



# PAY ATTENTION

WK 1 • NOV 15  
IN ME

CHIP UHRMACHER • CEDAR FALLS CAMPUS PASTOR

## INTRODUCTION

As we near the finish line of one of the strangest years we've ever had - and right before the busiest, craziest, most wonderful time of the year - we are taking a moment to pause and look at what God is doing. For the next two weeks, we are doing a mini-series called *Pay Attention*. This week, our focus is inward, and we're looking at how to be more aware of what God is doing in us.

## DISCUSSION

1. Pastor Chip explains the main reason we struggle to pay attention is we're easily distracted. So often, we don't focus our time and energy on the most important things. Make a mental list of everything vying for your time and attention. Then, discuss where on that list you have allowed yourself the time needed to pay attention to your heart.
2. A more contemporary phrase to describe what Pastor Chip is talking about is "self-care." How often do you allow yourself the self-care required to pay attention to your heart? To the Lord's heart?
3. Pastor Chip quotes Proverbs 27:5-6, which says, "Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses." Honest feedback can be tough to swallow, so tough we may gravitate away from it.
  - What makes feedback hard for you? How do you typically handle it [good and bad]?
  - Have you learned any tips or good practices to help you handle feedback in a healthy way?
4. "When you name what you are feeling, you have power over it." - Are you in the practice of naming what you're feeling? If not, can you identify what you find most difficult about it? If you are, how has it helped you?

## DO SOMETHING

Prayer: The Psalmist knew a thing or two about reflection, and we can use his methods to enhance our own practices. Choose a time every day this week to sit quietly, check your heart and pay attention to what is going on inside. No more than 10 minutes is needed, but try to stick to the same time each day. Begin by meditating on the following prayer, reading it a few times over. Taking the words of the Psalmist, pray them for yourself. During this time, wait for the Lord to show you any area He wants you to grow in.

**Psalm 139:1-6; 23-24** You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

## RESOURCES

*Pray the Word* podcast with David Platt

*You Are What You Love* by James K. A. Smith, available on [Amazon](#)

*Rhythms of Renewal* by Rebekah Lyons, available on [Amazon](#)

*Rhythms for Life: Planner and Journal* Rebekah Lyons, available on [Amazon](#)

*The Sabbath* by Abraham Joshua Heschel, available on [Amazon](#)