



1. What part of the opening (notifications, scrolling, constant noise) felt most familiar to your actual daily life? Where do you feel that most?
2. When you hear the statement “what has your attention has your formation,” what do you think is currently shaping you the most?
3. Have you ever experienced something like the “noisy baseline” described in the ADHD story—where quiet actually feels uncomfortable? What does that reveal about your rhythms?
4. Why do you think silence and lack of input feel so difficult for most of us? What do we tend to avoid when things get quiet?
5. In Luke 5, Jesus is surrounded by real needs and urgency—yet he still withdraws. What stands out to you about that? What challenges you about it?
6. Where in your life do you feel the most pressure from urgency—other people’s expectations, work demands, family, etc.? How do you typically respond to that pressure?
7. The sermon made the distinction: “urgency is not the same as importance.” Where do you think you might be confusing those two right now?
8. What currently “owns” most of your attention on a daily basis? (Phone, work, stress, news, relationships, etc.) What is that forming in you?
9. Which of the three practices feels most necessary for you right now:
  1. Creating small pockets of silence
  2. Setting phone-free zones
  3. Not filling every moment with input
10. Why that one?
11. This week’s challenge is one hour a day with your phone off. What would make that difficult for you—and what would it look like to actually follow through?