

OUTLINE & DISCUSSION QUESTIONS

YOUR ATTENTION

CLAYTON KEENON | MAY 2 & 3, 2026

PHILIPPIANS 4:6-8

What is _____ Your Attention

How to _____ Your Attention

Where to _____ Your Attention

DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

ICEBREAKER: Imagine going one full week with no phone, no social media, no news. Be honest: what's the first thing you'd do when it was over?

1. Read Philippians 4:6-8. Give everyone in the group 2-3 minutes to jot down their observations and questions. Go around the group and have everyone share some of their observations and discuss them.

2. How does verse 6 address our challenges with attention? How are anxiety and attention linked? How do the practices of prayer and gratitude help?

3. In verse 8, Paul says "think about such things." That's a command. We don't usually think of thinking as something we're commanded to do. What does it mean for giving your attention to be a choice rather than just something that happens to you?

4. Clayton said that the most valuable experiences in life (deep friendship, wonder, prayer, art) are quiet. They don't send notifications. What quiet things have you been neglecting because louder things keep winning your attention?

5. Read the list in verse 8. What do you need to do this week to give more attention to these things? Clayton shared Warren Buffett's "do-not-do list" idea. (Write 25 goals, circle the top five, treat the other twenty as distractions to be avoided.) If you applied that to your attention rather than just your goals, what are the top five things you need to give your attention to in life? What are some of the good or okay things that are stealing your attention?

6. Clayton made the case for quitting social media entirely. What's your honest reaction to that suggestion? What would be the hardest thing to give up? Which of Clayton's reasons to quit social media did you find most compelling?

7. What needs to change about what you currently do to keep yourself informed about current events without your attention getting sucked into the news cycle?

8. What habit or practice from this sermon is most within reach for you right now? What's the smallest possible step toward it?

PRAYER PROMPT: Spend time as a group in gratitude. Split into groups of three, and go around the group praying short prayers (1-3 sentences) of thanksgiving. They can start, "God, thank you for..." Thank God for a range of things in your life, from your circumstances to his blessings in Jesus.