

# NOTICING

Week 1

March 1 - 7, 2020

# GOD

# MORE

## NOTICE

Intentionally unplug yourself. This unplugging from the distractions in life can allow for deeper connection with God.

## SCRIPTURE

Psalm 46:1,10

God is our refuge and strength,  
an ever-present help in trouble.  
He says, "Be still, and know that I am God."

## DAILY PRAYER

Father God, you are the source of the peace I seek. You are our Sabbath rest. Like a cool stream and a gentle breeze, refresh me and breathe life into my moments of stillness, gifting me with an awareness of your presence.

## NOTICE GOD THIS WEEK

Go for a walk or to a place without distractions where you can be quiet and still. Imagine your distractions of life written on wet sand at the beach, then imagine the ocean waves sweeping in and erasing the words. Read Psalm 46. Think of ways to make room for Sabbath rest. What could you "unplug" from to create space to notice God?

## NOTICE GOD TOGETHER (FAMILY OR GROUP)

**DISCUSSION:** What do you find hard to unplug from? Do you find yourself thinking about it instead of noticing God? Do you think this is a common experience? What are some ideas to bring the focus back to noticing God?

**ACTIVITY:** Notice God at work through others. Look for things that you appreciate from a family member, a neighbor, a co-worker, or a friend and write it down. Next, leave an affirmation note for them to see it. Discuss next week!

# WAYS I NOTICED GOD TODAY

## SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Additional questions to ponder: [almacog.org/notice](http://almacog.org/notice)

