

Overcome Distractions

by A.W. Tozer

To overcome distractions and live a life of devotion, we must cultivate simplicity, live in the Spirit, and seek inner peace through prayer and meditation.

Scripture: Psalm 46:10, Psalm 119:15, Matthew 6:6, John 14:27, Romans 12:2, Galatians 5:16, Philippians 4:8, Colossians 3:2, 1 Thessalonians 5:17, James 4:8

Topics: "Inner Peace", "Overcoming Distractions"

Description

A.W. Tozer emphasizes the detrimental impact of distractions on our devotion to God, noting that they shift our focus from the kingdom of God to worldly concerns. He argues that in our modern, science-driven society, distractions have multiplied, making it essential to combat them through prayer, meditation, and nurturing our inner spiritual life. Tozer encourages believers to cultivate simplicity, desire fewer material possessions, and immerse themselves in God's Word to maintain peace amidst chaos. He reminds us that true peace comes from God, as Jesus promised, and that overcoming distractions is crucial for spiritual growth.

Transcript

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. --Matthew 6:6

Among the enemies to devotion none is so harmful as distractions. Whatever excites the curiosity, scatters the thoughts, disquiets the heart, absorbs the interests or shifts our life focus from the kingdom of God within us to the world around us--that is a distraction; and the world is full of them. Our science-based civilization has given us many benefits but it has multiplied our distractions and so taken away far more than it has given....

The remedy for distractions is the same now as it was in earlier and simpler times, viz., prayer, meditation and the cultivation of the inner life. The psalmist said "Be still, and know," and Christ told us to enter into our closet, shut the door and pray unto the Father. It still works....

Distractions must be conquered or they will conquer us. So let us cultivate simplicity; let us want fewer things; let us walk in the Spirit; let us fill our minds with the Word of God and our hearts with praise. In that way we can live in peace even in such a distraught world as this. "Peace I leave with you, my peace I give unto you." The Set of the Sail, 129-132.

"Lord, it's certainly harder and harder to shut out the distractions of an increasingly science-based civilization. Help me to cultivate simplicity, to be satisfied with fewer things, and to find the inner peace that You can give in a life of prayer and meditation. Amen."

Source: <https://sermonindex.net/speakers/aw-tozer/overcome-distractions/>

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