

THE ANOINTING BREAKS THE YOKES

17 year old Minnesota's driver Carlee Rose Bollig was behind the wheel of a pickup truck on July 21 when it ran a red light at an intersection. She hit another car carrying a father and daughter who were killed on impact. Young Carlie being warned 9 times by her fellow passengers to stop texting was posting on Facebook while driving at the time of the fatal distraction.

Distractions are the scourge of modern life.

According to Stop Ad Inc., a typical office worker cannot focus on the task at hand for more than 11 continuous minutes. The average student can't focus on a given task for more than two minutes without becoming distracted. If you are a typical internet user, your online screen focus lasts a mere 40 seconds on average. The worst part? No matter what task you are distracted from or what form the interruption takes, once distracted, your brain needs an average of 25 minutes to get back to the original task. Given the numbers, it's no wonder why staying focused is one of the biggest challenges modern people have.

Distraction Can Be Deadly

Being distracted is one of the most common reasons for accidents on the job. On top of being dangerous in the workplace, distractions are even more perilous on the road. Distracted driving is the number one cause of road accidents in the US. On average 9 people are killed, and 1000 people are injured annually as a result of using smartphones while behind the wheel. Distracted driving accounts for a whopping 64% of all car accidents in the US.

Distraction Affects Performance

Apart from literally taking our attention away from the task at hand, which itself negatively affects our performance, distraction drains our energy. Since none of us can truly multitask (what some of us call multitasking is actually a quick switch from one thing to another), each distraction is a minute interruption and a switch of focus. The problem is that every interruption comes with a biological cost. Each time we focus our attention on something new, a certain amount of glucose and other metabolic resources are used. The more resources used, the less energy left for priority tasks. Needless to say, our performance is what suffers the most. When students are distracted by their gadgets, they fail to hear and understand the information they're supposed to (this is the obvious outcome). The more insidious effect occurs when students are trying to do two things at once, for example, listen to the lecture and scroll through their Facebook newsfeed. Since human brains cannot focus on two things simultaneously, they are involved in a so-called "rapid toggling" between listening and scrolling the feed. This switching of tasks quickly wears out their brains making them feel tired and unable to process information. The end results can end up merging wrong data and concepts in a spoonerism kind of way. Going to fast with an assignment and overlapping information because of distractions. The outcomes are as impressive as they are dramatic. The GPA of students unable to resist distractions while studying is, on average, one full point lower than for more focused students. Similarly, final exam scores among continuously distracted students are 18 percent lower.

Isaiah 50:7 AMPC

[7] For the Lord God helps Me; therefore have I not been ashamed or confounded. Therefore have I set My face

like a flint, and I know that I shall not be put to shame.

This word help comes from ezer. This word ezer is used in **Genesis 2:18** describing the woman's role in completing her husband. It saying the Holy Ghost Himself through prayer and fasting and word meditation will help keep you focused against the multiplicities of distractions. The writer here says I first must set my face like a flint in order for God to help me fight the inevitability of continual distractions. This Holy Ghost power through prayer will keep you from living in confusion or shame or being flummoxed and bewildered. It all begins with prayer in order to fight the end time onslaught of distractions.

Proverbs 4:25 – MSG and “A discerning man keeps wisdom in view but the mind of a fool wanders everywhere”

Proverbs 17:24 -NCV

The wise person, he says, concentrates on the path of wisdom but the fool is easily distracted. Which one are you? Is there someone or something grabbing your attention and drawing you away from your purpose in life? Is it the latest craze or quick fix? Is it something on the Internet? Is it a project, then another?

How do we keep ourselves from being distracted?

Some words from Max Lucado:

God wants you to be like Jesus and have a focused heart. The main focus of Jesus was not His miracles or teaching. It was His relationship with him. Paul wrote; “Everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else.....I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on....” (**Philippians 3:8,13,14 - NLT**).

Did you know the best bible readers devoted to the scriptures can be found in a jail cell. Why? Because they have little to know distractions for reading their bible. We need to act like the guy in the jail and start focusing like a flint our prayer face before God.

You see because you were created for a purpose. The purpose of your life is to revel in God's love, respond to His love and give away His love to others. Focusing is not just about saying 'no' to distractions but your 'no' is saying 'yes' to your purpose. Now we have to track about the local church vision again. But this is not about self-discipline or will power. We alone do not have the strength to focus – but we can do all things through Him who gives us strength (**Philippians 4:13**). This is setting your face like a flint in prayer first before battling through your distractions. Fix your eyes on Jesus. He will enable you to go forward in life.

What is it that has the potential to bring you to ruin if you give in to its unhealthy attraction? Is it some form of addiction, sex, the lust for power, influence, self-importance or selfish ambition? We cannot serve two masters (**Matthew 6:24**).

Paul said I choose to apprehend that which has apprehended me. This is dealing with focus and the battle against distractions. I believe this requires a mind set that is set like a flint beginning with prayer.

1. Begins with an attitude of hunger and thirst for God
2. Desperation attitude that says I need Jesus right now
3. Brokenness
4. A fear of the Lord

5. Humility
6. Unbroken focus
7. A determination to see and experience Jesus
8. Saying no to all distractions
9. Nothing else matters for the moment except pursuing Jesus

Now there are some other enemies worth noting that I want to identify that hinder our prayer pursuit:
Enemies to pursuing Jesus

1. Not confronting secret or best thing sins
2. Being double mind
3. Unresolved hurts or disappointments you won't give over to God
4. Overwhelmed with the cares of life
5. Indifferences with the body of Christ or disunity and its leadership
6. Unrest in our homes
7. Too comfortable with my blessings and creature comforts (forgetting where we came from)
8. Resentful of the inconveniences of living a cross lifestyle
9. Exhaustion that never gets inner and physical rest
10. Living in confusion and dismay
11. Being controlled by fear

All of these enemies keep you from being trenchant or sharp or intense when setting your face like a flint. Because at the end of the day we must accept the reality Satan himself uses these enemies in a draconian way against you. To imprison you from setting your face towards God as a flint.

"And you shall take the anointing oil, pour it on his head, and anoint him.

anoint – mashach – to smear, anoint, spread a liquid. The special “anointing oil” will be a mixture of olive oil and various spices (Ex. 30). Strong's #4886: mashach (pronounced maw-shakh'). This breaks distractions.

Isaiah 10:27 AMPC

[27] And it shall be in that day that the burden of [the Assyrian] shall depart from your shoulders, and his yoke from your neck. The yoke shall be destroyed because of fatness [which prevents it from going around your neck].

Exodus 30:29-33 AMPC

[29] You shall sanctify (separate) them, that they may be most holy; whoever and whatever touches them must be holy (set apart to God). [30] And you shall anoint Aaron and his sons and sanctify (separate) them, that they may minister to Me as priests. [31] And say to the Israelites, This is a holy anointing oil [symbol of the Holy Spirit], sacred to Me alone throughout your generations. [32] It shall not be poured upon a layman's body, nor shall you make any other like it in composition; it is holy, and you shall hold it sacred. [33] Whoever compounds any like it or puts any of it upon an outsider shall be cut off from his people.

Exodus 29:21 AMPC

[21] Then you shall take part of the blood that is on the altar, and of the anointing oil, and sprinkle it upon Aaron and his garments and his sons and their garments; and he and his garments and his sons and their garments shall be sanctified and made holy.

Smearing the anointing into your flesh si the spirit of prayer controlling your distractions. You and only you must send your flesh through the process of intimacy by submitting it to worship a sustainable intercession. The flesh must submit to crucifixion intimacy in order for your spirit man to experience renewing.

Closing prayer

“God I know I am not spending enough time undistracted in your presence. You find me involved with the necessary cares of life. I realize I am so easily distracted. I don’t know why I find so many other things more interesting and attractive. Please forgive me. Help me to understand how much you want to spend time with me. Help me right now get my mind off my distractions so I can see my face like a flint towards you. Bring me out of the living room, the kitchen or my time consuming hobbies and let me come and sit at your feet. I surrender to you.”

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