

PART II: God is Looking For Your ATTENTION

📅 Fecha	@March 22, 2023
📌 Práctica	Espiritualidad En La Era De La Tecnologia

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

The practice was to put into practice the rhythm of prayer in the morning, giving God the first minutes of the day

- How did it go with the practice?
- Would someone like to tell us about a “victory” they had or an anecdote to encourage others?
- What was the hardest part about taking this time?
- Why do you think it is worth reorganizing your live to be with Jesus through prayer?

READ THIS SUMMARY.

Human attention is getting shorter (6 seconds on average) and still, everyone wants to get it. Today we have the term “the attention economy.” Your attention is so valuable that the world's largest companies are working every day to find out how they can get your attention.

In the same way, God is always seeking your attention. The difference is that He respects your decisions and does not make himself lower to other gods of technology. Whether it's your cell phone, your work, your preferences, or your emotions.

The big difference is that when you give your attention to God, you end up living "a full and abundant life." And when you give your attention to everything else, it ends up “stealing, killing and destroying” your life.

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- Can you identify at this time in your life that technology has caused **“a deterioration in your relationship with God, and makes you even more vulnerable to making mundane “assumptions” about the way you live”**? Who would like to share an example?
- David shared 10 symptoms to know if you are being affected by technology. Which one do you most identify with and why?
 1. Irritability
 2. Hypersensitivity
 3. Restlessness
 4. Workaholism
 5. Emotional numbness
 6. Priorities out of order
 7. Lack of body care
 8. Escapist behaviors
 9. Slippage of spiritual disciplines/ practices
 10. Isolation

READ THE BIBLE TOGETHER.

Hosea 1:2

- Why do you think God uses the example of the marriage of a prophet and a prostitute to speak to us today?

Hosea 3:3

- What do you think God is trying to say to you with the phrase "if you promise to be faithful to me, I will also be faithful to you"? (in current language translation)

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Being an apprentice to Jesus means reorganizing our lives to primarily be with Jesus. Last week you started with the first step, giving your time to God, which starts with the first thing you do in the morning.

Today, we are going with step two, which is to give God your attention. And for that you will be stopping once a day, for a couple of minutes, to refocus your attention on God.

This practice is known as **the daily office. And it is with the purpose of turning our attention to God during the day, when we have most likely lost it due to the worries of daily living and idols that we have.**

Practice.

1. First.

- Make a mark in one or two of the options below, identifying, very honestly, what is it that you are giving your attention to the most, above God. If it is not any of the options, write yours where it says another.
- Remember, there is nothing necessarily wrong with enjoying your work, study, family, or a good movie. That is not the case. **It's when you're giving it more attention than you should and it becomes something you think about and give your attention to above God. And it prevents you from being with Jesus.**
 - phone/ tv
 - work
 - school
 - family
 - Your emotions (laziness, lack of discipline, etc.
 - what you're listening to. (music and others)

- What you are watching like series, movies, sports, and others
- hobbies
- Other: _____

2. **Second.**

- Now take out the sheet from last week (which is called spirituality in the age of technology)
- Where it says PART II: God Is Looking for YOUR ATTENTION write an hour where you will do the daily service.
- What you are going to do is set an alarm on your cell phone (for example at 12 pm). And when the alarm goes off, you're going to stop to refocus your attention on God.
 - On average it takes five minutes. It is a short reading of a Psalm, and two minutes in silence (we are going to practice it in a little)It is not the morning time, this is a second space to refocus on God during the day.
 - Write an exact time between 9 am and 5 pm (Ex: 12 pm, 3 pm, 4 pm, etc.
 - Think of a realistic moment that if you can do it. Ex: When it is your time for lunch, when you arrive from school, when you leave work, after dropping your child off at school, etc
- Any questions about this step?

3. **Third**

- Now choose what radical decision you are going to make in order to carry out the daily office.
 - Don't give me the option not to do it.
 - Stop as soon as the alarm goes off no matter what I'm doing.
 - Have a set time to finish work/ or not do overtime if I can.
 - Use my phone 30 minutes less than I do now.

- Be creative.

3. **Fourth.**

- Now choose a super short prayer (three - four words) to say when you are starting your time and when you get distracted.
 - God, I'm here
 - Here I am Holy Spirit
 - Come Holy Spirit
 - I'm here Jesus

4. **Fifth.**

- Now, we're going to practice it
- Get into a comfortable but alert position
- Put your cell phone on the floor or in your bag to avoid distraction
- The facilitator will give you a sheet with the verse (Psalm 63:1-5)
- The facilitator will read the passage out loud and slowly
- Then we're going to have two minutes in silence
 - We are not going to empty our mind, on the contrary, we are going to fill it with God and his word
 - During the two minutes in silence, think about what you just read in the Psalm and what it means to you
 - Think about what the Holy Spirit is inviting you to
 - When you get distracted and think of something else (it is going to happen), just say the short prayer again and think about the verse again
 - At the beginning it will be difficult. Remember that we are not looking for perfection, but to practice. The more you practice it, the easier it will be.

READ THIS WEEK'S PRACTICE.

- This week's practice is going to continue with the morning prayer and now we are going to add the daily office.
- At the beginning it will be difficult to do both rhythms, that's why we are practicing. So that it is more and more in your ability to do it.
- If one day you didn't do it, no worries. Come back the other day.
- The goal is to do it Monday through Friday.
- Keep the sheet with the verse in your wallet, on your cell phone, or in a place where you always have it on hand every day.

Before finishing.

- Who is excited and challenged by this new practice?
- Who would like to tell us what your radical decision to pray in the morning will be?
- What do you think is going to be the hardest thing about giving your attention to God in the middle of the day?
- Does knowing that you are not the only one who is doing it help you; but that everyone from your community and from Casa Evidencias are also on this adventure with you?

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.

