

They're always going to be free and they are packed with resources. Not only is there a transcript, but there's resources. There's reflection guides, there's discussion questions. If you want to lead a discussion with a team or with a small group, or if you just want to dive deeper into the content for today, all of that is there in those show notes available to you at my website. Make your way there after the episode and I'd love to hear how you use them this week.

One final note before we jump into new content for this month. If this podcast has encouraged you, one of the best ways you can help us spread the word is by leaving a rating and a review. Why? Really? Because every review helps more people discover this podcast.

People who might need the very hope of Jesus we're talking about every single month right here. So your words can help someone else to listen. And that could be the spark that God uses in their life. So I want to encourage you, take just a minute to rate, review and share this episode and this podcast. It really does make a Difference.

All right, now let's dive into today's episode. You know, last time we uncovered how the enemy uses distraction against us. But today we are shifting gears. We're going to talk about the good news that in Christ you already have everything you need to fight back and stay focused. Here it is.

How do we defend against this? Number one, we stay alert. Stay alert. The Bible says over and over and over and over again, stay alert. It says, stay watchful.

Peter says, be sober minded. How do we do that? Here's the first way. Through prayer. We stay alert through prayer.

The night of Jesus betrayal and arrest, he went with his disciples into the garden of Gethsemane. And there he prayed. Remember, he was distraught over what the next couple days were going to hold. And so he asked Peter, James and John to come with them. And he said, we need to pray together.

This is what he said in Matthew 26:41. Jesus said this to them, Watch and pray. Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak. That



means there's a direct connection between prayer and spiritual alertness.

When your mind is focused on Jesus, you are less distracted by the things of the world. You stay alert through prayer. You also stay alert through self control. Through self control. Listen to Hebrews 12:1 2.

It says, Therefore, since we are surrounded by so great a cloud of witnesses, underline this. Let us also lay aside every weight and sin which clings so closely. And let us run with endurance the race that is set before us. Looking to Jesus, that's focus. Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him, endured the cross despising the shame, and is seated at the right hand of the throne of God.

Did you notice? Did you notice? It says we're to cast off sin. Yes, absolutely. Everybody knows that we're to get rid of sin, but it also says we're to get rid of something else.

It says we're also supposed to get rid of every weight that slows us down, that entangles us. That means there may be some things in your life that wouldn't be classified as sin, but they're just not a really good idea to keep around. You think about running a physical marathon. You wouldn't attach two 10 pound weights to your legs. Is it illegal?

Probably not. Are you going to be really slow and are you going to finish? I don't know. Get that stuff off. What is distracting you this week?

It might not be a sin, but it's not really helpful in your following Jesus. We stay alert through prayer. We stay alert through self control. And this one I've been very convicted about. We stay alert through anticipation.

Through anticipation. What are we anticipating the return of Jesus? Jesus said he is coming again. Jesus will return one day. And in Mark, chapter 13, look at what he says.

He says, but concerning that day or hour, no one knows, not even the angels in heaven, nor the Son, but only the Father. Be on guard. Keep awake, for you do not know when the time will come. We stay alert through anticipation of his return. Let me explain it to you like this.

This past week, my youngest daughter, Emory, she was invited to a birthday party from a friend at school. And it was on Saturday. So on Monday, she said, when's the birthday party? We were like, it's like five days away on Tuesday. When's the birthday party really?



It's like four days away. Wednesday. When's the birthday party? Thursday. Friday.

Every single day. Saturday comes and she puts on her princess dress, she puts on her princess crown, she puts on her glittery shoes at like 7 in the morning. When's the party, dad? It's not until like six or seven hours. All right?

Hour goes by. When's the party? You got like five hours. She is literally counting down. One of her friends was going to come and pick her up and take her to the party.

And when the hour came, she went. And we have a little window by our front door. She stood at that window going like this.

Friends, I think that's what anticipating the return of Christ should produce in our lives. Man, is today the day? If Jesus came back today, right now. Have you ever asked yourself this question? Would he be honored by how I'm spending my time?

Would he be honored by where my mind is, where my investments have been, where I'm spending my time, where I'm serving with my time? We stay alert through prayer, through self control, through anticipation. Number two, we stay accountable. We stay accountable primarily through community, or small groups, as we call it here. I think one of the greatest ways to stay undistracted, to stay focused on Jesus, is by staying accountable in a small group.

Proverbs 27:17 says, Iron sharpens iron, and so one man sharpens another. I think you would agree with me when I say this that it's a lot easier to see what's wrong in someone else's life than your own. Jesus said it like this. He said, hey, before you go to reach and take that little speck out of your brother's eye. He said, first take that big old log out of your own, and then you can kind of see clearly and help your brother out.

But if we're honest, that's a little challenging at times. It takes some guts to confront a brother or sister in Christ and say, say, hey, you know, I love you. And because I love you, I see something in your life, and I think it's holding you back from running the race of faith that we're called to do, man. That is what we are called to do. I had a mentor used to say, when iron sharpens iron, he said, you better expect sparks to fly.

That's what happens, isn't it? That's what happens. That's what we have been called to. That's how God has designed us. And so every year, we do a fall kickoff.

Every year, we encourage people to connect with believers weekly. It's not so that we can put a



graph up on the screen. It's because God has designed us specifically for community. And we believe that discipleship happens best in the context of relationships. We need one another to stay accountable.

So we stay focused on Jesus. And finally, finally, we stay anchored. We stay anchored through the word, through reading the Bible. Psalm 119, 105 says this. Your word is a lamp to my feet and a light to my path.

When distractions pull you around, God's word is going to be the thing that keeps you steady. Think about a ship without an anchor. It might be the biggest ship, it might be the newest ship. It might be the most pretty ship in the ocean. But without an anchor, that ship is going to be left adrift at sea.

And the exact same thing can happen in our lives. If we are not anchored to God's word. That is the truth, then the currents of our world are just going to pull us around. Distractions are going to move us this way and that way. The reality is, the enemy may be relentless in trying to pull your eyes away from Jesus, but you don't have to live distracted.

You've been given the spirit of God, the community of believers, and the unshakable truth of his word to keep you steady when you stay alert, when you stay accountable, when you stay anchored, you can walk with clarity and confidence even in a noisy and chaotic world. So, friend, go live it out this week. Fix your eyes on Jesus. Lean on your brothers and sisters in Christ. Hold fast to the word that will never fail you.

And as you do, remember this. You are sent. Sent into your home, into your workplace, your neighborhood, your city to shine the light of Christ in a distracted world. So live alert, live anchored, and live sent. And hey, as we wrap up, two quick announcements.

Number one, don't forget to pick up the show notes. They are yours for free at my website. Just go justinwester.com, go to the podcast tab and you can download them right there. And I want to give you a heads up about something special. On October 15th, I'm going to be releasing a bonus episode of this podcast.

It's all about the unique role that fathers play in leading their families. You know, since we talk so often about what it means to live sent in our households, this episode is going to speak directly into that calling. I'm going to be sitting down with Tommy Hendricks, the author of *Be the Dad*, for a powerful conversation you do not want to miss. So make sure you're subscribed so it'll pop up right on your phone and it'll show up right in your feed. Until then, we'll see you.



You don't have to live sent. You get to see you next.