

The Destructive Effects of Subtle Distractions

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PEACE

Sometimes we just need nothing but quiet and peace within our home. Why? Because the enemy uses distraction as a weapon against us. It is a subtle weapon that we do not immediately recognize or acknowledge to be a distraction but certainly can be. We need to turn the TV off, turn off fans that are making noises, turn off the music, turn off clicking clocks, and anything else that is a distraction. And just sit in quiet to address all of the complexities and layers of our being.

What is on your mind what is in your heart what's going on in your life that you would like to change? What is your

struggle in this moment in time? What plans can you put in place in order to overcome these challenges and to move forward in life? Do you want to move forward in life? If so what are some options how can you move forward? These are some questions we want to ask ourselves.

If we or not quiet enough to think some of these thoughts, intentionally or not, then we're not facing or addressing things of importance. And to simply ignore things of importance does not make them go away. They are still there, and we are only delaying the inevitable.. You can run for as long as you want, but one of these days you're gonna have to face yourself. Do not think, that moving and starting a fresh new life will negate the fact that you must face yourself. A wise person once said, "wherever you go, there you are".

Even food can be a distraction. If we eat simply because we're bored we are using food to help pass time. This is a key point here, time is being wasted by the distractions. And when we are spending our precious time and not seeing or recognizing and working on those things that are important, then we are wasting time on things that are not important.

We are being lulled and pacified all the while, precious time is being wasted. Before you know it, you look up and it is the end of your days. And no one is promised a long

life.

Subtle distractions such as these, cause us to be comfortable in the state that we are in because we do not see anything or hear anything other than what is before us.. Distraction causes us to lose focus on what we're supposed to be focusing on, and what we're supposed to be doing. And most importantly, we cannot hear God speaking to us.

A lot of us do not like to spend time with ourselves and to really see ourselves for who we are, where we are, and for what we are doing. When we have to face ourselves we don't like it because we don't necessarily like what we see because then, we become responsible for what we see. Herein lies the problem; we don't want to be responsible because if we are responsible, this means we are accountable, and who then are we accountable to? The Lord. "To whom much is given much is required".

Just like the Bible says about reading the word of God and not applying it. As it is "like a man looking in a mirror and turning away forgetting what he looks like." It is now our responsibility to do better when we know there is better TO do. When you don't know better, then you don't know there is better TO do; but when you know better, then you must do better. This then will become a requirement. I believe that many people know this, and

for this very reason actually choose to remain ignorant and blinded. By choice! This behavior is a sign of immaturity and lack of drive to be successful in life. Sometimes it is just pure laziness. Or perhaps it is due to past failures and disappointments but we cannot allow the past to dictate our future.