

# How to Stay Spiritually Focused in a Distracted World

## A Resource for Young and New Christians

In this fast-paced, digitally driven environment, spiritual focus can feel like an uphill battle. With social media notifications coming at all hours and our to-do lists growing far too long, it can feel like there are distractions everywhere. If you are a young or new Christian, you may be wondering how you can focus your spiritual life and build your faith when everything is so noisy. But it is possible! Below you will find practical, actionable tips on how to stay focused on God and grow on your spiritual journey.

Whether you have just accepted Christ or are rediscovering your walk with him, this essential guide on how to stay spiritually focused in a distracted world has been created especially for you. Let's hear some strategies that are based on the scriptures and everyday wisdom!

## Why It Matters to Stay Spiritually Focused

Before we can explore the “how” we need to understand the “why”. Spiritual focus can be seen as a compass. It serves to show us where to go, encourages our hearts in difficult situations, and helps to give us moral or ethical fortitude that reflects Christ's love. Studies have shown that people who maintain a constant spiritual focus, or if we might say, spiritual practice, tend to achieve much higher levels of emotional resiliency and emotional health. According to a 2023 survey by the Pew Research Center, it was found that approximately 68 percent of adults between the ages of 18-29 who are surveyed believe that their faith gives their life meaning and purpose.

However, all of the distractions that we have around us—such as the average American spending more than 4 hours a day on their phone (DataReportal, 2023)—tend to pull us away from that essential connection in our life. Being spiritually focused means more than just taking time for quiet prayer and reflection; it involves seeing all things spiritually amidst the distractions.

Distractions Worth Noting: What Are Common Distractions Young Christians Experience?

It helps to understand some of the things that can distract us. Here are some distractions to think about:

- Digital Clutter: Receiving numerous notifications from Facebook, texting, and Youtube.
- Pressures of Life: Balancing school, work, friends, church, and other activities leaves no time for being alone and spiritually active.
- Peer Pressure and Cultural Indifference to Things Spiritual: Sometimes conflicts arise when culture promotes values different from those of the Bible (our thoughts).
- Personal Doubts or Spiritual Doldrums: Everyone has spells of wondering about questioning their relationship with God or feeling distanced from God.

### Practical Helps to Maintain Spiritual Focus in a World Full of Distractions

#### Build a Daily Routine with God

Try to develop a schedule (a set time daily) for certain activities that require spiritual thought. This could include morning prayers, reading a Bible passage at night time, meditation at noon etc. Regularity will train the mind to search for God when it does not seem easy.

Start small. Spend 5 or 10 minutes daily at a certain hour. If it can be continued it will gradually enlarge. There are lots of devotional books, and Bible signification diagrams or “Readings,” readily obtainable to fit everyone’s style. Use a document for each week’s use. There are many easy plans on this suicidal activity to include spiritual material (YouVersion Bible App for example) for new followers that can be used to fit their time. Create a Distraction-Free Zone When spending time with God, create a space for yourself that will not afford you distractions. You do not have to be elaborate, and I’m sure any space will do, even if it’s just a little corner where you can read your Bible, write in your journal, or listen to your favorite worship music. You could even silence your phone and set it for “Do not disturb” to afford this sacred time all the sacredness it deserves in the presence of God.

Use Your Community Effectively Community is a significant function to maintain focus spiritually. Surround yourself with those who are friends and mentors that will be encouraging to your life’s journey of faith. A small group or Bible study can make accountability a reality as well as support you when distracted by other things or doubting thoughts surface to you. Remember that even Jesus needed the encouragement and fellowship of those around Him, that we too might model our intentional relationships accordingly.

Leverage the Power of Prayer and Meditation Regular prayer will keep your heart in tune with the will of God. Prayer affords you an opportunity to give thanks, seek guidance, and find comfort when you see distractions surface. Try simply prayer with a variety of meaning attributed to it such as:

- Meditating silently on a verse of scripture

- Journal your prayers to go back to sometime later
- Pray out loud, or with another person

These acts of devotion can help you internalize the Word of God, and then use it in daily living.

**Effectively Filter Your Media Consumption** You need to be intentional about what you take in. Limit the media time you spend on some of the social platforms that lead you to feeling anxious, distracted, or self-scripting comparisons with others. Choose media that lifts you up and encourages your faith. Such as Christian podcasts, worship music, preacher's sermons, good faith reading material, etc. According to the Barna Group study, if one uses media that is faith-centric, you will increase your growth and develop faith resilience. Consider setting aside time for entertainment in your life, and also a time for strictly spiritual food.

**Remember Who You Are in Christ** As distractions tend to lead to feelings of being lost, or overwhelmed then return to your identity. The Bible says in 2 Corinthians 5:17: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" Being in mind who you are, and whose you are, helps to reset your heart in focus to take away from the fleeting distractions toward that which is of eternal significance.

**Practice Gratitude and Mindfulness** Gratitude will position and enable your mind to think upon its focus externally and not to concentrate upon all you do not have but what God has already blessed you with. Start a gratitude journal where you list each day's blessings both great and small. Mindfulness, referring to being "present in the present": awareness of the fullness of this moment, can assist one greatly in the appreciation of God's abiding presence regardless how busy you find yourself.

## Step By Step Guidelines For Living A Spiritually-minded Lifestyle

1. **Pray For Guidance:** Start your day talking with God, asking Him to give you spiritual vision and to help you to stay focused, away from distractions.
2. **Set Realistic Goals:** Set up spiritual habits to build (such as reading one Psalm each day).
3. **Establish Time Blocks:** Assign certain times of the day to specific spiritual activities and stick to it.
4. **Use Reminders And Tools:** Set alarms on your phone – or use a faith app to remind you and hold you accountable.
5. **Weekly Evaluation:** Look at progress made spiritually during the week, rejoice in growth and change where needed.

## Common Pitfalls And How To Overcome Them

Staying focused spiritually is not always easy, you may go through times of dryness spiritually, you may struggle with questions or with fatigue. When you find this is happening consider:

**Take A Break:** Rest is not failure, it is part of renewing your spirit.

**Seek Help:** Talk to a pastor, mentor or Christian counselor whom you respect.

**Engage In Praise:** Singing and dancing, or listening to worship music will rekindle your enthusiasm.

**Go Into The Word :** Certain Psalms and Proverbs are helpful in giving comfort and wisdom when your faith is being challenged.

## Conclusion: Start Your Focused Spiritual Journey Today

Living spiritually minded in a distracted world is not easy but, with strong commitment and the right strategy, you will be able to deepen your relationship with God on a daily basis.

Remember, this is a journey, not a race, God meets you where you are no matter how far behind are the rest of us!

Start today by taking one small step toward living a spiritually minded life. A five minute prayer, a Bible verse to memorize, or simply shutting off that phone for a little while can give you help and healing. No matter how small, small effort will produce great spiritual fruit in your life.

What distractions bother your ability to stay spiritually focused? What do you do to keep centered on God in your daily life? Share your thoughts and experiences in the comments below, we would love to hear from you! Don't forget to pass this article along to a friend who may need encouragement and check out the other posts for more ideas on how to walk the path of faith-filled living.