

HOLY ATTENTION

SIGHT & SCROLL · SPOT 1 · FEAST

Seek, and you will find. (Matthew 7:7)

SIGHT & SCROLL · A TWELVE-HOUR EXERCISE

God writes the Gospel, not in the Bible only,
but also on trees, and in the flowers and clouds and stars.
(Martin Luther)

Choose something specific – a color, shape, sound, object, or idea (such as joy, anger, excitement, anxiety) — and look or listen for it throughout your day. When you find it, take a picture or make note of it.

At the end of the day, scroll through your photos or read through your list. What stands out to you? What surprises you?

Pray about your experience.

Really look—and you won't be able to glance anywhere without seeing the Living Christ. Holy attention is where mission begins.
(Katie Harmon-McLaughlin)

SPOT 1 · A ONE-YEAR CHALLENGE

Every day for one year, **write down one thing you notice** — something you see, hear, taste, smell, feel, experience, or even remember. God is present everywhere at all times, and it's through paying attention to His world that we begin to recognize His Hand in every atom of creation.

It's amazing how often we notice the one thing we are looking for.

I want to awake in you a deep admiration for creation, until in every place, contemplating plants and flowers, you are overcome by a living remembrance of the Creator.
(Saint Basil the Great)

FEAST - SAVORING THE WORD OF GOD

When you open the Bible, be expectant, immerse yourself in it's language, look at a passage from a variety of perspectives, and study it long enough to learn something new.

TO GET YOU STARTED

Turn to Isaiah 35:5-7. Ask God what He wants to show you.



Then will the eyes of the blind be opened,
and the ears of the deaf unstopped.

Then will the lame leap like a deer,
and the mute tongue shout for joy.

Water will gush forth in the wilderness,
and streams in the desert.

The burning sand will become a pool,
the thirsty ground bubbling springs.

In the haunts where jackals once lay,
grass and reeds and papyrus will grow.

As you read these verses, pay attention to the imagery, the patterns, and the line breaks. Notice what these verses say and why.

Read the passage again, this time aloud. Listen to the words and the cadence of the language itself. When you're ready, consider the questions below.

- What is the tone or feeling of the passage?
- Which words catch your attention?
- Which phrases give you pause?
- Are you surprised by anything in the passage? If so, what?
- What purpose does punctuation serve?
- What is God saying to you through these verses?

These verses from the book of Isaiah are filled with rich and vivid imagery. God sees and cares deeply for His people and His world. He has a plan. He will restore the years the locusts have eaten, and He will, in His own time and in His own way, heal His children, restore earth's lack, and quench creation's collective thirst.

For he satisfies the longing soul,
and the hungry soul he fills with good things.
(Psalm 107:9)