

HOLY ATTENTION

EYE-SPY & PEOPLE-WATCHING

Creation itself makes His undying power and divine identity clear, even though they are invisible ... (Romans 1:20)

HOLY ATTENTION DRAWS US INTO FRESH GRATITUDE

Slowing down to notice the wonders of creation — colors and shapes, textures and hues, shadows and shades; rustles and squeaks, hums and trills, whispers and creaks; mist and breeze, grit and chill, shuck and peel — calls us into fresh gratitude.

Paying attention invites us into the awe of God's extraordinary creativity.

EYE-SPY · A FIVE-MINUTE EXERCISE

Set a timer for five minutes. Observe everything around you. Name what you notice:



1. Colors, patterns, textures
2. Lines (curvy, crooked, straight)
3. Edges (soft, wavy, sharp)
4. Objects (new, old, broken?)
5. Can you identify the sounds?
6. Can you identify the smells?
7. What are you sitting on?
8. What is beneath your feet?
9. What are you wearing?
10. What is the weather like?
11. Is the air warm or cool, humid or dry? Is it moving?
12. What time of day is it? What month? What season?
13. What is your mood? Are you tired or well-rested, restless or content, hungry or thirsty?

... my attention has become a form of prayer ... As I've grown older I've realized that God is always speaking, in the heart, in the birdsong, in the ocean's roar, in the quiet among the trees. We're often just too busy to notice.
(Chris Yokel)

NOT ALONE - AN EXERCISE IN PEOPLE-WATCHING



People-watching can grow our appreciation of others' unique personalities, abilities, skills, and gifts, as well as developing our empathy toward their pain and suffering.

Observing others can help us learn to love each other better. When we begin to really notice others, we grow in compassion and empathy. Watching someone hold a door, return a dropped item, give up their seat, or even smile and offer a kind word, can inspire us to be kinder too.

Noticing others can be comforting and reassuring. When we wonder — "Is she a caregiver like me? Was he up all night caring for a sick child or an ailing parent? Are they waiting for a test result? Is she quietly masking her pain? Is he as lonely as I am?" — it reminds us that we are not alone.

The next time you're in a waiting room, checkout line, public park, or coffee shop, take a few minutes and observe others. Notice their expressions, how they interact, and how they navigate their surroundings. Use the questions below to get you started.



- Where are you?
- Why are you there?
- How crowded is it?
- Are people alone or in groups?
- Who catches your attention? Why?
- Are you surprised by anything?
- Do others seem distracted, relaxed, stressed, in a hurry?
- Do you feel prompted to pray for someone? Why?
- What time, season, and day of the week it is?

People-watching reminds us that **we are all on this journey through life *together***, more alike than different, and exceedingly better united than apart. *Together*, we are the Body of Christ on earth. We need one another, because without even one of us, the Body of Christ is incomplete.

Attention is the rarest and purest form of generosity ...
Attention, taken to its highest degree, is the same thing as prayer.
(Simone Weil)