

Sacred Attention

DISCUSSION QUESTIONS

- The personal stories in the book illustrate moments of close attention that reveal sacredness in the world. What aspects of your life get most of your attention? What would a deeper relationship with the Divine be like for you, moment to moment?
- In the Introduction, the author says that prayer involves both talking and listening to God. In your experience, how does the conversation start?
- The story in the Advent chapter suggests that how we wait for change will affect what we're waiting for. How do you prepare for change? What are you waiting for today?
- Describe a place where you've felt safe and free. Take time with the memories—give them your full attention. How did that place and its freedom affect the rest of your life? What do you do now that connects you to freedom-giving events from the past?
- In chapter 3, the author tells about deciding not to interfere in a situation that at first seemed to need her help, until she looked more closely and saw that the people involved probably had a better solution of their own. When you have a problem, what do you want from others? How does love respond to trouble?
- How are duty, responsibility, and joy related (or unrelated) in your life? When and how does the spirit of God speak to you?
- The author tells the story of her talented nephew and his struggle to come to terms with his unusual athletic ability. Where do your talents lie? (If that question is hard to answer, ask other group members to say where they think your talents lie.) What is possible for you today?
- While splitting wood, the author finds herself in a “cloud of witnesses” as she muses on all the people from her life who are with her in spirit while she works. Where do you find wholeness, a sense of connection, between the parts of life?