

## Pardon the Interruption

I recently came across a devotional about prayer habits that seemed to go against common sense. When I pray, my goal is to block out distractions that creep into my mind so that I can focus on my conversation with God. That makes sense. The devotion gave a different perspective. It told the story of a mom whose prayer was interrupted by thoughts that crept into her mind during prayer. They were about things left undone, unresolved issues in her life, or the challenges of being a parent. In essence, they were the most critical issues for her at the moment. They needed addressing.

While we may try to block out the "noise" in our lives as we pray to the Lord, it is difficult not to let them compete for our attention. The distractions are things that bother us and need addressing. The interesting lesson of this devotion is for us to go to God with our daily life issues. What is bothering you right now? Prayer is bringing the key issues of everyday life to God. If something is on your heart right now, let God in. It is being "Real with God."

Let the worries of your life become the "centerpiece of your discussion with God." God is not surprised by anything we mention in prayer. Frankly, He already knows what you are dealing with and waits for you to let Him in. Put your issues in God's hands, and you can feel peace.



Giving praise and thanks to the Lord should be part of your daily prayers, but equally important is allowing Him to address those things that cause you to lose sleep at night and drag you down during the day.

God loves and cares for you. Give all your worries to God. The Bible tells us to *Cast all your anxiety on him because he cares for you (1 Peter 5:7)*. Pray to Him as you go about your day, and not just about the big things. He also cares about the little things that trouble you.

**Questions:** What worries do you need to place in God's hands? Why not turn that worry into a prayer for God's help?

**Prayer:** Dear Lord. You are willing to help us deal with the issues of our lives, yet sometimes we block them out and don't bring them to You through prayer. Help me to experience the peace that comes from sharing my concerns with You. Amen.

*The initial idea of this devotion and the quote is from a reading in Our Daily Bread.*