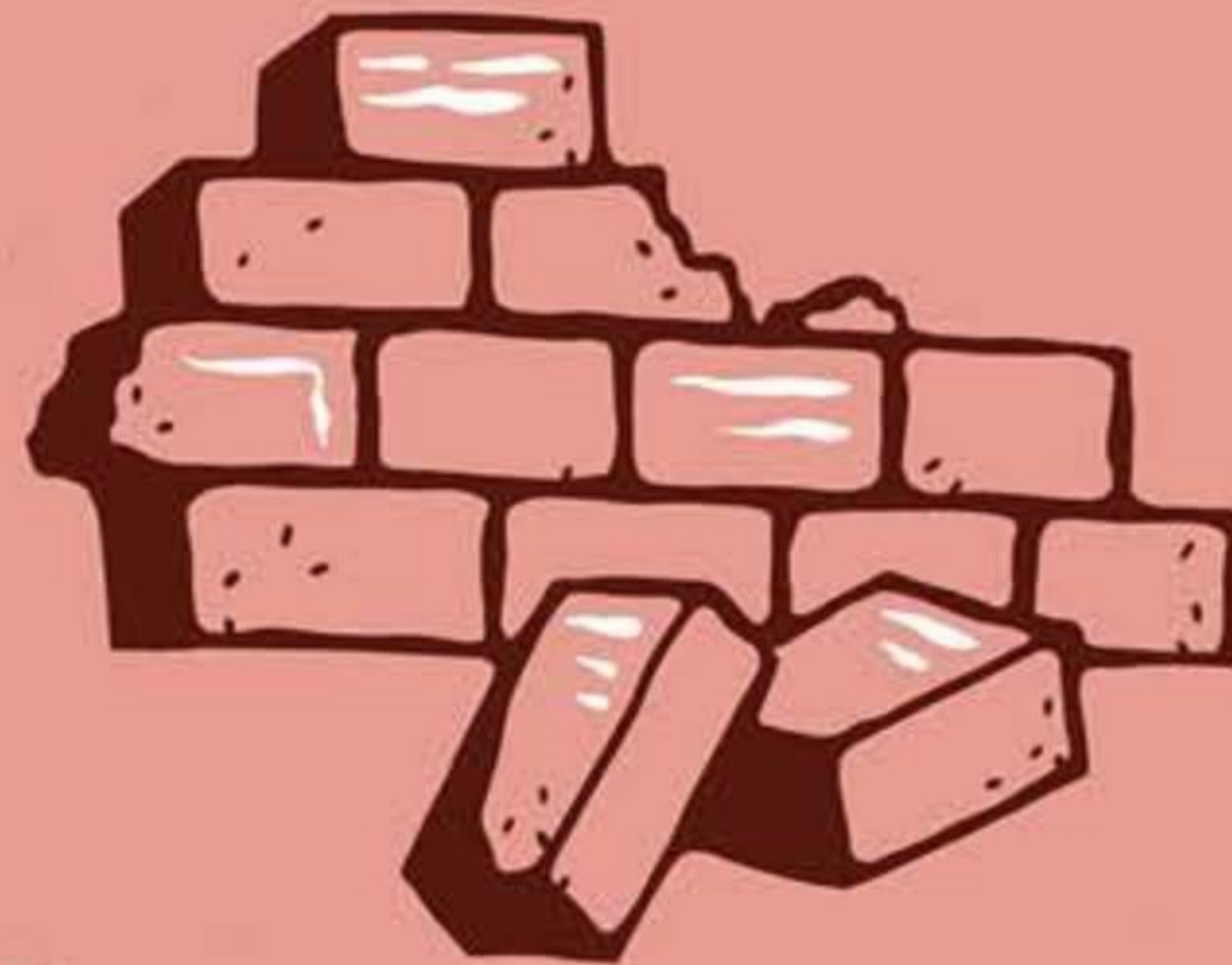




# EPHESIANS



**There is  
competition  
for our  
attention**



Loading...



**Your  
stomach is  
louder than  
your spirit**

**What you  
attend to  
shapes you**

**Everything will demand your attention**

**What are you going to give it to?**

**God invites and demands your attention.**

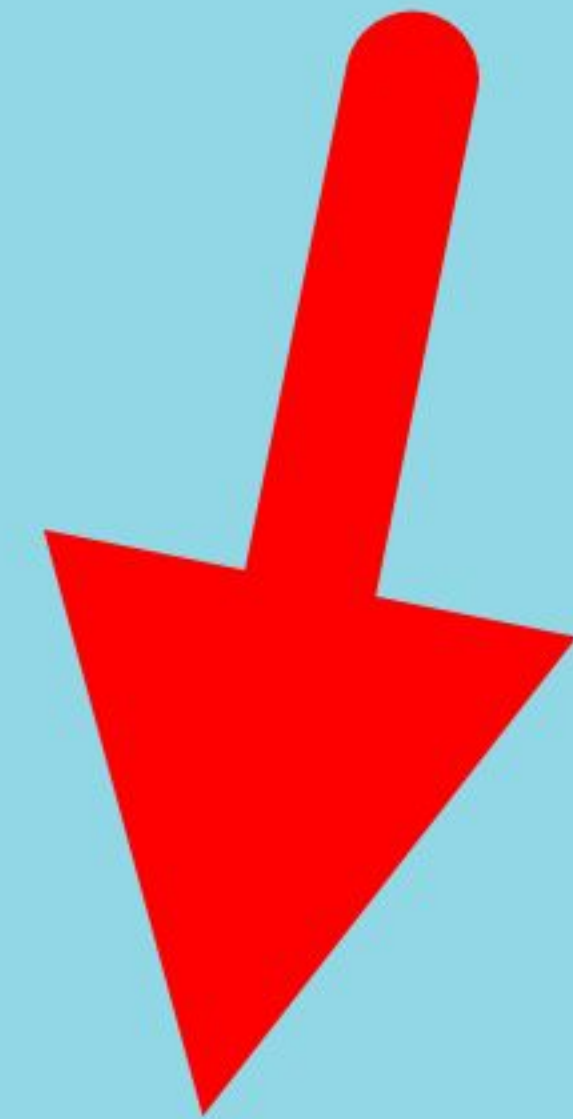
**Colossians 3:1 – 3**

**Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.**

**What you give your attention to is probably the most important thing about you.**

# HPC language:

**Escape diversion, embrace discipline.**



**We have to do the negative work of escaping and eliminating distractions and out of place amusement.**



**We have to actively give ourselves to the right things.  
We have to discipline our attention.**

**You must do the positive AND the negative.**

**Colossians 3:1 – 3**

**Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.**



**1. What you give your attention to is probably the most important thing about you.**





**The Spirit's view of how people change:**

**We're told the truths to attend to:**

**1:1 – 14, 2:1 – 3:13**

**We're prayed for to be able to see them:**

**1:15 – 23, 3:14 – 21**

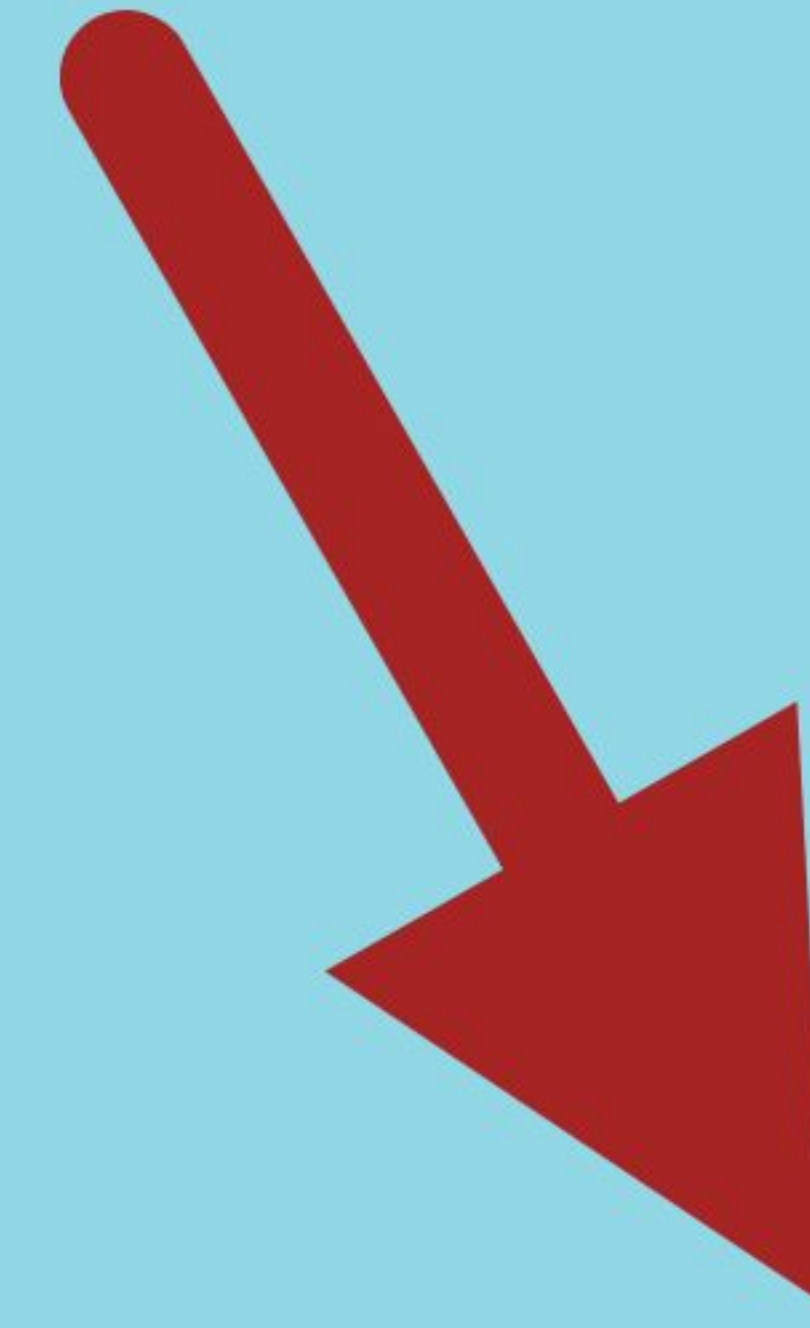
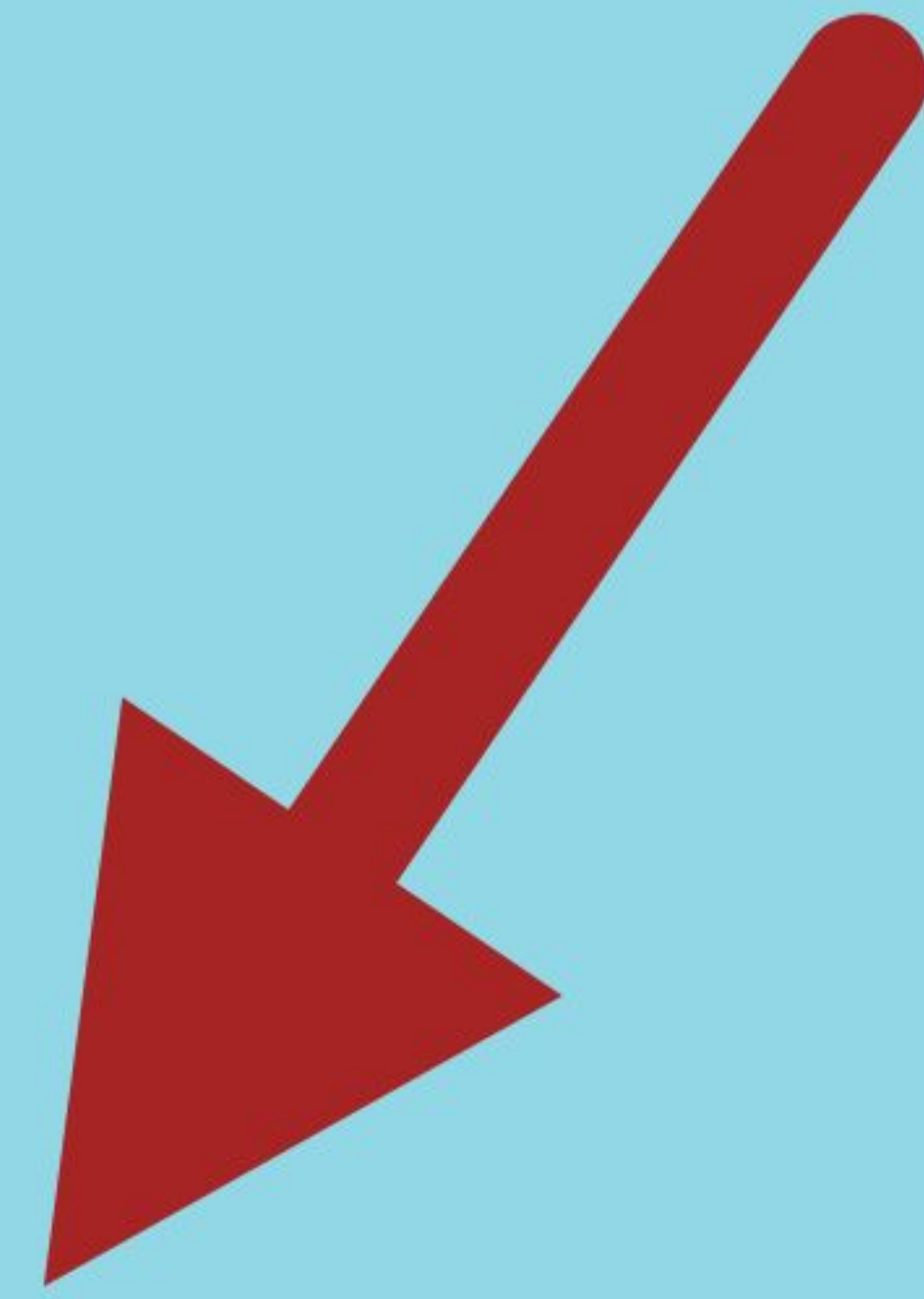
# **Not just an intellectual process:**

**Colossians 3 – "set your hearts...set your mind..."**

**Ephesians 1:1 – 14 – an argument that is supposed to make you feel.**

**"Blessed be...to the praise of his glory." (1a, 14b)**

# Attention



# Concentration

# Emotional Energy



# **How do we do this?**

**By doing things that put our attention in contact with spiritual truths and God himself.**

**1. Rhythms**

**2. Rituals**

**(You already have them, but are they the ones you want?)**

# Examples:

**Worship**

**Attending to the truth**

**Ordinances**

**Meditating on the truth**

**Fellowship**

**Public, then private**



**2. Who you give your attention to is probably the most important thing about you.**



# **3 groups to give disciplined attention:**

**1. Fellowship: Those God has given to strengthen**

**2. Unity/Solidarity: Those with whom he has made you one**

**3. Hospitality: Those he has placed close to you**

# **Fellowship**

**God has put us together to care for and strengthen each other.**

**This is the main theme of chapters 4 – 5.**



# **Unity / Solidarity**

**(Chapters 2 – 3ff)**

**We have to become what we were made in Christ.**

- In our body**
- As a body**



**Called: "Sanctification"**

# Hospitality

**Welcoming the stranger and uninvited.**

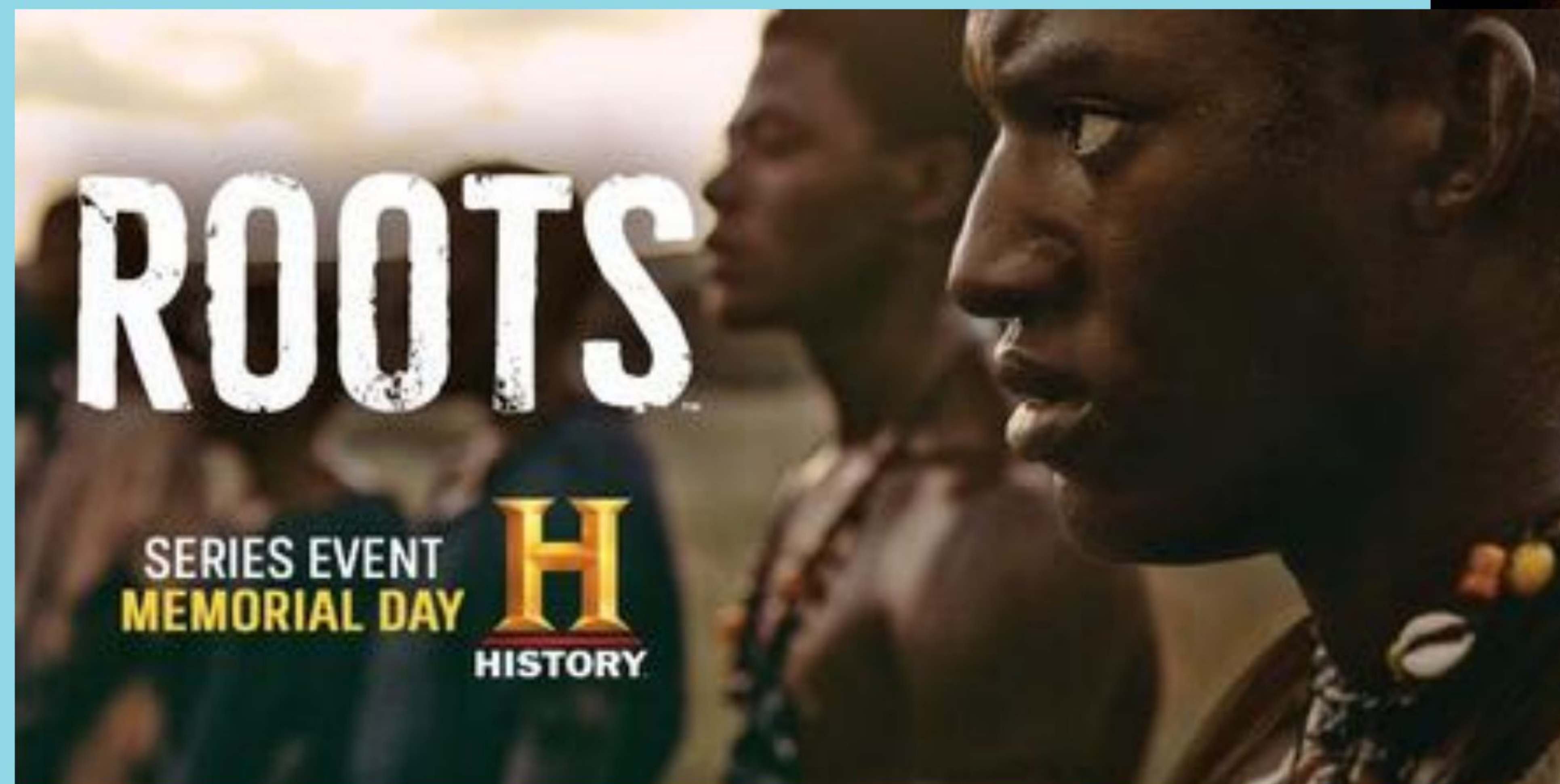
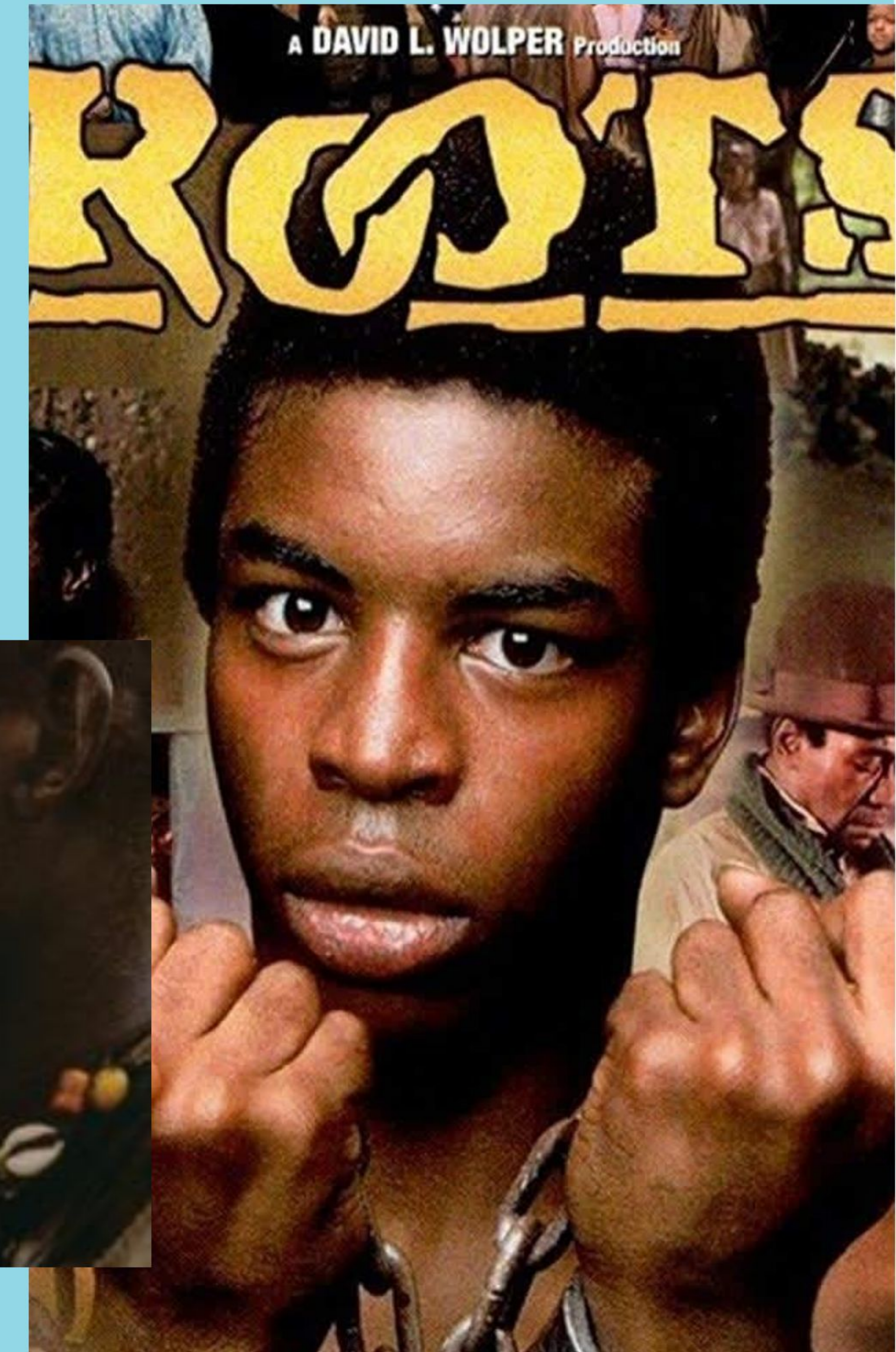
**Step 1. They are made in God's image. It is your honor to talk to them.**



# Hospitality

**Step 2. It takes some uncomfortable accomodation.**

**Welcoming the stranger and unincluded.**



# Hospitality

**Welcoming the stranger and uninvited.**

**Step 3.  
Admit you  
don't want  
to widen  
the circle.**



# **"The hierarchy of the Golden 9 minutes"**

**The Golden 9 Minutes - The maximum amount of time you have to initiate a conversation with new, unconnected, and especially non-majority person.**

**First 2 minutes are key**

# Initiating the convo:

## 2 Questions:

1. "How long have you been attending High Point?"

2. "Can we do introductions again?"

**Ask two questions. Ask a third if they seem into it.**



**What you give your attention to is probably the most important thing about you.**

**Remember: Matt 6:22**

**You must do the positive AND the negative**

**Colossians 3:1 - 3**

**Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.**



**What**

**Rhythm**  
**Ritual**

**Who**

**Fellowship**  
**Unity**  
**Hospitality**