

Title: Attentiveness

Series: 2026 Fall Vision Series

Speaker: Kevin Sneed

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Key Texts: Psalm 131

Introduction:

We live in a world of distraction and hurry — constant notifications, overflowing schedules, and an underlying and insatiable hunger for "more." Psalm 131 offers something different: a picture of quiet trust. David compares himself to a weaned child resting against his mother — not because every need is met, but because he trusts her presence. This week, we explore what it looks like to move from an "infant" faith, where peace only comes when a crisis is resolved, toward the maturity of a "weaned child," who learns to rest in God's presence even amidst uncertainty and waiting.

Icebreaker: When was the last time you intentionally spent time in silence? What did you notice in that time - perhaps about yourself, or about God?

Opening Exercise: Read Psalm 131 aloud as a group. After reading, spend 2-3 minutes in the quiet (you may find it helpful to set a timer so you're not constantly checking the time – 2 minutes is longer than it seems!) remembering God's presence with you. Invite God to calm and quiet your soul with His love.

Discussion Questions

1. Read **Psalm 131** again, maybe even twice. What imagery stands out to you from this Psalm? What does David seem to understand about God? What does David seem to acknowledge about humanity and the state of our inner being?
2. Kevin named the insatiability of "more." As humans, we desire to extend beyond the limitations that God has graciously set for us. We are constantly desiring entertainment, easy access, and instant gratification. How have you experienced this to be true in your own life? Where do you see the pull toward "muchness" and "manyness?"
3. Kevin compared an infant with a weaned child. For an infant, every need is a crisis, and peace is experienced as temporary satisfaction of an urgent need. For a weaned child, comfort is found not just in the mother's provision, but in her presence. The nature of the relationship extends beyond crisis, and the child learns to trust beyond present needs and circumstances. Which of these images, the infant or the weaned child, currently reflects your relationship with the Lord, and why?

4. What do you think makes it challenging for you personally to simply rest in the Lord's presence - to calm and quiet your soul before Him? Why do you think waiting on the Lord can often be so uncomfortable?

5. You may find it helpful to break out into pairs or triads for this question so that you can have time to share and pray for one another. The process of weaning can be painful, but it is a beautiful and hopeful process of maturing and growing in love. How might God be inviting you in this season to accept the limitations He has graciously set for you? Is there a particular situation or outcome He may be inviting you to release control of, and in doing so, trust His loving presence and care?

Key Takeaways

- The two goals of every follower of Jesus are presence and participation with Jesus. A fundamental part of following Jesus is directing and re-directing our minds constantly toward Him.
- Technology is new, but our restless souls are not. We, as humans, have always desired to extend beyond our limitations. Pride is the bedrock underlying every sin; it is the world bent inward, centering on the self.
- "Our Adversary majors in three things: noise, hurry, and crowds." - Richard Foster
- Through attentiveness, we embrace our limitations so that our lives can be open to the slow but transformative work of the Holy Spirit.
- Like a weaned child, we must learn to trust our Heavenly Father and to be satisfied not just with provision but with His presence. In this way, our need for Him and our relationship with Him grows beyond crisis, and we learn to trust God beyond our circumstances. We learn to wait for God who will never leave us or forsake us.
- Hope is God's provision in the midst of our waiting and longing. It is the fruit of the one who learns to wait for the Lord. We hope for what we do not yet see, and we trust that waiting on the Lord will give way to a life we no longer recognize.

Practice: Attentiveness

Re-read Psalm 131. Set aside time, perhaps 5 minutes, or, to start, even just 1 minute, to sit in God's loving presence. Resist the urge to do anything, say anything, or ask anything. Just spend time letting God love you. If you find yourself getting distracted, that is okay, and that is human! This is simply an opportunity to practice directing and redirecting your attention to God. If you find yourself getting distracted, perhaps you can refocus with a simple prayer like, "Here I am, Lord," or, borrowing from Psalm 131, "I have calmed and quieted myself, Lord."