

Overcome Distractions

A.W. Tozer:

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. --Matthew 6:6

Among the enemies to devotion none is so harmful as distractions. Whatever excites the curiosity, scatters the thoughts, disquiets the heart, absorbs the interests or shifts our life focus from the kingdom of God within us to the world around us--that is a distraction; and the world is full of them. Our science-based civilization has given us many benefits but it has multiplied our distractions and so taken away far more than it has given....

The remedy for distractions is the same now as it was in earlier and simpler times, viz., prayer, meditation and the cultivation of the inner life. The psalmist said "Be still, and know," and Christ told us to enter into our closet, shut the door and pray unto the Father. It still works....

Distractions must be conquered or they will conquer us. So let us cultivate simplicity; let us want fewer things; let us walk in the Spirit; let us fill our minds with the Word of God and our hearts with praise. In that way we can live in peace even in such a distraught world as this. "Peace I leave with you, my peace I give unto you." The Set of the Sail, 129-132.

"Lord, it's certainly harder and harder to shut out the distractions of an increasingly science-based civilization. Help me to cultivate simplicity, to be satisfied with fewer things, and to find the inner peace that You can give in a life of prayer and meditation. Amen."