

OVERCOMING



DISTRACTIONS

to being

STILL

A God Campaigns Free Learning Tool



DISTRACTIONS

Keep Us From Focusing

On What is Important

Distraction is a thing that prevents someone from giving full attention to something or someone else:

Synonyms: hindrance, diversion disturbance, interference. (Oxford Dictionaries)

Distraction is caused by: the lack of ability to pay attention; or lack of interest in the object of attention;

As you begin your 60-day journey of stillness, many of you may experience fighting against common “distractions.” The one’s I’ve had to really fight against include the following:

- ◆ Untimely telephone calls and interruptions by others.
- ◆ Family members, children, and pets.
- ◆ Outdoor noises, cars, trucks, motorcycles, and the neighbor’s dog barking.
- ◆ My mind wandering on with useless or trivial thoughts.
- ◆ Unwholesome images, worries, or concerns.
- ◆ My desire to eat, drink and the stomach growling.
- ◆ Doodling, writing or drawing in my journal.
- ◆ Creepy, crawly feelings on my skin (fidgeting, scratching, picking my nose, etc.)
- ◆ Wanting to talk (pray or speak in my prayer language), etc.
- ◆ Drifting off to sleep.

It is not uncommon for these kinds of things to occur to keep you from focusing your whole “undivided” attention on the Lord. We must purposefully resist the temptation to yield to these and other forms of distraction. Our bodies want to move and at times it is necessary to speak to it saying, “Body, I command you to be still.” I’ve many times spoken to my mind also saying, “Mind, I command you to be still and not wander; it is not the time for you to be in control.” These commands may need to be spoken a few times, but with consistent application, you will begin to gain the mastery and they will submit and be quiet and still.

It is important that if you are a parent, and young children are participating with you, that you teach them to “reverently” wait before the Lord with you. Teach them and yourself to be there in the now with God. Whether He says anything to you, or you do, or do not sense His presence, He is there and enjoying the fact that you are spending quiet time with you.

One of the greatest rewards you will receive from this discipline, is the knowledge that God, your heavenly Father, will be “fine tuning” your ability to hear His voice.

“My sheep hear My voice, and I know the, and they follow Me.”

John 10:27

