

Praying Against Confusion When You Pray

(Originally a chat with a woman struggling with discernment and an inability to pray)

"I can't hear God's voice! Often I become confused. Sometimes I can hear something, but I don't know if God or enemy or myself. Sometimes I can't feel God. I can't focus on God or I feel God is far away from me."

This is very common; many people have this problem. The enemy's #1 tactic (way of attacking us) is to confuse us, to stop us from being focused on God. It happened to me yesterday when I was praying for someone here. I will teach you what I do to stop this. Or better, I will type a prayer and we will pray now together and you can use this prayer as a model for future prayers.

In these prayers, I focus on God's light driving away darkness. **Psalm 43:3** is a good verse to use: **"Send your light and your truth, let them guide me."** Or **Isaiah 42:16** - **"He will turn darkness into light before you."** I also focus on **1 Corinthians 6:19-20** - **"Your body is a temple of the Holy Spirit. You are not your own, you are bought at a price. Therefore honor God with your body."** You will see these words in my prayers. Also, I will pray sometimes alone and sometimes I will ask you to pray the words with me. I will type my prayer for you to pray the whole thing, so I will type it in the first person. Just pray along with me.

"Lord, thank you for being here with me now. Thank you for your love and your power. I need your help today. I want to hear you and feel you in my life. I no longer want anything to stop me from being free to pray and hear the voice of the Holy Spirit. So I ask now for your light to come and fill me. Drive away all the darkness and confusion and lies. Surround my mind and fill my mind with your light and truth let them guide me. Today I choose Jesus!

"Place over my mind your helmet of salvation and keep the enemy's thoughts and threats away from me. I choose Jesus. (Repeat this line many times in your prayers - "I choose Jesus") Drive back anything that lives in darkness from me, anything from the enemy. Turn down the volume of their voices, expose their lies with your light, and push them further and further away from me. I choose today to believe that I am a temple of the Holy Spirit. I am precious to Jesus. I do not belong to myself. I do not belong to anything from the enemy. I have been bought at a great price, the price of Jesus' blood. And I pray the protection of the blood of Jesus all around me and inside me. I choose Jesus!!!

Therefore today I choose to honor Jesus with my body and everything in it – my mind, my heart, my emotions, my will, my spirit. And I say to anything from the enemy trying to harm or distract or confuse me –get out of here now! I choose Jesus! And I reject you! Help me now, Jesus, to hear only your voice, to receive only your words, and to be able to tell the difference between the voice of the enemy and you and my voice and your voice, Jesus. I choose Jesus! Continue to pour your light and truth over and through me, Jesus. Amen!"

There are 2 steps in prayer to test what you think you see from God (or the enemy) and to know what to do with it. These 2 steps are powerful in discerning whose voice you are hearing as you pray.

1. Test the voice - is this really from Jesus? **First John 4:1-3** talks about this. I ask Jesus to make it clearer if it is from Him and take it away if not from Him.
2. If it is from Jesus, I ask Him "What to do now?" Am I supposed to tell someone else? Or ask someone for wisdom about this? Am I just supposed to pray about it?"

There are 2 other tests that can be applied later:

1. Ask a wise, godly person about what you have received in prayer.
2. What is the fruit – long and short term – of what you acted upon. What happened in the following weeks/months re: what it is you heard/acted upon? Is it something that has builds another up or tears them down?

One final thought. When I have trouble focusing in prayer, I use a written prayer to start – like a Psalm. I love **Psalm 18**. Or you can use the prayer I typed above. I pray the words out loud and add my own. So I may pray: *“Jesus, send your light and truth”* from Psalm 43:3 and then add my words. *“Let your light fill me and surround me and your truth drive away all the lies.”* And then go on to pray some more scripture. That helps me to focus.