

## Mind Hijackers - Lesson

**Lesson summary:** To identify and properly approach things that distract us from God.

**DEUTERONOMY 12:30 (NIV)**

and after they have been destroyed before you, be careful not to be ensnared by inquiring about their gods, saying, “How do these nations serve their gods? We will do the same.”

Has your thought life ever been hijacked by a thought you couldn't stop thinking about? Beware of mind hijackers. They are things that capture our imagination, steal our hearts and desires, stimulate the flesh, and cause us to not want to pray and study. They hinder our prayers and make it difficult for us to want to spend time with God.

The more you think about these things, the more you want to satisfy those desires.

Make up your mind that the time you spend in prayer every day is the most important thing you are doing that whole day. Believe that it is with Him that you will be made whole, and stable and strong.

### Dealing With Mind Hijackers

1. Anticipate your time with God. Choose to find delight in the Lord.
2. Identify what things hijack your mind.
3. Get rid of things that consume your imagination and thoughts and cause you to not desire to spend time with God.
4. If you can't bring yourself to get rid of them totally, put them aside, give them to someone you trust, telling them why you are doing it.
5. Deal harshly with anything “of the world” that you begin to love.
6. Keep your goals and priorities fresh in your mind. Meditate on your hope.

**1 JOHN 2:15 (NIV)**

Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him.

Christ must be our greatest desire, then everything else in our life will be set in order.

Abraham was told by God to kill Isaac, why? Because Isaac had become a mind hijacker to Abraham, and God wanted Abraham to clarify what was his most important desire.

### Questions

- What are some things that can get in the way of your thoughts and become more important to you than God and start killing your desires to spend time with Him?
- What things cloud up your mind during prayer?