**5 Ways to Keep Focus on God:**

1. **Give yourself allowance.** You have a human mind that does human things. It gets distracted. It wonders about random people. It notices ancillary objects. It tallies up its list of to-dos.Don't hate yourself for getting off track. Just choose to get back on.
2. **Go back to where you last were with God.**Example: If you are reading the [**bible**](https://www.biblestudytools.com/) and you find your mind has gone off another trail, return it back to where you last were.Pick up on the last place you remember being with God.
3. **Swap what you listen to.** I watched a Nazi film last night. I couldn't think about God, nonetheless sleep. But on the nights I pray before bed, I go to bed thinking, dwelling and at peace with God.Sometimes you have to swap what you watch or partake in.
4. **Ask for God's help to stay awake to him.**Then, act like it's Christmas. Know that

today, God has something good for you and you don't want to miss it.

"Call to me and I will answer you and tell you great and unsearchable things you do not know." Jer. 33:3

**5. Shut it all down. Literally.**Shut down your phone, computer and your active-lifestyle. Pick a certain amount of time and call it off limits. Let no one, no how, no way encroach on that time with God. Then, during this time, refer to items 1-4 above.

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.” (Is. 26:3)

The more you practice these things, the more these things will seamlessly and effortlessly become part of your life. They'll soak into your thinking, living and doing. . . and before you know it, you'll find yourself walking with God far more often than you're not