

SOHL
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

When Distracted in Prayer

(PART 1 OF 2)

May 15, 2017

PROVERBS 4:25 NKJV – (25) Let your eyes look straight ahead and your eyelids look right before you.

When we set out to pray there can be any number of distractions that take us away from an intimate conversation with Our Lord. It could be something external that impacts our prayer time, like a dog barking next door or someone in the adoration chapel who plays with their rosary beads. Or the distraction could be something internal, like wandering thoughts or that “to-do list” that constantly interrupts our prayer time.

Whatever it is, I have found that most distractions during prayer fall into four categories:

1. **Place** (not being able to pray at a specific location)
2. **Time** (continually looking at the clock)
3. **The “To-Dos”** (constantly thinking of all the things that need to get done)
4. **Wandering Thoughts** (finding yourself thinking about that movie you watched last night)

We've all experienced how the distractions of life—both good and sinful—can get in the way of our prayer. These distractions keep our thoughts earthbound, leaving us dry in prayer, frustrated, and unable to enjoy the heavenly fellowship that Jesus wants us to have with him.

While we want to be with God, these distractions can trip us up, sometimes without notice. First, they make their way into our prayer time on a peripheral tangent even though we hardly open the door. Then, before too long, like uninvited guests, they overshadow our minds and guide us away from the Lord.

But the good news is that we are not hopelessly bound to these invaders. God wants us to know that it is possible to win the battle against the distractions that come at us when we try to pray.

SCRIPTURE READING

1 CHRONICLES 16:11

THOUGHT FOR THE WEEK

“Don’t let the noise of the world keep you from hearing the voice of the Lord.