

LIFE GROUP GUIDE

Pay Attention

April 19 – The

This guide is designed for week, but can also be spouse or friend, or for personal reflection.



DISCUSSION

Distracted Life

LIFE Groups meeting this used for conversation with a

CONNECT

Spend some time checking in. What are your highs and lows from this week? How can your group members pray for and support each other this week?

GROW

1. Which of these **distractions** is hardest for you right now—and why?

- Social media, News, Phone notifications, Being mentally somewhere else in conversations, Just feeling generally busy or scattered

When do you feel most focused and present?

2. Arthur Brooks describes happiness as three things:

Enjoyment + Satisfaction + Meaning

Enjoyment = being present enough to experience your life

Satisfaction = working toward something that matters

Meaning = being connected to something bigger than yourself

Which of those feels most lacking in your life right now? How might distraction be affecting it?

3. Read **Luke 10:38–42**

Jesus says, “Martha, Martha, you are worried and distracted by many things... but only one thing is needed.”

What do you think the “one thing” is for you in this season of life?

4. **This week’s experiment:**

Choose one daily moment to be fully present.

It might be: a meal, a conversation, a moment of prayer, time with family

During that moment, **put phones away and turn the TV off** so you can give your full attention to the people and the moment in front of you.

Just notice what changes when you pay attention.

What moment do you think you'll choose? What might make it difficult to follow through?

What is one small way you want to "pay attention" this week?

PRAY

Gracious God,

you call us to be present with you and with one another, yet we are often distracted and divided. Quiet the noise within and around us. Help us to listen, to notice, and to love with our full attention. Through Jesus Christ, our Lord. Amen.