

## The Formative Path

### Week Two: Attention!

Spiritual practice: Paying Attention

What we give our attention to determines who we become. When our attention is focused on the negative, we become negative. Paul tells us to think about the good (Philippians 4:8). A.W. Tozer writes that what we think when we think about God is the most important thing about us.

Most of the time, we don't even think about what we are paying attention to. We live with constant background static. **For this week, our next step in the journey is to pay attention to what you usually don't pay attention to.** Pay attention to the 'chatter' of your mind. What do you think about? Where is your attention focused?

**For each day, reflect and answer these questions:**

- What did I pay attention to?
- How often was I on autopilot today?
- What's going on "in the background"?

**Group Questions:**

- How did my practice go last week?
- What do I hope to do this week?



*"Attention is a limited resource, so pay attention to where you pay attention."*

Howard Rheingold

### Questions For the Journey

- ✓ When was the last time you felt truly close to God? What were the circumstances?
- ✓ What does "cultivating God's presence" mean to you personally?
- ✓ What spiritual practices have you found most helpful in connecting with God?
- ✓ What obstacles do you currently face in seeking God?
- ✓ How would you describe your current relationship with God?
- ✓ In what areas of your life do you most desire to experience God's presence?

#### Scriptures for Reflection this week

*Read these scriptures multiple times*

- Genesis 3
- Exodus 34:29-35
- Isaiah 6
- Psalm 42

*"Pay attention to the people God puts in your path if you want to discern what God is up to in your life"*

*~ Henri Nouwen*



#### ACTION ITEMS for the week

1. Meet with your Journey Partner(s)
2. Read this week's blog for more information:  
<https://bit.ly/path-week2>
3. Memorize / Meditate on the passages above.
4. Explore: <https://ponderingpassages.com/category/path/>

