

Keeping the Focus

by Mary Wilder Tileston

By focusing on God and taking captive our wandering thoughts, we can use every thought as a prayer and draw closer to Him.

Scripture: Psalm 121:1, 2 Corinthians 10:5, Philippians 4:8, Colossians 3:2, James 4:8

Topics: "Focused Prayer", "Spiritual Discipline"

Description

Mary Wilder Tileston, in her sermon, emphasizes the importance of fixing our eyes on God to combat wandering thoughts during prayer. By focusing on God, every thought can be transformed into a prayer, allowing us to maintain reverence and connection with the Divine. She encourages the practice of capturing stray thoughts during prayer, bringing them before God, and incorporating them into our conversations with Him, ultimately leading these thoughts into captivity to the obedience of Christ.

Transcript

Bringing into captivity every thought to the obedience of Christ.

--2 CORINTHIANS 10:5

"I WILL lift up mine eyes unto the hills." The vision of God unseals the lips of man. Herein lies strength for conflict with the common enemy of the praying world known as wandering thoughts. If the eye is fixed on God, thought may roam where it will without irreverence, for every thought is then converted into a prayer.

Some have found it a useful thing when their minds have wandered off from devotion and been snared by some good but irrelevant consideration, not to cast away the offending thought as the eyes are again lifted to the Divine Face, but to take it captive, carry it into the presence of God and weave it into a prayer before putting it aside and resuming the original topic. This is to lead captivity captive.

--CHARLES H. BRENT

Each wish to pray is a breath from heaven, to strengthen and refresh us; each act of faith, done to amend our prayers, is wrought in us by Him, and draws us to Him, and His gracious look on us. Neglect nothing which can produce reverence.

--EDWARD B. PUSEY

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