



## **DISTRACTIONS IN PRAYER**

*Scriptural Reading:  
Luke 9:28*

WEDNESDAY  
**16<sup>TH</sup>**  
SEPTEMBER  
2020

**D**istractions hinder the flow of prayer. They come in different forms. Our environment, the time of prayer, the place of prayer, the things troubling us and the kind of prayers we say are factors that can affect our prayers. Praying in a noisy place or at a time when we have fixed other programs can make us pray poorly. A sister complained that she always fell asleep whenever she is doing her night prayers and each time, she would rebuke the demon of sleep sent to distract her. As we discussed further, I realized that her time for night prayers were always late. When she changed the time, she was able to pray better.

Jesus always went to the hills and lonely places to pray very early in the morning (matt14:23). To avoid distractions in prayer, we too need to go to well-located places to pray. Praying with the scriptures and being focused may also help.



### **MEDITATION**

What is majorly the cause of distraction during my prayers?



### **STRATEGIC PRAYER POINTS;**

1. Pray against every spirit of distractions in prayers
2. Ask the Holy Spirit to teach you how best to pray
3. Ask for the grace to always be attentive and focused while praying
4. Pray now against the spread of corona virus pandemic
5. Say the prayers to St. Michael and St. Jude in pages 101 and 103
6. Present your private intentions to God
7. Say your daily prophetic prayers (page 6).

## **DAILY PROPHETIC PRAYERS**

1. Lord God of Power and Might you are worthy of my praise and adoration from generation to generation. We thank and praise your Holy name for what you have done, what you are doing and for what you are about to do.
2. Oh Lord, as you delivered Israel from captivity so you will surely deliver me.
3. As you delivered Daniel from the den of lions you will surely deliver me.
4. As you delivered Paul and Silas, I know you will surely break the prison bars and set me free.
5. Do not let the power of darkness reign over me.
6. Do not abandon me to the power of the grave
7. Do not let people ask me; "where is your God?"
8. Oh Lord Jesus, touch me one more time and heal, save and set me free.
9. Breath life upon me that I may live, become fruitful and prosper in all ramifications.
10. I will serve you in truth and Spirit all the days of my life, and nations shall praise you for your goodness in my life.

In the most powerful name of Jesus, Amen.

### **PRAYER TO ST MICHAEL THE ARCHANGEL AGAINST THE FORCES BEHIND COVID - 19.**

Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls.

Amen.

### **WE PRAY WITH ST JUDE THE PATRON OF DIFFICULT CASES AGAINST THE SPREAD OF CORONA VIRUS**

O most holy apostle, Saint Jude, faithful servant and friend of Jesus, the Church honoureth and invoceth thee universally, as the patron of hopeless cases, and of things almost despaired of. Pray for me, who am so miserable. Make use, I implore thee, of that particular privilege accorded to thee, to bring visible and speedy help where help was almost despaired of. Come to mine assistance in this great need, that I may receive the consolation and succor of Heaven in all my necessities, tribulations, and sufferings, particularly... (insert your prayer request here, especially the menace of COVID - 19 Pandemic) ...and that I may praise God with thee and all the elect throughout eternity.

I promise thee, O blessed Jude, to be ever mindful of this great favour, to always honour thee as my special and powerful patron, and to gratefully encourage devotion to thee.

Amen.

