

Character Traits for September 18-22 Attentiveness

Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

Character: the qualities built into an individual's life that determine their responses, regardless of circumstances.

Attentiveness: Showing the worth of a person or task by giving my undivided concentration.

Derivation: at •ten• tive •ness n 1: the state of being mindful or observant of what you are doing 2: being heedful of the comfort of others 3: offering attention to

Weekly Verse: Matthew 13:16 "blessed are your eyes because they see, and your ears because they hear."

Bible Story: Luke 10:38-42 describes Mary being attentive to Jesus.

Quote: "The simple act of paying attention will take you a long, long way."

Application:

In an effort to be more attentive, try to adopt the following guidelines:

I will stop what I am doing and face the person talking to me. A great deal of communication is non-verbal, and my body language needs to communicate my intent to give my undivided concentration.

I will not respond to phone calls and text messages while talking with others. I will wait until the conversation has concluded before I check my phone. This is a tough one. Even when I discreetly read a text it can cause me to lose concentration on what is being said.

I will limit distractions when working on projects or homework. Giving your undivided attention to your work greatly increases its quality.

Discussion Questions:

What are some things that can distract you from paying attention to the person you are having a conversation with?

Can you name someone who is a good listener? What do they do to make you feel like they are really listening?