

## 3 Ways to Fight Distraction While Praying

### 1. Pray the Scriptures.

*(This helps to stay focused by allowing God's Word itself to direct our thoughts and words.)*

1. Read the Torah Portion for the Day.
2. Then pray back what you just read.
  1. What did you learn about the day's reading?
  2. How can you apply it to your life today?
  3. Ask the Lord to help you not walk / or walk in the example of what you just read.

### 2. Write your prayers.

*(This helps to keep your mind engaged and on task)*

1. Write your prayers down in a Prayer Journal or Notebook.

### 3. Keep your planner nearby.

*(This helps to eliminate distractful thoughts that may come up during prayer time)*

1. Do a brain dump before and after your Prayer or Study time, so you don't have thoughts and to do lists going on in your mind while praying.
2. Have your planner, journal, notepad or sticky notes - and write down everything and anything that comes to mind about your day.
  1. What you have to do today?
  2. Where you have to go?
  3. What you have to buy?
  4. Any chores?
  5. Phone calls or emails you have to make?
  6. Etc...
  7. Once you've **DUMPED**... begin your **PRAYER TIME!**

## **Other Tips for Prayer**

### **1. Keep it Simple**

- Find the best study method that works for you and your learning style and stick to it.

### **2. Turn Off Distractions**

- Turn off your cell phone (or put it on airplane mode), turn off any tvs, radios, computers.

### **3. Find a Quiet Spot**

### **4. Pray with Fasting**

- Fasting helps to keep you focused, once you've learned how to fast.

### **5. Pray with Others**

- Praying with others can help keep you engaged, focused and encouraged to pray more.

### **6. Pray with Purpose**

- Have a plan, don't just start praying without a goal. Have a prayer list, pray through the prayer needs for the congregation, your family, etc...

### **7. Pray with Emotion**

- If there are particular emotions leading to distraction (boredom? anxiety? self-concern?), talk back at them, as David does. Engage them with the counter-emotions called for by truth.