



EXPLORE THE BIBLE®

Session 10: Undivided Worship
Suggested Week of Use: November 9, 2025
Core Passage: Deuteronomy 12:1-11, 29-32

News Story Summary

Earlier this year, Wake Forest University released an article titled “*Multitasking? Maybe not*” that challenged one of the most common myths about productivity. Psychology professor Anthony Sali, who studies attention and cognitive control, explained that what most people call “multitasking” actually entails rapid task-switching—and every switch drains focus and efficiency. Sali noted that research shows that people who try to juggle several tasks at once actually work more slowly and make more mistakes.

Sali noted that even small interruptions such as glancing at a phone notification or checking an email can derail concentration for several minutes. This constant switching not only lowers productivity, but it also increases mental fatigue and stress. He wrote that human brains aren’t wired for genuine multitasking, so people would benefit from focusing their full attention on one matter at a time.

For more about this story, search: “Wake Forest multitasking myth.”

Engage

As adults arrive, give each person an index card and a marker. Say: *On the card, rate your ability to multitask on a scale of 1-10, with 1 being “I can’t do it” and 10 being “I’m an expert.”* After a few minutes, direct the group to reveal their self-ratings at the same time. Lead a brief discussion on why they rated themselves as they did. Ask: *How would you feel if I told you that multitasking was really a myth?* Discuss responses. Note that researchers at Wake Forest University recently released an article that made this very point.

Share the Wake Forest story about the limits of multitasking. Comment that scientists are confirming something Scripture has long taught: Divided attention produces weaker results. Say: *This is why God puts so much emphasis on the focus of our worship.* Share that today’s session comes from Deuteronomy 12, where God commanded the Israelites to destroy every false god in the promised land. Say: *Just as multitasking splits our attention, idolatry splits our devotion. God calls His people to focus their hearts entirely on Him.*

Challenge

After summarizing the main points from the Personal Study Guide, refer again to the Wake Forest multitasking story. Say: *When researchers warn that multitasking lowers our performance, they’re echoing a spiritual reality. We can’t give our best to God when our hearts are divided.* Encourage adults to list things believers can do to practice single-minded devotion

in their worship. Challenge them to adopt at least one of these practices during the week ahead. Close the session in prayer, asking God to reveal where adults' hearts are divided and to give each person the boldness to remove those idols and focus on Him completely.