



DATE January 24, 2016

SPEAKER Jared Petty

TITLE Focused Attention

SERIES No one can live without it. If you have everything, but this, you're left with nothing! There is no replacement for it as it's at the heart of humankind's existence. It can be the most difficult word to define, and yet it's essential for emotional health. No relationship can survive without it, and every person can live because of it. Love! So, how do we intentionally love?

Pastor Jared Petty spoke with us this Sunday about the importance of focused attention. In his teaching, he identified the love language of quality time in the gospels and how Jesus emphasized its importance in our relationships with Him.

1. Is quality time your love language; if so, in what specific ways do you give and receive quality time with others in your life? Why is it important to know someone's love language? Do you believe it's possible to cultivate a genuine relationship with someone without knowing how they communicate love?
2. Think back on the past week. At what point were you most hurried or stressed? Did you feel close to God during this anxiety, or did your busyness distract you from spiritually communing with God?
3. Pastor Jared discussed the five symptoms of "hurry sickness." Which of the symptoms do you suffer from most? How is hurry sickness a "pattern of this world" (Romans 12:1-2)?
4. Do you agree with Pastor Jared's conclusion that God's primary love language is quality time, or is it a different language—or all five equally? Identify Bible verses or passages that support your answer. Consider verses discussed today (John 15:5, Luke 10:38-42) as well as Matthew 7:22-23, James 2:26, & John 14:21.
5. No doubt you've heard the story of Mary and Martha before Pastor Jared read it today. Do you typically sympathize with Martha when you hear the passage? Did you ever justify her actions in order to justify your own busyness? After hearing Pastor Jared's take on the story, do you look at it differently?
6. Technology has become a major part of our lives in the last decade. Smartphones, tablets, and laptop computers are always with us now. It is easier to stay in touch, but at a cost. Has this technology surge been a benefit or deterrent for us in spending quality time with others? How so? In what ways can we use technology as something to build meaningful relationships, or does it conflict entirely with that aim?
7. We often talk about prioritizing what we need to get done each day, but how do we prioritize "with mission in mind"? In what ways does this differ from everyday prioritization; can you follow both arrangements at the same time? Identify ways you can prioritize the tasks in your life with a mission-minded focus.
8. According to Pastor Jared, God wants depth in our relationships. Where are you spreading yourself too thin and what can you specifically do to correct that in the coming week? Which relationships, including with God, do you need to focus on more?

Being hurried distracts us from our relationships with others and from allowing God to move in our lives. This week, take time to rest and "sharpen your axe" by reconnecting with the Lord on a quiet, personal level.