

LIFE GROUP DISCUSSION GUIDE

Pay Attention



May 10: Missing the Moment

This guide is designed for LIFE Groups meeting this week, but can also be used for conversation with a spouse or friend, or for personal reflection.

Have you ever visited a surprising, funny, or memorable roadside attraction? What made it stand out?

In the sermon, we talked about phones as “weapons of mass distraction”—but of course, distraction comes in many forms (to-do lists or busyness, worries or stress, news or media, or even just being mentally somewhere else). When do you notice yourself most distracted or “checked out” in your daily life?

What have you learned over the years from the children in your life? What is something they seem to do naturally that adults often lose?

Read **Psalm 46:10**: “Be still, and know that I am God.” How do these words speak to you? What do you think it might look like to “be still” in your life right now?

This Week’s Experiment: **Phone-Free Spaces**
(Put the “Weapons of Mass Distraction” away!)

This week, try creating one or more phone-free spaces in your life.

You might try:

- Phones away during meals
- Phones outside the bedroom at night
- Leaving your phone on the charger
- One evening this week without screens

Pay attention to the people and moments that appear when the screens disappear.