Distraction Detox

5 Steps to Freedom and Peace

Determine the distraction

Pray for the Lord to help you see what distracts you from connecting with Him? As they come up, list the internal and external distractions that are holding you back. Choose one at a time to move on.

Evaluate the emotional barrier

Pray for God to help you focus on him. Write the one toxin you want to terminate. For the internal distraction, look for scripture that brings truth to the lie you've been believing. If it's an external distraction look for scripture that brings focus on God and what He desires. Mark through the toxin. Each time that thought or activity comes up replace it with the scriptural truth.

Terminate the toxin

Pray for God to help you focus on him. Write the one toxin you want to terminate. For the internal distraction, look for scripture that brings truth to the lie you've been believing. If it's an external distraction look for scripture that brings focus on God and what He desires. Mark through the toxin. Each time that thought or activity comes up replace it with the scriptural truth.

Outline a plan

No need to be frustrated. You will never be completely distraction-free. Each day, be better focused than the last. Pray for God to help you focus on Him away from the distractions. Take it one day at a time by creating a plan. Write the truth on a sticky note or in a notebook to rely on throughout the day. What will you do to take the distraction captive before it leads you astray?

eXecute the plan

Put it into play! Start your day reviewing the truth replacement for the deceptive distraction. When we continually detox from the distractions, our spiritual ears are open to hearing where God desires us to be. At the end of five days, reevaluate, choose another toxin. Congratulations on all you have accomplished!

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