

# MAINSAIL: RESILIENT IN THE STORM | WEEK #03

Are you Even Paying Attention? | April 14th

## WHAT'S THE ISSUE ANYWAY?

The power in the lyrics flows from the life that \_\_\_\_\_ them.

“Whatever we focus our attention on \_\_\_\_\_. When we attend to what \_\_\_\_\_ or \_\_\_\_\_ us, we flourish.” -David Taylor-Klaus

Ultimately, we have \_\_\_\_\_ control over the positive and negative life events.

As Captains, we do have control over where we choose to \_\_\_\_\_ our attention.

When we don't pay attention to attention, \_\_\_\_\_ happens.

We are prone to drift because of the \_\_\_\_\_.

## WHAT WISDOM DOES PAUL OFFER US?

Philippians 4:8

Give attention to what is worth \_\_\_\_\_ and \_\_\_\_\_.

Give attention to what is worth \_\_\_\_\_ for.

Give attention to what is worth \_\_\_\_\_.

Give attention to what is worth \_\_\_\_\_ towards.

## DON'T MISS THIS!

As the captain of your life, pay attention to your \_\_\_\_\_.

## HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Where is \_\_\_\_\_ at work in this storm?

You can focus on the positive without \_\_\_\_\_ the negative.

Leverage mindfulness to \_\_\_\_\_ your attention.

Remember you have a “\_\_\_\_\_ in \_\_\_\_\_.”

## HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

We \_\_\_\_\_ the negativity bias cycle.

We become more \_\_\_\_\_ in adverse times.

We build new \_\_\_\_\_.

## WHAT IS GOD INVITING YOU INTO TODAY?

1. Pay more attention to my attention.
2. Spend some dedicated time considering a difficult circumstance and where my attention currently rests and how I might shift my attention.

## THOUGHT PROVOKING QUESTIONS:

1. How does understanding the background of Joseph M. Scriven's life shape your perspective on the hymn "What a Friend We Have in Jesus"?
2. How does the quote "Whatever we focus our attention on grows" resonate with your own experiences?
3. Do you ever find yourself stuck in the negativity bias cycle?
4. Imagine a difficult circumstance that a person might be going through. Think about Philippians 4:8 and the encouragement Paul gives on what to think about. In the hypothetical situation, what may be true, lovely, honorable, etc., and worth thinking about?
5. How can we strike a balance between acknowledging negative aspects of life and cultivating a positive mindset?
6. How does the idea of having a "friend in Jesus" influence your perspective on navigating life's storms?

