

Weekly Prayer Plan – How to Overcome Distractions

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Galatians 5:16-26

Tuesday: Luke 10:38-42

Wednesday: Matthew 6:24-34

Thursday: Mark 4:1-20

Friday: Proverbs 4:25-27

Saturday: Matthew 14:22-15

Sunday: 1 Peter 5:1-11

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
 2. Is there a lesson to learn?
 3. Is there a blessing to enjoy?
 4. Is there a command to obey?
 5. Is there a sin to avoid?
 6. Is there a new thought to carry with me?
6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Bible Verses & Notes - How to Overcome Distractions

Distractions can come in so many different ways and can knock away and off from the plan that God has for us. Weather its doing our daily devotions attending our bible studies or missing church on Sunday. Distractions can come in and completely knock us off our game and pull us away from what God intended for us to do.

I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord. - 1 Corinthians 7:35

One of the things that this verse tells us is not to allow the desire to be married to become a distraction in your pursuit of spiritual things of God.

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. - Galatians 5:16-17

To walk by the spirit is to discover gods view on a matter, decide to act on that divine perspective, and depend on the Holy Spirit to empower your obedience. In our decision-making we face the pull of living from two very different perspectives with different calls. The flesh and the spirit. The choices we make will lead to different outcomes and this is why we need to stay focussed on the walking in the Spirit and not be distracted by the ways of flesh and end up making the wrong decisions.

But seek first the kingdom of God and his righteousness, and all these things will be added to you. - Matthew 6:33 ESV

This is a promise that many of us know. That when we seek God and his kingdom everything else that we need will be added to our lives. When we reverse the order and seek other things first we will miss out on God's best and also miss out on advancing his kingdom agenda. This is why seeking other things before seeking God is a distraction from what's really important.

“But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Luke 10:40-42 NIV

So in these verses Martha was distracted by serving and doing things in the house window presence of Jesus was there. Mary chose to fellowship with Jesus which was the better option. And everything that we do we don't want to be distracted by just doing stuff and missing out on spending time in the presence of Jesus.

*Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. - **Mark 4:18-19 NIV***

The seed that grows on rocky ground and among thorns represents believers who either through spiritual immaturity or attachments to worldliness failed to yield fruit in their lives. By being distracted by worldly things we are unable to actually bring forth spiritual fruit in our lives so don't let the cares of this world keep you from growing spiritually.

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - **Romans 12:2 NIV***

By being conform to the pattern of this world we will then think like the world. And if you are thinking like the world then we will not be able to think deeply and accurately about the things of God. As a result we are easily distracted to be focus on the things of the world and not on the things of God. So be mindful of this and be sure to transform your mind by reading the word of God.

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. - **Colossians 3:1-2 NIV***

Believers must be tuned in to the heavenly broadcasting network to receive the info need it for daily living. Take a good look at heavens perspective on every issue so you will know how you are to live on earth and not be distracted by meaningless pursuits.

*Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil. - **Proverbs 4:25-27 NIV***

This is Solomon's advice to his sons and also to us. We need to remember to keep our eyes straight ahead and look at the goal that is set before. We also need to think carefully about

where we are going and what we were doing and stay focus on the things of God. This is how we avoid distractions and actually live out our purpose in God.

Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt? -
Matthew 14:28-31 NIV

This at the same time was a great success and a great failure for Peter. But nonetheless a great learning moment. At first he was able to step out of the boat and walk on the water. But as soon as he took his eyes off Jesus and was distracted by the wind and the waves he began to sink. One of the lesson for us here is that we need to continue to keep your eyes focussed on Jesus and not be distracted by the storms of the world.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. - 1 Peter 5:8 NIV

When we are distracted by the things of the world we are We are more vulnerable to the attacks of the enemy. When we are focussed and alert on the things of God we are able to discern when the enemy is tempting us and we are better equipped to overcome that temptation. So when we are focussed and not distracted we have the ability to live a successful Christian life.