



Distractions in Prayer Worksheet

What Is This?

When something keeps coming up in prayer, do not begin by assuming you have failed. Start by noticing it honestly before God.

1. What keeps coming up in prayer?

Write the thought, feeling, memory, person, worry, task, or desire that keeps returning.

2. What kind of thing is it?

Put a check next to the one that fits best, or circle more than one if needed.

Something to do

A task, responsibility, reminder, or practical next step.

Someone to pray for

A person who keeps coming to mind and may need your intercession.

Something to surrender

A fear, future event, lack of control, or burden you need to place in God's hands.

Something that needs healing

A painful memory, wound, unresolved conversation, or hurt that still lingers.

Something to say honestly to Jesus

A feeling, desire, attachment, resentment, sadness, longing, or anxiety you need to speak plainly about in prayer.

3. What would I say about this to Jesus if He were here listening to me right now?

Write one or two simple sentences. Do not worry about sounding polished. Just be honest. Jesus, _____



4. Is there a simple response I need to make?

Choose one small next step.

- Write it down and return to prayer.
- Pray for this person by name.
- Surrender this to God.
- Ask Jesus for healing.
- Stay with Jesus and speak honestly about it.

My one small response: _____

5. Return gently

End with a simple phrase of love or trust.

Examples:

- Jesus, I trust You with this.
- Jesus, I surrender myself to You, take care of everything.
- Jesus, take care of this for me.
- Jesus, help me.
- Jesus, I give this to You.
- Jesus, I love You.

My simple phrase: _____