



THE REDEEMED CHRISTIAN CHURCH OF GOD

CHRIST THE LORD PARISH

1 – 5 ADMIRALTY ROAD, LEKKI PHASE 1, LAGOS

THEME: DIVINE ACCOMPLISHMENT. DIGGING DEEP

TUESDAY, 16TH SEPTEMBER, 2025

TOPIC: STRATEGIES FOR OVERCOMING DISTRACTIONS

TEXT: PHILIPPIANS 4:6-7, JOSHUA 1:8

INTRODUCTION:

In the last two weeks we began a study on 'understanding Distractions' flowing from our study of the series on 'Knowing God'. In order to stay on course after the knowledge of who God is to us as believers, it is important that we deal with the issue of distractions which was dealt with in our first study in this series.

In order to live out our relationship with God as his children in an acceptable manner after knowing Him, we have learned that it is possible for us to get distracted and lose focus on him through worldly values and Satan strategies as we see in the story of Martha and Mary in Luke 10:38 and several others scriptures; and last week we learned of the need to prioritize matters by seeking first the kingdom of God and his righteousness. Matt 6:33. Tonight we shall be continuing in our series '**UNDERSTANDING DISTRACTIONS**' by looking at the topic 'Strategies for Overcoming Distractions'.

Outline 1: Prayer and Mindfulness – Staying Focused on God

1. Prayer as a weapon against distraction:

- a) We must pray without ceasing and must never faint. 1 Thes 5:17 and Luke 18:1
- b) Prayer brings peace and re-centers our hearts on God, helping us avoid the noise of worry and fear. Phil 4:6-7
- c) Cast all your cares upon him 1Pet 5:7
- d) Praying in tongues helps to get rid of distractions. Jude 1:20
- e) Cultivate the habit of Daily devotion to align with God's will and staying focused on God. Lk 5:16, Mark 1:35

PRACTICAL WAYS TO HELP WITH PRAYERS:

- a) Set your alarm during the day for prayers
- b) Intentionally build a prayer routine
- c) Cultivate the routine which helps you to focus more on God
- d) You must get to a point where God begins to speak to you.

2. Mindfulness

What is mindfulness? It is the state or quality of being mindful or aware of something.

- a) Cultivating awareness of God's presence allows you to refocus whenever distractions come. Always put the Lord before you in the face of adversity and you will never be shaken. Psalms 16:8
- b) Practice pausing during the day to reorient your mind to God's presence. You can have some words of assurance on your device that will pop up at set times to remind you of God's presence and his loving kindness to you. Psalms 26:3, 36:10, 89:33, 103:4
- c) You can Set your device with messages like:
 - "Stop, breathe, God is with you" - in anxiety or confusion
 - "God is with me, I shall not fail" - fear of failure
 - "Jesus loves me, I am not alone" -feeling lonely

Outline 2: Scripture Meditation – Staying Focused on God’s Truth

1. Focusing on God’s Truth

- a) Meditating on God’s truth sets free from worry, anxiety and satan’s lies. John 8:44c. Our focus should be on things that are good Phil 4:8
- b) God’s Word provides clarity and guidance. Psalms 119:105
- c) Scripture meditation clears confusion amid troubles, dissolves doubt and guides decisions. John 14:1, John 14:27
- d) Memorize key verses to recall in moments of distraction. Psalms 119:11
- e) Meditating on the word of God brings transformation unto prosperity and good success. Joshua 1:8

Outline 3: Community and Accountability – Staying Focused through Others

1. The power of fellowship keeps you focused.

- a) There is power in fellowshiping with others as it encourages us to stay committed to God despite distractions. Hebrews 10:24–25 NLT
- b) Staying in fellowship groups, helps us to commune together, share experiences, worries and anxieties and helps us to stay focused on God. Eccl 4:12NLT

2. Accountability strengthens focus on God

- a) Being accountable to a group or fellowship helps to avoid distractions and strengthen our focus on God. Ecclesiastes 4:9–10
- b) Issues causing distractions could be viewed from the perspective of another group member who can give wise counsel. Proverbs 11:14
- c) Being in the company of trusted believers help us recognize when distractions are pulling us away. 2 Samuel 12:1-13

Conclusion:

In overcoming distractions, we must be very intentional with the strategies we adopt as we have learned today. Without intentionality, it may be very difficult to focus on God. Remember, Prayer and mindfulness will help us to center our hearts on God, meditation on Scripture will aid us to fill our minds with the truth of God’s word and surrounding ourselves with godly community for encouragement and accountability will do us a lot of good. As we engage with these strategies daily and with the help of the Holy Spirit, we remain steadfast and fruitful in our walk with God. Col 3:2: says “Set your minds on things above, not on earthly things.” May the Lord help us in Jesus name.