



## Small Group Homework for week of March 21st

“ **Life From the Word** ”  
Pastor Mirek Hufton

### Conversation starters.....

- Let’s talk about attention span. The definition is “the amount of time spent concentrating on a task before becoming distracted. Distractibility occurs when attention is uncontrollably diverted to another activity or sensation”. (Wikipedia) Do you recall as a child in class how well you were able to pay attention?

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- Today as an adult, talk about your ability to stay focused on a task. What discipline tools do you use to see a project through to the end?

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- Discuss the digital age, how does “scrolling and surfing” social media and the internet feed the need for newer and different input?

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### Into the Bible....

- Read **Proverbs 4:20-27**. Wise words from the Bible. A roadmap for success in life. Of all the things we are to concentrate on, the Word of God is by far the most worthy and productive endeavor. How long is your attention span when reading the Word? What distracts you?

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- We cannot allow ourselves to believe that a short attention span is just something we have to live with. If the Bible says we can pay attention, then we must develop that skill. Both in reading and meditating the Word and in paying attention to teaching. **Matt 6:22** “*The lamp of the body is the eye. If therefore your eye is good (single, healthy), your whole body will be full of light.*” Discuss how focus on the Word changes everything within you.

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- Let’s renew our commitment to the Word. No matter where we are in our journey, we can improve. Help one another and share the ways you set goals and stretch yourself. Let’s kick “Word ADHD” out of our lives! It will improve your ability to succeed in all areas of your life!

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