ATTENTION ALIGNMENT TOOL

*“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” — **Philippians 4:8 (ESV)***

I. EARTHLY REALITIES

Acknowledge your present circumstances honestly before God.

Worldly Gains (Successes & Comforts)

Worldly Losses (Trials & Anxieties)

II. HEAVENLY REALITIES (BEHOLDING CHRIST)

Begin to shift attention away from your circumstances and to the person of Jesus by noting examples of these attributes from your day.

TRUE: What is real and trustworthy. *What do you know to be true today, even if it's hard to feel?*

HONORABLE: Worthy of reverence and weight. *What have you encountered today that felt dignified or sacred?*

JUST: Right and aligned with God. *Where did you see justice, kindness, or righteousness at work today?*

PURE: Clean and wholesome. *What influenced your heart today in a clean, wholesome direction?*

LOVELY: Pleasing and calling forth love. *What was lovely today? What stirred something beautiful in you?*

COMMENDABLE: Worth speaking well of. *Who or what did you admire today? What was worth honoring out loud?*

EXCELLENT: Moral virtue and being your best. *Where did you notice virtue at work today in yourself or others?*

WORTHY OF PRAISE: Deserving of worship. *What moved you toward gratitude or worship today?*

"Whether I am in plenty or in want, my eyes are on You, Jesus. You are my truth and my peace. My joy is deeply rooted in Your unchanging character, not in my shifting circumstances."

*"Set your minds on things that are above, not on things that are on earth." — **Colossians 3:2 (ESV)***