Pay Attention.

Navigating uneasy times and demanding media

These are uneasy times. A faltering economy, war, and political turmoil steal our peace. Social divisions harm community. Social media, bad news, and AI grab our attention. How should a Christian navigate these times?

This workshop explores the recovery of a neglected biblical practice: *guarding your heart.* Through readings, discussion, small-group conversation, and group practice, we explore attention, presence, and the heart — and what it means to live with intention.

SESSION 1 **Pay attention!** **The attention economy**	SESSION 2 **The heart and spiritual formation**	SESSION 3 **Attention to reading is meditation**
SESSION 4 **Attention to another person is compassion**	SESSION 5 **Attention to God is prayer**	SESSION 6 **Intentional living: a rule of life**

MEETING TIMES

Second & fourth Monday evenings
6:30 – 8:30 pm

— September 14 & 28
— October 12 & 26
— November 9 & 23

DETAILS

LOCATION
Church of the Servant, Youth Room
3835 Burton St SE, Grand Rapids

FACILITATORS
Harry Plantinga & Amy Sytsma

QUESTIONS & CONTACT *Harry.Plantinga@icloud.com · Amy.Marie.Sytsma@gmail.com*