

September 14, 2026

Pay Attention

September Series: We Are The Church

Week Focus: Help Carry the Load

Scripture – Philippians 2:4 - *“not looking to your own interests but each of you to the interests of the others.”*

Devotional Reflection

It is possible to be around people every day and still fail to truly **see them**. We can speak, worship, work, serve, and share spaces with others without recognizing what may be happening beneath the surface. Our own responsibilities, pressures, schedules, and concerns can consume so much of our attention that we unintentionally overlook the people God has placed around us. Philippians 2:4 challenges us to resist a life focused only on ourselves. Following Jesus gradually changes not only what we care about but also **who we notice**.

Paying attention is especially important because **not every burden is visible**. The person who appears strong may be exhausted. The person who encourages everybody else may secretly need encouragement. The person who says, “I’m fine,” may not know how to explain what they are carrying. We should never assume that every quiet moment or change in behavior means something is wrong, but love teaches us to become attentive rather than indifferent. Sometimes we will not know what someone is carrying until we slow down enough to create room for them to tell us.

Jesus repeatedly demonstrated this kind of attentiveness. He was surrounded by crowds, demands, interruptions, and needs, yet individual people still mattered to Him. His compassion reminds us that people should never become background scenery in our lives. **Sometimes the first act of love is simply paying attention**. It may mean noticing someone who has been absent, recognizing that a normally talkative person has become quiet, remembering a difficult date someone mentioned, or asking a question and remaining present long enough to hear the real answer.

Today, ask God to redirect some of your attention outward. You do not have to investigate everyone’s life or assume responsibility for every problem. Simply become available. Look beyond yourself and pray, **“Lord, help me see who You want me to see today.”** The movement toward helping carry someone’s burden often begins before we ever do anything practical. It begins when we stop, notice, and care. **You cannot help carry what you refuse to notice.**

Focus for Today

Sometimes the first act of love is simply paying attention.

Practice

- Ask God to make you more attentive to the people around you today.
 - Notice someone you normally pass without much interaction.
 - Pay attention to someone who seems quieter, more withdrawn, or different than usual—without making assumptions.
 - Ask one person, “**How are you really doing?**” and give them time to answer.
 - Before the day ends, pray specifically for someone God brought to your attention.
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Prayer

Lord Jesus, thank You for seeing me, knowing me, and caring about every part of my life. Forgive me for the times I have become so consumed with my own concerns that I have overlooked the people around me. Give me eyes that notice, ears that truly listen, and a heart that is sensitive to the needs of others.

Teach me to pay attention without making assumptions, to care without becoming intrusive, and to listen without immediately trying to fix everything. Help me recognize the people You place in my path and respond with the compassion You have shown me. Redirect my attention today so that Your love can become visible through the way I see and value others. In Jesus’ name, Amen.

Reflection Question

Who might God be asking me to slow down and pay closer attention to today?