



## HOLY ATTENTION

### SIGHT & SCROLL • SPOT 1 • FEAST

#### SIGHT & SCROLL • A 12-HOUR EXERCISE

Choose something specific – a color, shape, sound, object, or even an idea (joy, anger, excitement, anxiety) – and look or listen for it throughout your day. When you find it, take a picture of it, or make note of it.

At the end of the day, scroll through your pictures and read through your list. What do you notice? What stands out to you? What surprised you?

Thank God for the incredible complexity of His creation.

#### SPOT 1 • A ONE-YEAR CHALLENGE

Every day for the next year, write down just one thing you notice. It can be something you see, hear, taste, smell, feel, learn, experience, or even remember. God is present everywhere, always, and it's through paying attention that we begin to recognize His Hand in every atom of creation.

*I want to awake in you a deep admiration for creation, until you in every place, contemplating plants and flowers, are overcome by a living remembrance of the Creator.*

Saint Basil the Great

*God writes the Gospel, not in the Bible only, but also on trees, and in the flowers and clouds and stars.*

Martin Luther

*[R]eally look—and you won't be able to glance anywhere without seeing the Living Christ. Holy attention is where mission begins.*

Katie Harmon-McLaughlin

Visit [chronic-joy.org](https://chronic-joy.org) for more resources.



#### FEAST • SAVORING THE WORD OF GOD

As you read the Bible, be expectant, immerse yourself in the language, look at a verse from a variety of perspectives, and study it long enough to learn something new.

Turn to Isaiah 35:5-7 and ask God what He wants to show you.

As you read through these verses, notice the imagery, patterns, and line breaks. Notice what the verses say will happen and why.

Read the passage again, this time aloud. Listen to the words, the music of the language itself and it's deeper meaning. Then think through the questions that follow.

*Then will the eyes of the blind be opened,  
and the ears of the deaf unstopped.*

*Then will the lame leap like a deer,  
and the mute tongue shout for joy.*

*Water will gush forth in the wilderness,  
and streams in the desert.*

*The burning sand will become a pool,  
the thirsty ground bubbling springs.*

*In the haunts where jackals once lay,  
grass and reeds and papyrus will grow.*

What is the tone or feeling of this passage?

What purpose does the punctuation at the end of each line serve?

Which words caught your attention?

Which phrases give you pause?

Were you surprised by anything in this passage? If so, what?

What is God saying to you through these verses today?

These three verses from the book of Isaiah are filled with rich and vivid imagery. God sees His people and His world, and He cares deeply about each. God has a plan. He will restore the years the locusts have eaten. And He will, in His own time and in His own way, heal His children's afflictions, relieve the earth's lack, and quench creation's collective thirst.

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