

# 5 Spiritual Strategies to Block Out Distractions

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## 1. Start with a Burden, Not a Brand

Nehemiah wept before he built. He had a clear burden from God. **Before** you create strategies or products, **ask God** what breaks His heart in your industry or calling. **Let that define your direction.**

## 2. Clarify the Wall God Called You to Build

**Focus starts with specificity.** Nehemiah was called to rebuild a wall, not a temple, not an empire. **Get crystal clear on your assignment. Write it down. Say no to what does not align.**

## 3. Say No Loudly and Often

Nehemiah told his distractors, “I cannot come down.” Protect your attention like a builder guards a wall. Every 'yes' costs you something. **Treat your time as sacred, not scattered.**

## 4. Build With Others Who Carry Your Fire

**Nehemiah built in teams.** You are not called to build the Kingdom alone. Partner with those who share your spiritual hunger and your practical vision. **Focus thrives in unity.**

## 5. Fight While You Build

One hand held a tool, the other a weapon. Distraction is often a form of spiritual warfare. Guard your heart with **prayer, fasting, and Scripture.** Stay spiritually sharp. Build and battle together.



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