

Dealing with Distracting Thoughts  
(Ps. 119:10)

I. The Condition Described

-περισπάω: “draw around” (Luke 10:38-40); attended with anxiety and trouble (v. 41)

-Scope of concern here: distracting thoughts during personal devotional exercises; not necessarily thoughts that are sinful in themselves

II. The Causes Determined

-Causes of Distraction from Without: Satanic Influence (2 Cor. 11:3); Excessive Busyness and Activity (Luke 10: 38-41)

-Causes of Distraction from Within: Vain Imaginations (Eph 4:17); Worldly-mindedness (Matt. 6:19-21, 24; Phil. 3:18-20); Weakness of Love to Christ (John 14:15, 21, 23)

III. The Cures Designated

1) Confess your sin and neglect in this area of concern (Ps. 51:17; Prov. 28:13).

2) Get a schedule that will enable you to spend time with God in the secret place without the intrusion of distracting thoughts (1 Tim. 4:7).

3) Get a sense of the great importance of the business you are about. This is war (Eph. 6:10-18)! Get a sense of the priorities of life (Ps. 119: 37); your need (John 15:5); Christ’s promise (John 15:5)

4) Seek to grow in the spiritual grace of self-control (Gal. 5:23; Eph. 4:30; 5:18; Jude 20)

5) Seek for greater measures of love to Christ (Ps. 43:4).