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EVANTELL'S 2021 VIRTUAL ANNUAL DINNER

Now
IS THE TIME

Thursday
April 22, 2021

7-8 PM CDT | Livestream

FEATURING
DAVID
Nasser



Now is the time for the spread of the gospel! Join our annual dinner livestream for a night of encouraging stories, inspiring testimonies, and more! Learn more and save the date to your calendar at [evantell.org/annualdinner2021](https://www.evantell.org/annualdinner2021)

TOOLBOX

EVANTELL'S

SPRING 2021

THE DANGER OF DISTRACTIONS

BY LARRY MOYER
Founder & CEO, EvanTell

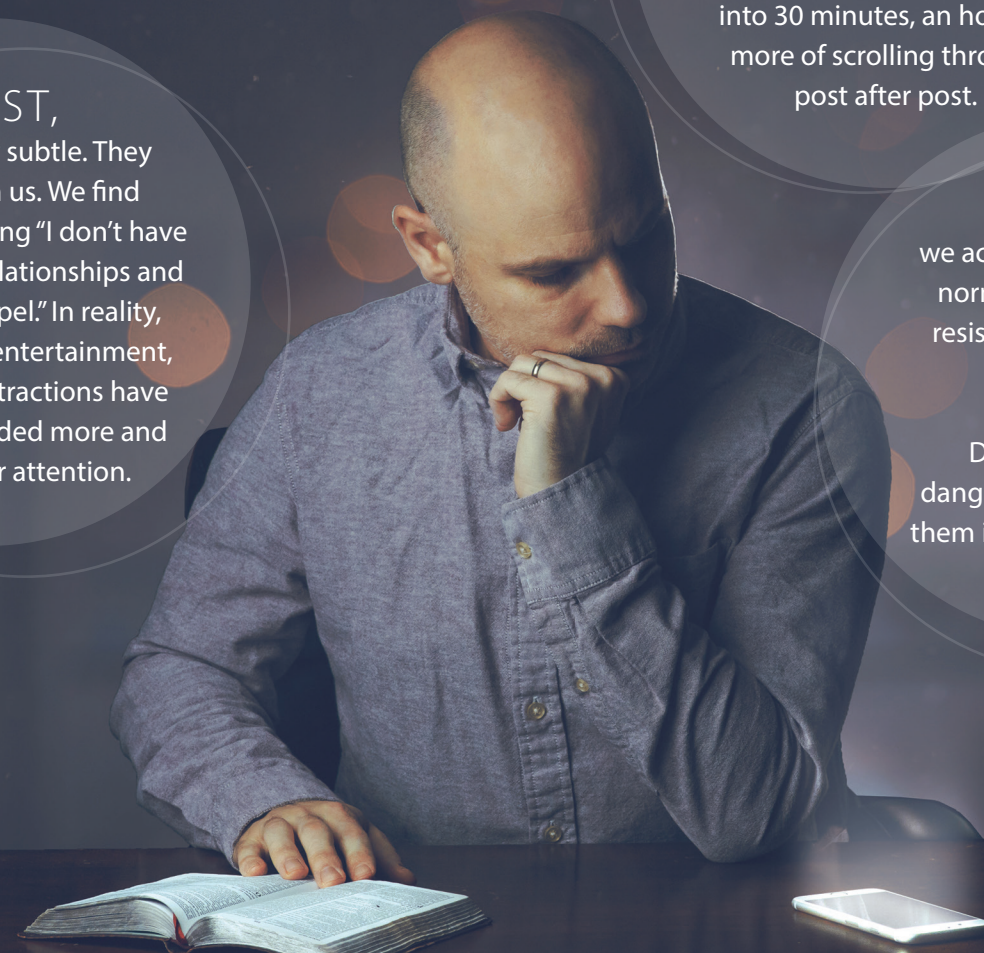
DISTRACTIONS can become a way of life for all of us. Those distractions are most unfortunate when they keep us from contacts and conversations with unbelievers which could result in seeing them come to the Savior. What makes distractions so dangerous?

FIRST,
they are very subtle. They sneak up on us. We find ourselves thinking "I don't have time to build relationships and share the gospel." In reality, several news, entertainment, or political distractions have slowly demanded more and more of our attention.

SECONDLY,
they are more time consuming than we like to admit. A simple check of Facebook or Twitter on our cell phone ends up turning into 30 minutes, an hour, or more of scrolling through post after post.

FINALLY,
we accept them as the new normal. Soon, instead of resisting them, we fill our lives with them.

Distractions can be dangerous, but let's master them instead of letting them master us.



Four Tactics for Managing Smartphone Distractions

The average American spends 3+ hours on their smartphone every day.* It can be a wonderful source for news, updates, and connecting with others. It can also become a blackhole of distractions that keeps us from more important things. Consider these four tips:



Set a timer

It sounds elementary, but that's what makes it so effective. It's amazing how a simple phone alarm can snap you out of non-stop scrolling through never-ending content on your phone.



Monitor your activity

Every smartphone as a "screen time" feature that reports your activity. Do a quick Google search to see how to activate it on your phone and then use it to help monitor and manage your time.



Bring in a friend

Plan a weekly conversation with a friend where you both share struggles and successes with breaking away from your phone.



Get it out of reach

Simply charging your phone in another room with the door shut can do wonders for breaking that "I just checked social media five minutes ago, but I should probably check again" habit.

*www.emarketer.com/content/us-mobile-time-spent-2020



QUICK TIPS!

Avoiding Distractions to Raise Gospel-focused Kids



Shut off the world's expectations. Culture tells us success is popularity, comfortability, and financial security. But Scripture shows us that knowing God, loving God, and seeking to make Him known are what make us successful. Let's make sure our kids thoroughly understand that.



Let them see it in you first. Your children will imitate what you do. If you want kids who are passionate about the gospel and desire to share it with others, they need to see you remaining undistracted as you prioritize the gospel.



Balance digital with physical. Today, there is a digital solution for everything – including showing your kids gospel truths. While these can be good supplements, they can become something we lean on when we're distracted with other things. We then turn to them instead of spending irreplaceable quality time talking with them one on one.

HEADLINE STRESS DISORDER: HOW TO COMBAT DISTRACTIONS OF WORRY IN A FEAR-FILLED NEWS CYCLE



DON'Ts

Don't demonize political officials, pray for them and especially for their salvation. (1 Tim. 2:2,4)

Don't think about a political platform more than the Great Commission.

Don't waste conversation time on politics. Focus on priority issues.

Don't focus on the news first thing in the morning. Give that time to God.

Don't let politics hijack your emotions, fretting over things over which you have no control.



DOs

Take a news fast for a day or week to purge your mind.

Limit your news intake to 15 or 30-minutes max per day.

Meditate on the fact that God is in control. (Rom 13:1) Trust in Him.

When you worry about a news item, pray and leave it with the Lord.

Make sure you are talking to people more about the Lord than politics.

