

Wednesday - July 16, 2025

Guest Speaker - Josh Manley

The Pattern of Distraction

“Every Thought Captive” by Kyle Idleman

Creating a Christ-Centered Culture



Baptist Church

CALVARY

Shout to the Lord
(see slides)

WELCOME
to Calvary

All Guests:
Please Scan and Fill Out



Join Us For
Sunday School
Sundays at 9:30am
classes for all ages

We want to invite you to join us for small Bible study group communities that are on a mission for Christ and building Christ-like relationships with each other!

If you have any questions please contact - Steve Brown
704-201-6676 (call or text)

GROUP PRAYER
YOUTH TRIP TO CASWELL



MONDAY, JULY 28TH
@ 8:30AM

Calvary Youth
July 28th-August 1st

ReMain

Church Work Day

AUGUST 23RD
7:30 AM

Join us for
LEGACY SUNDAY



On August 24th we will celebrate and honor our Senior Adults (60+). There will be a lunch after the Worship Service. We're looking forward to having a time to enjoy the food, fellowship, and fun! Sign-up at the Connections Table or on-line on the Church Events Page.

WATER
WEDNESDAY
COME JOIN US FOR:
DEVOTION, PROSPICES & WATER FUN
WEDNESDAY, JULY 30
6:30-7:45

Water Fun is a water gun fight for water fun!

JOIN US FOR A
BABY SHOWER
CELEBRATING

Taylor Morris

WHEN: SUNDAY, AUGUST 10th, 2025
2:30PM
WHERE: CRC FELLOWSHIP HALL

Registered on Babylist.com
She is waiting until birth to find out the gender!

University Sunday
August 3, 2025



Sign-Up Online or at the Connection Table

Paint, Laugh and
fellowship

Ladies Night Out
Come paint a beautiful door hanger under the instruction of Season Long
Cost: \$20
August 12, 2025
6-9 PM
Calvary Fellowship Hall



Goodtimer's
Potato & Salad Bar
August 16th - starting at 5pm
In the Fellowship Hall



For more information about events, etc., visit cbcmontroe.org or download our app on the Google or Apple stores.



CHURCH FAMILY

Batson, Fran & Ken
 Batson, Sandra
 Greene, Chloe
 Grimm, Laura
 Hardy, Kayla (expecting)
 Keziah, Debbie
 McCarver, Linda
 Morris, Taylor (expecting)
 Pigg, Rick (treatments)
 Richardson, Jim & Betty
 Sparks, Marshall (recovery)
 Sistare, Harold & Becky
 Younts, Tyler (& family)
 Ministry Team Leaders

FAMILY & FRIENDS

Unsaved/Unchurched
 Military
 Flood Victims & Rescue Teams
 Austin, Kevin (Brittany A dad)
 Autry, Tina (recovery/rehab)
 Baker, Skylar (7 year old)
 Birmingham, Paige (Renae H daughter)
 Brantley, Mark (eyes)
 Brummer, Fran (Nick B mom - Jesse Helms)
 Carter, Heather (expecting, Renne H daughter)
 Casey, Beth (Pastor Eddie's mom)
 Crooks, Savannah & baby Carter (Preschool Family)
 Gordon, Betty
 Haigler, Hannah
 Helms, Larry (Patty H)
 Helms, Linda (Lynne T sister)
 Hollar, Christy (Cathy M sister)

FAMILY & FRIENDS

Hollis, Shan Reeder (Annette G)
 Hollyn (Tricia L great granddaughter)
 Hykes, Larry (Holly C dad)
 Jessica (Beth Hargette)
 Jughans, Lynda (Ragan M mom)
 Keziah, Jim (Pasty K husband)
 Lowery, Jimmy (recovery)
 Mangum, Glen Jr. (cancer, Joey B)
 McQuirt, Reece (preschooler)
 Medlin, Sherry
 Parker, Paulette (pneumonia)
 Reeder, Carol (Bill R mom)
 Smith, Whitney (Casie)
 Street, Kenny (Taylor M uncle)
 Wilson, Evelyn

SHUT-INS

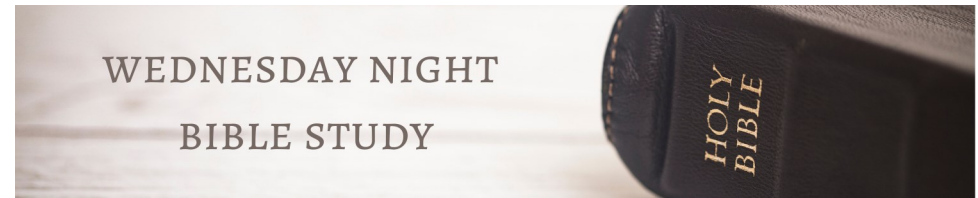
Eury, Pearline
 Helms, Dianne
 Gospodareck, Jimmie
 Gower, Jeanette (Union Park)
 Simpson, Beth (Jesse Helms #506)

PRAISE

Sunday School Attendance

FRIENDS & FAMILY OF

Randy Harkey
 (Ben Hargette's Step-Dad)



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 The Pattern of Distraction
 Guest Speaker - Josh Manley

The Pattern of Distraction will keep You from Thinking
 About What's Most Important

*Our limited time means breaking free from our thought patterns & distractions
 takes intentional effort & disciplined effort!*

Sacred Pause:

Is this moving me _____ to or _____ away from God?

Pattern Interrupt Moments:

Strategic _____, intentional _____

Attention Training:

_____ prayer, _____.

Find a Friend:

_____ & _____

Measure What Matters:

What would it look like to start measuring meaningful moments with Jesus & with others?

* Names will be left on for two weeks unless requested otherwise.

The human appetite for distraction is high in every age, b/c distractions give us easy escape from the silence and solitude whereby we become acquainted with our finitude, our inescapable mortality, and the distance of God from all our desires, hopes, and pleasures.

Driving every diversion, from international warfare to international tourism, is the promise of escaping boredom at home. Blaise Pascal said in his day, "I have discovered that all the unhappiness of men arises from one single fact, that they cannot stay quietly in their own chamber." Staring at the ceilings of our quiet bedrooms, with only our thoughts about ourselves, reality, and God is unbearable. "Hence it comes that men so much love noise and stir; hence it comes that the prison is so horrible a punishment; hence it comes that they pleasure of solitude is a thing incomprehensible." Although we have a thousand reasons to be sobered by our self-reflection, we seek amusements, like playing billiards or hitting a ball, or, for us downloading a new .99¢ game. Our ever-present phones offer endless diversions, from 10 second downloads to one-touch purchases. Our pings, alerts, and push notifications all redirect us from our greatest needs and realities.

The Pascal of our generation, Peter Kreeft puts it this way: "We run away like conscientious little bugs, scared rabbits, dancing attendance on our machines, our slaves, our masters" - clicking, scrolling, tapping, liking, sharing... anything. "We think we want peace and silence and freedom and leisure, but deep down we know that this would be unendurable to us." In fact, "we want to complexify our lives. *We don't have to, we want to.* We want to be harried and hassled and busy. Unconsciously, we want the very thing we complain about. For if we had leisure, we would look at ourselves and listen to our hearts and see the great gaping hole in our hearts and be terrified, because that hole is so big that nothing but God can fill it."

💖 Remember your thoughts will determine a pattern that will shape your life

💖 Pattern of Distraction = *fragmented, anxious, worried, disconnected*

💖 Jesus Focused Pattern = *present, intentional, connected, & transformed*

- ❑ Do my smartphone habits expose an underlying addiction to untimely amusements?
- ❑ Do my smartphone habits expose reveal a compulsive desire to be seen and affirmed?
- ❑ Do my smartphone habits distract me from genuine communion with God?
- ❑ Do my smartphone habits preoccupy me with the pursuit of worldly success?
- ❑ Do my smartphone habits disengage me from the needs of neighbors God has placed right in front of me?
- ❑ Do my smartphone habits mute the sporadic leading of God's Holy Spirit?
- ❑ Do my smartphone habits preoccupy me with dating and romance?
- ❑ Do my smartphone habits build up Christians and my local church?
- ❑ Do my smartphone habits center on what is necessary to me and beneficial to others?
- ❑ Do my smartphone habits provide an easy escape from sobered thinking about my death, the return of Christ, and eternal realities?

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

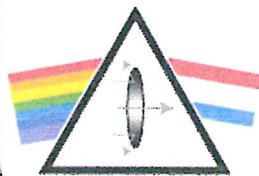
Either I do it right or not at all

Over-generalising

"everything is always rubbish"
"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.