

## DISSOLVE DISTRACTIONS BEFORE YOU PRAY

1. Write the distraction in pen or pencil under the type it is. This is identifying the level of the distraction for you.
2. With a Marker or highlighter write over the distraction the passage  
*"The joy of the Lord is my Strength." - Nehemiah 8:10 (or other relevant scripture)*  
 and then read it out loud, several times.
3. Pray, asking the LORD,  
*"Please remove the distractions, in the Name of Jesus, so I can focus on You."*  
 The Lord will take care of the rest and show you what He wants you to see in His perfect timing. All you need to do is seek Him.

### DISTRACTIONS in PRAYER

~ extreme agitation of the mind or emotions ~

<b>"OBSTACLES"</b>	<b>"ROADBLOCKS"</b>	<b>"MOUNTAINS"</b>
<i>MENTAL or EMOTIONAL blockage causing difficult movement for YOU, while hindering YOUR progress</i>	<i>MENTAL or EMOTIONAL barricade with traps or mines for holding YOU up and stopping YOUR progress</i>	<i>MENTAL or EMOTIONAL fixations that paralyze YOU in a place, time, situation, and/or idea which creates YOUR stagnant position</i>

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