The Gift of Presence

- Being Present -

Ice-Breaker:

- **Which of the following distractions keep you from being more present in your relationships with people… *work, possessions, home/lawn, hobbies, TV/movies, sports, cell phone, surfing the web, social media, other* ?**

Discussion:

1. **Read Luke 2:41-50. Notice that Jesus was listening and asking questions.**
    - **How does listening show that you love and value someone?**
    - **How does asking questions engage people's heart and show genuine care for them?**
2. **Read Luke 10:38-42. What does this teach us about the priority of relationships over tasks?**
3. **4 ways to… Be Better at Being Present:**
    - **Evaluate your 'why' – why do you keep checking your phone, email, social media, etc.?**
        - **Read Psalm 46:10. Do you struggle with being still? If so, why?**
    - **Identify your relational values – what kind of relational legacy do you want to leave?**
        - **Why do people often prioritize work over people?**
        - **Do you think this is a mistake? Explain.**
    - **Power down occasionally – turn off or get away from your electronic devices periodically.**
        - **Why might this be an important habit to practice in life?**
    - **Install speed bumps – something that'll stop or slow down the impulse to check your phone.**
        - **Discuss some creative ways (like a phone jail) that can slow down your natural impulse to check your phone.**

Personal Application:

- **Presence communicates "you matter to me." What is one step that you'll take this week to be more present when people are in your presence?**