

SIMPLIFY.

PART 2: YOUR ATTENTION PLEASE!

INTRODUCTION

During this season, we've all experienced new and higher levels of stress, because life has radically changed for all of us. What do you do when that starts to become normal? What if you could actually find a way to thrive spiritually during this uncertainty? Jesus gives us an invitation to live differently. He calls us to a simplified life.

BIBLE VERSES

Matthew 11:28-30

Matthew 6:21

DISCUSSION QUESTIONS

1. What is making this season stressful for you?
2. If you were to be completely honest, thinking about social media, games, email, news feeds, texting, etc., how would you describe your relationship with your phone? How much of your attention does your phone capture?
3. How does the thought of taking a 24 hour break from your phone make you feel?

"Your phone doesn't actually work for you. It works for a multi-billion dollar corporation. You're not the customer; you're the product. It's your attention that's for sale, along with your peace of mind." - Seth Godin

4. How does it make you feel to think about being the product and not the customer when it comes to your phone?
5. How have you seen in your own life how you become what you give your attention to?
6. What will you do this week to give your attention to God? To be present with him? How can you leverage technology or your phone to help you give more attention to him?

MOVING FORWARD

Have you ever thought or said, "I don't know where God is. I don't see or feel him"? Could it be that God is not the one who is absent? Could it be that you are the one that's absent...That your attention is captured by other things? Will you commit right now to begin to carve out time in your day every day to eliminate the distractions that are fighting for your attention and give your attention to God?