

SOHL
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

When distracted in prayer

(PART 2 OF 2)

May 22, 2017

ISAIAH 26:3 NKJV – (3) You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

I think about the times in my life where I would find myself struggling with my thoughts (distracted). There would be things going through my mind that I knew could not possibly be from God. Yet I found myself powerless to stop them. There are times where it got so bad that I had to distance myself inexplicably from individuals to avoid possible confrontations. It felt like I had lost total control of my mind! I had to literally shake my head to deal with some of these thoughts. I mean it was so bad I couldn't even pray properly! I would start then my thoughts would just drift off and I'd realize that I was just repeating myself. I was totally unfocused during my daily Bible reading. I had never experienced more mental torture or anguish that I had in the past week. I mean I thought I was going insane!

I'd find myself going through the motions. I could not pray or read my Bible without my mind wondering. I realized that I needed help! After sharing with a spiritual leader my issue, they informed me that I was under a spiritual attack! I was then reminded that this was coincided with the start of a period of evangelism in my life. **(SOHLMEDITATIONS)**

He explained to me that the devil wants to throw you off from what God has called you to do. Have you been there or are you there now? He doesn't want the good news of the gospel going out! And what better way to mess with your head. I can't speak for you, but It was time to fight back! Oh and what a fight it was and at times "is." My brothers and sisters, you must surround yourself with nothing but CHRIST related materials! Music, radio, songs, devotionals, anything that will keep you focused on Christ alone.

I had to claw my way through to get to God and to keep my focus on Him. It wasn't easy. Oh, I slipped up many times but I praise Him because I made it through. I hope this testimony will help someone who is struggling. Keep your mind on God!

SCRIPTURE READING

ISAIAH 57:19

THOUGHT FOR THE WEEK

Remember, a focused mind on God leaves no place for the devil.