



What we're teaching



It's not easy to stay focused. Especially these days, when we're connected to a never-ending stream of new notifications, ads, messages, videos, posts, and entertainment, it makes sense if we feel a little distracted sometimes. Maybe you've struggled recently to stay focused on your homework, or on the story your friend was telling you, or on the movie you were watching — but have you ever struggled to stay focused when you were spending time with God? In this four-week series, we're going to get honest about how difficult it can be to stay focused when we're trying to pray, read the Bible, or grow in our faith. Each week, we'll explore passages from Psalms and the Gospels as we challenge ourselves to focus on practicing four spiritual disciplines that can help us grow. Together, we'll try focusing on **what God has said**, on **giving something up**, on **talking to God**, and on **rest**.

To find out more,
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