

HOW TO SEE GOD

Week 3

What are some things most middle schoolers give their attention to?

What's one way you can tell when something has your attention?

How can you tell when something has become a distraction?

Why do you think it's important to be disciplined about where you give your focus and attention?

Have the students take a minute to think about all the things that had their attention this week. (time, mental/emotional/physical energy, focus, etc.) Write them down on a note card. Then circle what you think are the top three places you've put most of your focus this week.

Talk about the list- are the things that take most of your attention, things you want to be taking most of your attention? Are they things that are good, pleasing and perfect?

How easily distracted are you from what matters most? Where is an area you would like to change your attention?

This week, what's one step you can take to shift some of that focus to seeing God?