

Faith Church

Women's Retreat



Gathering #1

A LIVE SALTED GUIDE

reclaiming attention



where am I now?



PART ONE

Where is your attention going and how can we bring it back to the present moment? We need to know where we are in order to move forward.



reflection questions

“Could it be...that an overly busy, digitally distracted life of speed is the greatest threat to spiritual life that we face today?”

-John Mark Comer, *The Ruthless Elimination of Hurry*

We believe true transformation begins with being honest about the current condition of our hearts. Without creating space to reflect, we miss the opportunity to gain clarity about where the Lord is inviting us to grow, change, and step forward.

Below, you'll find two activities designed to help you do just that: **Reflection Questions** and an **Attention Audit**. We encourage you to take your time with them. Set aside distractions. Find a cozy corner in a coffee shop or a bench in a nearby park where you can be still. It's often in the quiet moments of sitting with our reality that the Lord reveals how He is inviting us to become more like Him.

A LITTLE BACKGROUND

Health data management firm **Harmony Healthcare IT** did a study on over 1,000 Americans in 2024 where they discovered the average American spends

5 hours and 16 minutes a day on their phone.

Their studies also showed that 49% of Americans are addicted to their phones, and 72% of Gen Z think their mental health would improve if apps were less addictive.

Of course, some of the time we spend on our phones is useful or necessary—navigating with Google Maps, texting, handling work tasks. But even if it feels “productive,” it's still worth asking:

How much time am I spending on my phone? And what am I actually doing during that time?

Our hope is to help you begin answering those questions with honesty and curiosity—not out of guilt—but with a desire to live more intentionally and be more present in the life God has given you.

● ● ● **REFLECTION QUESTIONS**

1. In what ways do you believe your phone is adding value to your life? *And in what ways do you sense it may be causing harm?*

2. In what ways does your phone pull you away from fullness of life? *Think back to the examples that were given in the intro.*

3. Who is someone you've seen model healthy boundaries around phone and screen use? *What practical choices do they make, and how have you seen those choices impact their life?*

4. How do you think your phone habits are shaping your relationship with Jesus? *Are they drawing you nearer—or slowly dulling your awareness of Him?*

attention audit

INTRO ● ● ●

The following prompts are designed to help you gain a clearer, more honest and data informed picture of how you're currently using your phone. Whether you check your Screen Time report every week or this is your first time looking at it, our hope is that this becomes a wake up moment- not to shame you but to open your eyes.

It's a chance to see what's already happening so you can lay a foundation for thoughtful, intentional change. As you move through this section, pay attention to any thoughts, emotions, or gentle nudges that surface. it may be the Lord drawing your attention to something He wants to lovingly shift in your life.

YOUR PHONE RELATIONSHIP ● ● ●

The number of times we reach for our phones each day reveals a lot about what holds our attention and shapes our habits. Answer the questions below on a scale from 1 to 5.

How often do you interact with your phone? *1 being never and 5 being always.*

As soon as you wake up?	1 2 3 4 5
During meals?	1 2 3 4 5
While in line?	1 2 3 4 5
When you feel bored, or lonely?	1 2 3 4 5
While working?	1 2 3 4 5
While walking somewhere?	1 2 3 4 5
In the middle of a conversation?	1 2 3 4 5
In bed at night?	1 2 3 4 5
To procrastinate?	1 2 3 4 5
While playing with your kids or watching them play?	1 2 3 4 5
When you've set aside time for God?	1 2 3 4 5
While working out?	1 2 3 4 5
While watching TV?	1 2 3 4 5

fill in your own

“For where your treasure is, there your heart will be also.” - Matthew 6:21

CONSIDER THIS ● ● ●

In Jonathan Haidt’s book, *The Anxious Generation*, he references a short story written in 1961 by Kurt Vonnegut called “Harrison Bergeron.” The story is set in an ultra egalitarian future America where everyone must have the same IQ. Anyone who is more intelligent is forced to wear an earpiece that emits a distracting sound designed to interrupt sustained thinking—as frequently as every 20 seconds. Haidt draws a sobering parallel to our world with the earpiece functioning as our phone—and the distracting sound—the contents within.

“A buzzing smartphone is so much more alluring...so much deadlier for concentration. Every app is an off-ramp; every notification is a Las Vegas-style sign calling out to you to turn the wheel: ‘Tap here and I’ll tell you what someone just said about you!’” - Jonathan Haidt

screen report data

ACCESSING SCREEN REPORTS

For the next section, you will need to access your Screen Time Reports, specifically the averages from last week. If you’re not sure how to access this, search, “Where is my screen time report on my (type of phone you have)?”

Looking at a full week of data reveals a more accurate and honest picture of use since time spent can vary depending on the time of day or the kind of day you’re having. Fill out the following boxes with data from last week’s averages. We will use this data for the next sections.

**Keep in mind we are only looking at phone screen time, when a lot of us also log a lot of time on our computers and tvs that will not be accounted for here.*

USAGE DATA *daily averages based on weekly report*



SCREEN TIME

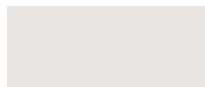


PICK UPS



NOTIFICATIONS

SOCIAL MEDIA DATA *daily averages based on weekly report*



INSTAGRAM



TIKTOK



FACEBOOK



TWITTER/X



SNAPCHAT

attention audit

PICK UPS + NOTIFICATIONS ● ● ●

1. About how much time passes before you grab your phone?

$$960 / \frac{\quad}{\text{PICK UPS}} =$$

**The 960 number comes from being awake an average of 16 hours a day (16*60=960)*

2. About how often do you direct your attention to your phone a day?

$$\frac{\quad}{\text{NOTIFICATIONS}} + \frac{\quad}{\text{PICK UPS}} =$$

3. About how much time passes before you give attention to your phone?

$$960 / \frac{\quad}{\text{ANSWER TO \#2}} =$$

CONSIDER THIS ● ● ●

In Brett McCracken's Book, "The Wisdom Pyramid," he examines our incongruent nature. While many of us devour information, we don't seem to be growing congruently in wisdom. Before expanding on the importance of gaining wisdom from different blocks of the 'wisdom pyramid': Bible, church, nature, books, beauty, internet/social media—McCracken breaks down the sources of sickness caused by information consumption.

Information Gluttony - we can't consume enough, we always want more.

Perpetual Novelty - we have been conditioned to always want *new* and this never leaves us satisfied.

"Look Within" Autonomy - truth as been dissolved into phrases like "you do you," "follow your heart," and "my truth," resulting in a general mistrust of what we hear and receive.

"Our world has more information, but less and less wisdom. More data; less clarity. More stimulation; less synthesis. More distraction; less stillness. More pontificating; less pondering. More opinion; less research. More speaking; less listening. More to look at; less to see. More amusements; less joy. There is more, but we are less."

- Brett McCracken

“For where your treasure is, there your heart will be also.” - Matthew 6:21

SOCIAL MEDIA SCREEN TIME ● ● ●

Reaching for our phone is just one part of the story—the other is what we choose to do once we’re on it. That screen time is often where the enemy subtly (and sometimes overtly) influences us, shaping us more into the ways of the world than into the ways of Jesus.

“Being seen is the cheapest version of being known; visibility will not fill your heart or nourish your spirit. People want so badly to be seen when their true desire is to be known.” - Sadie Robertson Huff

**This section is only looking at social media apps not your total screen time.*

4. About how much time do you spend on social media DAILY?

_____ + _____ + _____ + _____ + _____ =
INSTAGRAM TIKTOK FACEBOOK TWITTER/X SNAPCHAT

5. About how much time do you spend on social media WEEKLY?

_____ * 7 =
ANSWER FROM #1

REFLECT ● ● ●

6. What stood out to you while going through your screen report?

7. What component of your phone use is the Lord asking you to surrender to Him?

a quick thought

While reading Andy Crouch's book, "Techwise Family," he brought up this profound idea of how our bodies often **need rest but we settle for leisure**. We reach for what's easy in the moment, rather than what our soul truly needs: scrolling, versus going on a walk; watching TV, versus reading our Bibles. Another take on this was found in John Mark Comer's Book, *Practicing the Way*:

“Amusing ourselves to death,’ as the social critic Neil Postman called it, has never been more convenient. You can disappear into the black hole of Netflix, become a workaholic in pursuit of riches or fame, or simply ‘eat, drink, and be merry’ in the adult playground of the modern city. Western culture is arguably built around the denial of death through the coping mechanism of distraction. As Ronald Rolheiser put it, ‘We are distracting ourselves into spiritual oblivion.’”

- John Mark Comer

So next time you're about to start a show, binge a series, or scroll for "a few minutes," pause and ask yourself:

Am I amusing myself for distraction? Am I choosing leisure instead of true rest?

Then take action—not with what your body craves, but with what your soul needs.

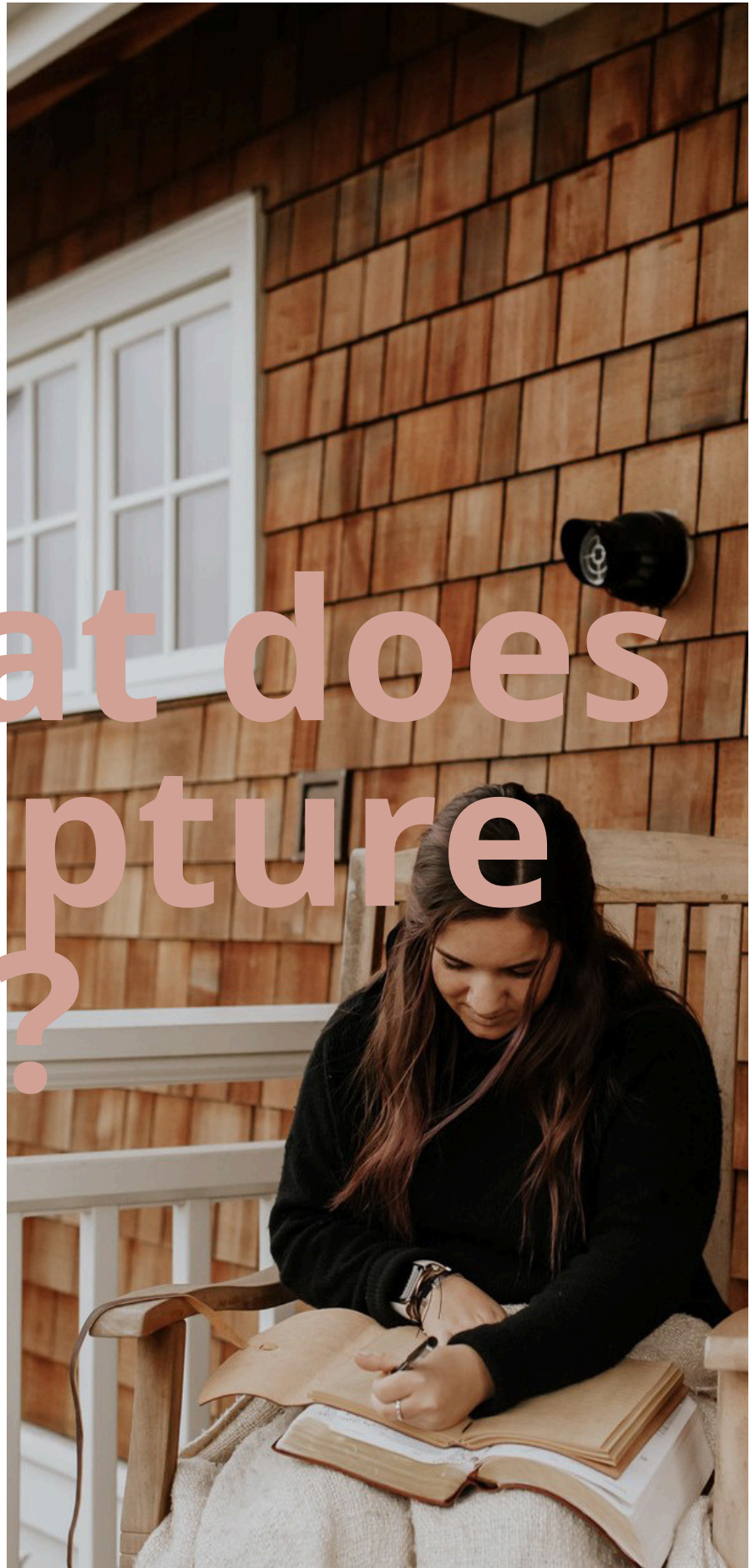


what does scripture say?



PART TWO

God's word never returns void. Let's turn to Scripture and see where He invites us to fix our gaze.



intro

“Listen, my sons, to a father’s instruction; pay attention and gain understanding... the beginning of wisdom is this: Get wisdom.” - Proverbs 4:1,7

With endless information at our fingertips, growing in true wisdom can feel overwhelming. But as Scripture reminds us, wisdom is far more than knowledge. It’s the ability to see life from God’s perspective—and live accordingly.

KNOWLEDGE is knowing what to do.

WISDOM is knowing when and how to do it—with love, humility, and discernment.

In this section, we’ll reflect on where we fix our attention and how that focus shapes the condition of our hearts.

● ● ● QUESTIONS

Ordering Our Attention

“But seek first His kingdom and His righteousness, and all these things will be given to you as well.” - Matthew 6:33

- 1. Based on Matthew 6:33, what are we called to seek first?**
- 2. What does Jesus say will be added when we seek those first?**
- 3. Look up Matthew 6:25-32. What does “all these things” include?**
- 4. In your own life, what competes for your attention before seeking Jesus’ kingdom?**

Our Attention Builds Our Treasure

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” - Matthew 6:19-21

- 5. According to Jesus, where is your heart found?**

- 6. What are the two places you can store up treasure?**

- 7. How might our culture and the media you consume influence where you're investing your treasure?**

Redirecting Our Gaze

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” - Hebrews 12:1

- 8. Based on Hebrews 12:1-2, who are we called to fix our eyes on?**

- 9. Look up Colossians 3:1-2. Where should we set our minds?**

- 10. Revisit Matthew 6:33, what are we called to seek first?**

- 11. What daily habits can you develop to help redirect your gaze to Jesus—especially before you reach for your phone?**

Our Attention Affects Our Hearts

“Above all else, guard your heart, for everything you do flows from it.”

- Proverbs 4:23

12. Based on Proverbs 4:23, why is guarding your heart so important?

13. Look up Matthew 6:22-23. What must we guard in order to protect our hearts?

14. How does the content you consume help or hinder your ability to guard your heart (TV shows, movies, accounts you follow, etc.)?

Offensive Attention

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” - Psalm 139:23-24

15. What is David, the author of this Psalms, asking God to do in this verse?

16. Why does David ask God to examine his heart?

17. As you examine the way you spend your time, are there any areas God is asking you to surrender? How might a realignment in these areas lead you in the way “everlasting?”

Attention That Leads To Freedom

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.” - Hebrews 12:1-2

18. As we revisit Hebrews 12:1-2, what was Jesus’ attention focused on?

As Jesus hung on the cross, His attention could have been focused on pain, betrayal, or sadness but rather, His eyes were fixed on the joy that was set before him. He knew His death would tear down the barrier that sin had built and would forever change our relationship with Him.

He made it possible for us to experience freedom from sin, shame, and striving to experience “life to the full.” We can now live fully alive with our attention fixed on Him and keep distractions from pulling us away.

His attention on the joy set before him led to freedom, and ours can too! When we lift our gaze to Jesus, and fill our hearts and eyes with the things of heaven, what we desire and long for change. We start to walk in the fullness that Christ died for us to experience. What a gift that is!

19. Where might Jesus be inviting you to fix (as in repair) and fixate (as in focus) your attention to experience more freedom - to thrive with Him?

digital detox + practical suggestions

After going through this study, you might ask yourself—what can I do to create boundaries around my phone and media consumption? How can I build a life where my attention is protected and mind is present to the glorious life the Lord has created for me? Below, you will find some helpful tips and additional resources to do just that.

ON YOUR PHONE ● ● ●

Notification Purge:

Go to your settings and audit your notifications. Ask yourself, “is this reminder essential?” Odds are, you are going to open the app anyway, so is a notification necessary?

Passcode Protected Screen Time:

To effectively limit your screen time, you need to set up a passcode that you don't know. It's too easy to press

“ignore” and move on. Find someone you trust and have them set the code. This should feel inconvenient. It should disrupt your normal.

Digital Declutter:

Unsubscribe from emails and unfollow accounts that don't lead to life. Delete unused apps.

Time Limit Tools:

Desire more creative boundaries? Check out the apps + tools on the next page for practical suggestions.

The Decrease Challenge

Set a goal to lower your overall screentime and pickups. Review your weekly averages and work to intentionally lower them weekly.

OFF YOUR PHONE ● ● ●

Screen Sabbath:

Choose a handful of hours, one day a week, or several weeks, and set aside time to be fully off your phone. This could mean turning it off and putting it away, or simply setting your limits to zero.

Phone Stacks:

When hosting a dinner or gathering, invite your friends to join you in a ‘phone stack.’ Put your phones on silent, then place your phones in a stack away from the group. Now, everyone has the gift of undivided attention.

Phone-Free Zones:

Determine physical locations in your house where phones are not allowed. This could be your bedroom, bathroom, dining room, etc.

‘No Table’ Rule:

There is no reason to have your phone at the table. If you are waiting for a call, put your ringer on loud and let the person you are with know. Whether it is at a coffee shop, out to dinner, or in your own home — phones do not belong at the table.

Gathering #2

**who do YOU say
that I am?**



who do YOU say GOD is?

Matthew 16:13–16 “When Jesus came to the region of Caesarea Philippi, he asked his disciples, ‘Who do people say the Son of Man is?’ ... ‘But what about you?’ he asked. ‘Who do you say I am?’ Simon Peter answered, ‘You are the Messiah, the Son of the living God.’”

Step 1: Your Honest View of God

When you think about God—not what you know you should say, but what you actually feel or assume—how would you describe Him?

Is He -

Distant or near?

Disappointed or delighted?

Loving or hard to please?

Present or absent?

Write your thoughts here:

Step 2: What Has Shaped That View?

Our view of God is often formed over time. Experiences, relationships, wounds, and disappointments can all shape how we see Him. Matthew 13:5–6, 20–21 describes seed that falls on rocky ground—where it springs up quickly but has no deep roots. When trouble or hardship comes, it withers.

Sometimes our understanding of God can feel like that—shallow, fragile, easily shaken when life gets hard.

What experiences have shaped how you see God?

Have there been moments where your faith felt shallow or shaken?

Step 3: What Does God Reveal About Himself?

Now gently shift from perception to truth.

God is not defined by our experiences—He reveals Himself through His Word.

God is:

- **Compassionate and gracious, Slow to anger, abounding in love (Psalm 103:8)**
- **A good Father who gives good gifts (Matthew 7:11)**
- **Near to the brokenhearted (Psalm 34:18)**
- **Faithful and unchanging (Hebrews 13:8)**
- **The God who sees you (Genesis 16:13)**
- **Love itself (1 John 4:8)**
- **Our refuge and strength, an ever-present help (Psalm 46:1)**
- **A shepherd who leads and cares for you (Psalm 23:1–3)**
- **Just and righteous in all His ways (Deuteronomy 32:4)**
- **Patient toward you (2 Peter 3:9)**
- **Sovereign over all things (Psalm 103:19)**
- **Near to those who call on Him (Psalm 145:18)**
- **The giver of peace (John 14:27)**
- **The light in the darkness (1 John 1:5)**
- **Our rock, our shield (Psalm 18:2)**
- **A provider who knows your needs (Matthew 6:31–33)**

Take a moment to read through these slowly. If you have more verses to add, read them too.

Step 4: Rewrite Your View

Jesus asks, “Who do you say I am?”

Now answer Him.

Not based only on your past—but on what is true.

Write it personally:

“God, You are...”

Closing Prayer

Jesus, You ask me, “Who do you say I am?”

Give me eyes to see You clearly—not through my fears or past experiences, but through truth.

Deepen my roots in who You really are, so that my faith is steady and my heart is secure.

Amen.

who does GOD say that I am?

Step 1: What Do You See?

Take a selfie on your phone. Pause for a moment and really look at it.

As you look at your photo, notice your immediate thoughts. What do you tend to say about yourself—your appearance, your worth, your identity, who you are?

Be honest. Don't filter or fix anything.

Write your thoughts here:

Step 2: What Does God Say?

Now gently shift your focus.

The voice in your head is not the final authority—God's Word is.

Below are truths about who you are in Christ. These are not based on feelings, performance, or circumstances. They are secure and unchanging.

You are:

- Chosen (Ephesians 1:4)
- Deeply loved (Romans 8:38–39)
- Forgiven (Colossians 1:13–14)
- A new creation (2 Corinthians 5:17)
- God's masterpiece (Ephesians 2:10)
- A daughter of God (John 1:12)
- Set free (Galatians 5:1)
- Not condemned (Romans 8:1)
- Fully known and seen (Psalm 139:1–4)
- Strengthened in Him (Philippians 4:13)
- Created in God's image (Genesis 1:27)
- God's friend (John 15:15)
- A co-heir with Christ (Romans 8:17)
- Called out of darkness into light (1 Peter 2:9)
- Chosen and dearly loved (Colossians 3:12)
- Held securely in God's hand (John 10:28–29)
- Given a spirit of power, love, and self-discipline (2 Timothy 1:7)

And over all of these, you can say:

I am the one Jesus loves.

Take a moment to slowly read through this list. Let it sink in.

Step 3: Replace the Narrative

Look back at your selfie. Sit and this time instead of speaking what you see or feel, speak to yourself what is true

Use the scriptures above to speak these truths as personal declarations:

- **I am chosen.**
- **I am deeply loved.**
- **I am forgiven.**
- **I am God's masterpiece.**
- **I am the one Jesus loves.**

Let truth speak louder than anything else.

Write your identity statements here:

Step 4: Reflection

Take a quiet moment with the Lord.

- **What was different between the first time you looked at your picture and the second?**
- **What did it feel like to call yourself "the one Jesus loves"?**
- **Which truth felt hardest to believe—and why?**
- **How might your thoughts, decisions, or relationships change if this became your daily identity?**

Write your reflections here:

Closing Prayer

Jesus, Thank You that my identity is not defined by what I see in the mirror or what I tell myself, but by what You say is true.

Teach me to live as the one You love. When I forget, remind me. When I doubt, steady me. When I believe lies, replace them with Your truth.

Let Your love become the foundation of how I see myself and how I live each day.

Amen.

You are seen. You are known. You are deeply loved.

Gathering #3

A HOPE FOR THE HEART GUIDE

What Does God Say About Your Worry?



applying God's word to my worry

Worries become well-rehearsed words swirling around in my mind. I know I shouldn't worry, but I can't seem to stop the worrisome words...then I worry about worrying! Fortunately, God doesn't simply say, "Stop worrying," without telling me how to stop worrying. If I want my worries to vanish, then I must learn new ways of thinking and develop methods for changing my former thinking patterns. Although my thoughts and memories may not be erased, the rehearsed words can be replaced as I focus on the wisdom of Phillipians 4:6-9...

**“Do not be anxious about anything,
but in every situation,
by prayer and petition, with thanksgiving,
present your requests to God.
And the peace of God, which transcends all
understanding, will guard your hearts and your
minds in Christ Jesus.**

**Finally, brothers and sisters,
whatever is true, whatever is noble,
whatever is right, whatever is pure,
whatever is lovely, whatever is admirable
- if anything is excellent or praiseworthy -
think about such things.**

**Whatever you have learned or received
or heard from me, or seen in me
- put it into practice.**

**And the God of peace will be with you.
(Phillipians 4:6-9)**



Applying God's Word to My Worry

As I seek to overcome worry in my life on a daily basis, I will personally apply the truths of God's Word found in the preceding passage...

I will choose not to worry or be anxious about anything.v.6

I will bring every situation that concerns me to God rather than worrying about it. v.6

I will tell God what I need, and thank Him for all He's done for me. v. 6

I will focus on having a heart of praise and thankfulness. v.6

I will let His peace guard all of my thoughts and feelings - my entire mind and heart. v.7

I will direct my thoughts, intentionally fixing them on what is true, honorable, right, pure, lovely, admirable, excellent, and praiseworthy. v.8

I will act in a way that reflects God's life - His words, His teachings, His actions, His character, His example in thought, word, and deed. v.9

I will continually remember that the God of peace will be with me...*always*. v.9



Applying God's Way to My Worry

As I seek to overcome worry by applying God's Word to my life, I will also commit to applying it God's way and in His strength.

Therefore I will...

Acknowledge what I worry about.

- Honestly evaluate the people or situations that burden me.
- Make a "Worry List" of my concerns, detailing each one and the outcome I hope to ultimately see.

Read Philippians 4:8 carefully, one point at a time.

- Evaluate my fretful thoughts against each point in Philippians 4:8
- Ask myself, "Are my thoughts true... noble... right... pure... lovely... admirable... excellent... praiseworthy?"

Present each worry on my list to God, along with the details, moving all of them from my "Worry List" to my "Prayer List."

- Set aside a sufficient amount of time to present my requests to God.
- Pray, "Lord, I know you are fully aware of my situation regarding (the problem). I am feeling (describe my emotions). I want your will to be done in my life and in the lives of everyone involved. I relinquish control of this situation and thank you that you already have a resolution in mind. I am trusting you to reveal your will for me in your time and in your way. And I am relying on you to direct my course of action and guard my heart and mind. I will not worry about this anymore, but will continue to leave it in your hands. Thank you Lord."

Slow down my thinking.

- Become more aware of the thoughts rushing through my mind as they occur.
- Recognize my troubling thoughts, submit them to the scrutiny of God's Word, and write down their corrections. To change a thought, I must first capture it.



Challenge my mistaken or false beliefs. (Mistaken beliefs are at the core of worry.)

- Carry a notebook with me to capture and record thoughts that imply some belief that may be false
- Write down why I know what I believe is mistaken or not true. Example: “I am a victim of the way others have treated me.” “Not true. I can take control of my life now and change the outcome.”

Change my focus from *worrying* to *resting* in God’s sovereignty.

- I will recite scriptures that remind me of God’s sovereign rule over my life.
- And, I will sing and listen to songs that focus on the faithfulness of God and His character, and practice resting in Him by remembering and focusing on His goodness and faithfulness.

*“Return to your rest, my soul, for the LORD has been good to you”
Psalm 116:7*

A Worry Battle Plan

When worry woes leave you weary, remember that God can shed light on our darkest moments. Even in the pain and anguish of what seems to be a breakdown, God can deliver a breakthrough to hope and victory.

Acknowledge your feelings when you worry.

- Your feelings are not haphazard or free-floating, but rather connected to your thoughts and perceptions.
- Your feelings help you gauge the healthiness and helpfulness of your thoughts.
- When your feelings become overwhelming and you are overcome with emotion, know that something you may have stuffed down is bubbling up from deep within.
- Your feelings are useful in revealing the degree of impact an event had on you.
- Naming your emotions puts you in the driver seat, so that your emotions are no longer the ones in charge.

● ● ●

Address the worries.

- Is this a legitimate concern or an illegitimate worry?
- How likely is it that a particular event will actually happen?
- Is there evidence that what you're worrying about is an actual risk?
- If there is a risk, how much control do you have over it?
- What will you plan to do if the thing you are worrying about occurs?

Ask for help.

- Acknowledge your struggle.
- Admit you need help.
- Ask the Lord to help you.
- Accept the answer.
- Align your request with the character of God and His promises.

Attack the issue.

- Don't get stuck in unhealthy thought patterns.
- Be brave. It won't be easy, but you can do it with the Lord's help.
- Fight the fear. Remember you are not alone in this battle.
- Pray Philippians 4:6-8
- Trust in the Lord's faithfulness on a day to day basis.

Don't let your desire to be in control become a testimony to a lack of faith in God's ability to take care of you. Don't make it your job to do His job. Live like you believe in Him ... what He can do ... and what He will do for you.

Commonsense Considerations for Overcoming Worry

It is all too easy to overlook commonsense considerations when dealing with worry because they seem so obvious. And yet, we must not ignore them as they are an essential part of the foundation needed to overcome unwanted worry.

The book of Proverbs applauds common sense, sound judgment, and discernment in our lives.

“My child, don’t lose sight of common sense and discernment. Hang on to them.” Proverbs 3:21

Get sufficient sleep.

Exercise regularly.

Eat a balanced diet of healthy foods.

Avoid caffeine, alcohol, and drugs.

Make time for fun and recreation on a regular basis.

Plan outdoor activities

Live in the present, not in the past or the future, taking one day at a time.

Play music that enhances your sense of calm, peace, and joy.

Pace your daily activities and don’t take on more than you can reasonably accomplish.

Spend time with positive, hopeful people.

Plan ahead how you will deal with potentially stressful situations.

Talk about your feelings with safe people.

As you put into practice these suggestions, remember to seek God and rely on Him to help you accomplish each one.

*“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be the glory ...throughout all generations.”
Ephesians 3:20-21*

Gathering #4

A LIVE SALTED GUIDE

listening prayer



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what does God want me to know?



The Lord is always speaking, but are we listening? Let's create space to hear from Him.

listening prayer

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” - John 14:26-27

INTRO ● ● ●

The Lord is always speaking, but are we listening? Listening prayer is simply the practice of creating space to hear from God. Unlike “sending up” a rushed request or offering a passionate monologue, (both legitimate forms of prayer), in listening prayer, we find ourselves sitting at the Lord’s feet inviting Him to speak to us.

If listening prayer is new to you, we encourage you to simply follow along with an open heart. There is no “right” or “wrong” way to experience this practice. Whether or not you receive a word, picture, or response, it is simply another way to connect with God.

As you enter this experience, we invite you to do so with open hands and ears, and trust that God will speak to you in His own way—through your memories, thoughts, His presence, His word etc.

And remember, if you are questioning what you heard, ask yourself if it is aligned with God’s true character and can be affirmed by Scripture. If so, then it probably is Him!

TIPS

- Find a quiet and comfortable place.
- Put on some instrumental music if that helps you focus.
- Have a pen and a Bible handy.
- Close your eyes and take a couple deep breaths.
- Ask the Lord each question and jot down whatever comes to mind.
- Ask the Lord any additional or follow up questions that come to mind.
- Test what you receive against scripture and check with a mature, believing friend.

listening prayer

“You make known to me the path of life; in your presence there is fullness of joy.” - Psalm 16:11

QUESTIONS ● ● ●

1. God, what do you want me to know about you today?

2. What do you want me to know about myself?

3. Is there anything you are asking me to do?