



SPIRITUAL COMMUNION

THE BATTLE: OVERCOMING DISTRACTIONS

OVERVIEW

- Distractions in prayer are a normal part of growing in greater depth of conversation with God, however how we handle those distractions matters!
- Remember some of the tips in earlier weeks and remove distractions when you go to pray. Set your phone aside, go to your prayer space, find a quiet time, etc.
- Prayer is a battle. We are fighting to have an eternal perspective rather than an earthly perspective.
- Be patient with yourself when distractions arise in prayer. Just as an exercise plan takes time, persistence, and will power, prayer takes time to build your spiritual muscles.
- CCC #2729, Romans 12:12

“Jesus, let my distractions be the other way round. Instead of recalling the world when I am engaged in conversation with you, let me rather recall you when I am engaged in the things of this world.”

- Saint Josemaria Escriva -



JOIN THE CONVERSATION

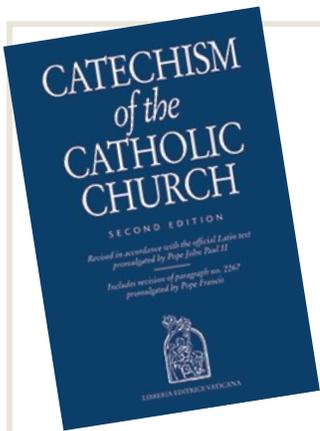
Join us each week for an online conversation to discuss the weekly video and to encourage and support one another in spiritual communion. Discussion group begins this week. You can call into the discussion or join via video chat. Wednesdays: 12-12:35pm, sign up online:

www.triparishfaithformation.org/spiritual-communion



REFLECTION QUESTIONS

1. How did last week's Supplication challenge go for you?
2. How does your environment affect distractions in prayer?
3. Share one distraction that comes up for you in prayer.
4. What are ways you battle this distraction? (For example, writing your distractions down to look at later, writing your prayers to stay focused, underlining scripture, etc.)
5. Have you formed a better, more intentional time of prayer in these past 7 weeks of Spiritual Communion? Explain why or why not. What ways do you desire to continue to work on this habit of prayer?



The habitual difficulty in prayer is distraction. To set about hunting down distractions would be to fall into their trap, when all that is necessary is to turn back to our heart: for a distraction reveals to us what we are attached to, and

this humble awareness before the Lord should awaken our preferential love for him and lead us resolutely to offer him our heart to be purified. Therein lies the battle, the choice of which master to serve.

CCC# 2729

CATECHISM OF THE CATHOLIC CHURCH



WEEKLY CHALLENGE

This week, when you find distractions in prayer use the following steps:

- The first time you notice a distraction, turn your attention back to an image of Christ or a crucifix and pray, "Lord, I love you, help me to love you more."
- The second time a distraction comes up, repeat the same prayer
- The third time, it arises, talk to the Lord about your distraction. Is there something the Holy Spirit is trying to enlighten you about? Maybe the distraction something you are attached to, a sin you are struggling with, or the Holy Spirit trying to help you through a decision and the distraction is revealing areas you can improve.



"Rejoice in hope, endure in affliction, persevere in prayer."

- Romans 12:12 -