

CHANGE PERCEPTIONS

Box with Storybook:

Is there something about technology that irritates you?

God made things good. We are fallen, but God made us in His image and calls us to be agents of redemption.

Technology helps us avoid the fear of discomfort. It allows us to distract ourselves with constant stimulation in any situation.

We are afraid of being alone. We are afraid of being powerless. We are afraid of the unknown. We are afraid of social awkwardness. We are afraid of losing the people we care about. We are afraid of people judging us. We are afraid of being useless. We are afraid of failure. We are afraid of facing reality when reality is not what we want it to be.

These fears are Satan's lies.

Perfect love casts out fear.

Jesus calls us to love strangers, love neighbors, love friends, love family, love ourselves, and love God.

Love does things. What we intentionally give our attention is what we love most.

Does your attention need to be refocused?

Challenge: Attention Log

For 1 week, make a tally each time you pay significant attention to (spend at least 5 minutes with) one of these things.

- A family member
- A friend
- Work
- Chores/errands
- Your schedule/plans
- Food (cooking/eating)
- TV
- Social media
- Driving
- Getting ready

- Email/texts
- Hobby/leisure activity

CHANGE BELIEFS

Love reminders:

Put a yellow circle sticker in various places in your life. Every time you see the yellow circle, let it remind you to be conscious of the fact that you are called to love the people you encounter in the place you are when you see it (strangers, neighbors, friends, family, yourself, God).

- On your phone
- On your computer/iPad
- On your mirror
- In your car
- In your kitchen
- On your front door
- Where you work
- On your Bible
- In your living room
- On your TV
- In your wallet
- By your bed
- Where you exercise

Carry 50 red circles in your wallet. Every time you intentionally pay attention to someone (stranger, neighbor, friend, family, yourself, God), give them a red circle. Tell them to be intentional about paying attention to someone tomorrow, and to give the red circle to that someone with instructions to pass it on. You have the power to influence 50 people by the way you interact with them.

CHANGE THOUGHTS

Poster:

Poster says, "I will live a life of love" and has spots for three 4" x 6" photographs.

Set your priorities. Paste three pictures on this poster of the three things in your life you want to be intentional about paying attention to. Hang this poster where you will see it when you first wake up.

CHANGE ACTIONS

Box:

Put your phone in the box every time your phone tempts you to pay attention to something that is not a priority in your life.

Yellow Circle App:

Download an app that allows you to set the maximum amount of time you want to spend looking at the screen on your phone. After the time is up, a large yellow circle will appear in the middle of the screen that you can swipe away at will.

CHANGE HABITS

Rule stickers:

Set rules for yourself by placing stickers that you can scan with your phone. The stickers can turn your phone off, put your phone on Do Not Disturb, or send you a message you write to yourself.