

# How You Can Walk Away From the World's Distractions and Stand Strong in God

I have to admit it has been a challenge to keep my faith in the years past. Keeping my focus on God has been a constant battle. All types of distractions come. The more responsibility you have, the more distractions will come.

Top distractions:

- Loneliness/companionship.
- Lack/money.
- Lust/sex/touch/attention.
- People/opinions of you.
- Internet/social media/branding yourself/self-promotions.
- Feelings/emotions.
- Weariness/fatigue.
- Disappointments.
- Family/drama.
- Children misbehaving/procrastinating.
- Bills/struggle.

If you have stepped out on faith and totally surrendered to God's plans for your life, you know and understand the struggle in remaining in Him. It's not easy. I found myself wanting to release the pressure. Most will not admit it, but the pressure is real. This is a large part of the test. What will you release in or with? A man? A woman? Alcohol? Pills? Tearing others down? Isolation? Anorexia? Depression? Giving up? Losing hope? Selfishness? Overeating? Smoking?

Whatever the distraction, *God is able!* He is able to fill in

those voids. He is able to heal that fragmented area. Disappointments come during the trial, yet the Father is always in control. We just have to fight to stand! Standing in God brings our release. When the pressures arise, know that God is with you. He will never leave nor forsake you (Deut. 31:6).

I'm guarding my gates stronger and harder this year. I'm not falling for the "okey dokey" ever again. I'm staying woke, no matter how tired I am. My strength comes from the Lord. When we are weak, He is strong (2 Cor. 12:9-11). And if you are on the come-up from the Father, I suggest you do the same. Release your tension in Him. He is big enough to handle it. Nothing you have going on is too much for Him. He is able and willing to handle it for you.

God will give you the relief you need, for what lies ahead of you will require your strength, wisdom, knowledge, gifts and focus. You have an assignment, and the time is now for you to move forward. There is so much God wants you to experience, see and hear. Let's go, 2020! We praise You, God, for Your grace and mercy. We made it to this point and time. We are ready for the move—with You—in Jesus' name!

To hear Dr. Gina's teaching on avoiding the distractions you face every day, click here. {eo}

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