

Bible Verses Related to Attentiveness

Spend an evening (or several) looking at just one of these verses at a time. Don't forget to ask your children the questions: Who? What? Where? Why? When? and How? Discuss with your family what each verse or story teaches about the character quality. Choose several verses to memorize together as a family.

- Deuteronomy 12:28 Observe and hear all these words which I command thee, that it may go well with thee, and with thy children after thee for ever, when thou doest [that which is] good and right in the sight of the LORD thy God.
- Proverbs 1:5 A wise [man] will hear, and will increase learning; and a man of understanding shall attain unto wise counsels:
- Proverbs 1:8 My son, hear the instruction of thy father, and forsake not the law of thy mother:
- Proverbs 4:10 Hear, O my son, and receive my sayings; and the years of thy life shall be many.
- Proverbs 8:33 Hear instruction, and be wise, and refuse it not.
- Proverbs 19:20 Hear counsel, and receive instruction, that thou mayest be wise in thy latter end.
- Proverbs 8:34 Blessed [is] the man that heareth me, watching daily at my gates, waiting at the posts of my doors.
- Proverbs 15:31 The ear that heareth the reproof of life abideth among the wise.
- Proverbs 15:32 He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding. {instruction: or, correction} {heareth: or, obeyeth} {getteth...: Heb. possesseth an heart}
- Proverbs 18:13 He that answereth a matter before he heareth [it], it [is] folly and shame unto him. {answereth...: Heb. returneth a word}
- Ecclesiastes 7:5 [It is] better to hear the rebuke of the wise, than for a man to hear the song of fools.
- Isaiah 6:9 And he said, Go, and tell this people, Hear ye indeed, but understand not; and see ye indeed, but perceive not. {indeed, but understand: or, without ceasing, etc: Heb. in hearing, etc}
- Isaiah 30:9 That this [is] a rebellious people, lying children, children [that] will not hear the law of the LORD:
- Jeremiah 13:10 This evil people, which refuse to hear my words, which walk in the imagination of their heart, and walk after other gods, to serve them, and to worship them, shall even be as this girdle, which is good for nothing. {imagination: or, stubbornness}
- Ezekiel 33:32 And, lo, thou [art] unto them as a very lovely song of one that hath a pleasant voice, and can play well on an instrument: for they hear thy words, but they do them not. {a very...: Heb. a song of loves}
- Zechariah 7:12 Yea, they made their hearts [as] an adamant stone, lest they should hear the law, and the words which the LORD of hosts hath sent in his spirit by the former prophets: therefore came a great wrath from the LORD of hosts. {by: Heb. by the hand of}
- Matthew 7:24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

- Matthew 7:26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:
- Matthew 13:13 Therefore speak I to them in parables: because they seeing see not; and hearing they hear not, neither do they understand.
- Matthew 13:14 And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not understand; and seeing ye shall see, and shall not perceive:
- Matthew 13:15 For this people's heart is waxed gross, and [their] ears are dull of hearing, and their eyes they have closed; lest at any time they should see with [their] eyes, and hear with [their] ears, and should understand with [their] heart, and should be converted, and I should heal them.
- Matthew 13:16 But blessed [are] your eyes, for they see: and your ears, for they hear.
- Luke 6:27 But I say unto you which hear, Love your enemies, do good to them which hate you,
- Luke 9:35 And there came a voice out of the cloud, saying, This is my beloved Son: hear him.
- Luke 11:28 But he said, Yea rather, blessed [are] they that hear the word of God, and keep it.
- John 5:24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.
- John 10:27 My sheep hear my voice, and I know them, and they follow me:
- James 1:19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:
- Revelation 1:3 Blessed [is] he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time [is] at hand.
- Revelation 3:20 Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

Being attentive to God

<http://www.crickettkeeth.com/welcome/tag/hindrances-to-being-attentive-to-god/>

http://www.leadershiptransformations.org/documents/attentive_listening.pdf



Just remaining quietly in the presence of God,
listening to Him, being attentive to Him, requires a
lot of courage and know-how.

(Thomas Merton)

izquotes.com

Exercise: Becoming Attentive to God

Our world distracts us in many ways. Yet attentiveness, as I have come to see, is most critical for us to find the way to clarity of heart, and clarity is the path to seeing God, who is the source and end of all our longing.

Leighton Ford, *The Attentive Life*

If God's unseen footprints walk in and out of our lives, how do we begin to discern them? In many ways the whole of *Unseen Footprints* is an answer to this question, but here's an exercise from the new edition book to get you started. This guided reflection will help you become more attentive to life and, following this, to God.

The exercise can be explained in three words:

- **Walk:** Set aside a couple of hours sometime this week for an unhurried walk in a quiet and beautiful park. Try a time when you won't feel rushed by other appointments. Jotting any concerns or yet-to-be completed tasks in a notebook beforehand may help you mentally relax. Set out on your walk and consciously slow your walking pace. Feel each footstep calmly meet the pathway. Tense and then relax your hands, arms, shoulders and legs. Consciously slow your breathing.
- **Attend:** Start paying attention to your surroundings. Notice the warmth of the sun on your skin and the strength of the breeze on your face, the sounds of different birds in the trees and the swaying of branches and leaves. Notice sky and clouds, grass and bark, the sounds of other park-goers and the scents around you.
- **Linger:** Then, after sitting down on the grass or on a park bench if you wish, pick one sight, sound, smell or sensation to focus on. Notice it, savour it, contemplate it, ponder it. Linger your attention on that flower, bird call, blade of grass or giggling child. At first you may need to gently count to thirty to avoid being distracted by other things. The goal is to be present in the moment, receiving its gifts, being ready to see, listen, feel and learn.

As you grow attentive to nature, beauty, your environment and your experience of it, you are on the way to becoming attentive to the creator who made these things. If you are comfortable doing so, try praying the following as you sit and listen:

Creator God, reveal something about yourself to me through what I'm seeing and experiencing.

From <http://sheridanvoysey.com/unseen-footprints-episode-1-becoming-attentive-to-god>

[Humility is attentive patience.](#)

[Simone Weil](#)

Studying design has made me a much, much more astute observer of this aspect of business. And I'm working mightily to improve my empathic skills. I've dramatically improved my ability to read facial expressions - and I'm trying to be a better, more attentive listener.

[Daniel H. Pink](#)

Read more at

<http://www.brainyquote.com/quotes/quotes/d/danielhpi521925.html#G0SlwqFmj95Yhv01.99>

There are many benefits to this process of listening. The first is that good listeners are created as people feel listened to. Listening is a reciprocal process - we become more attentive to others if they have attended to us.

[Margaret J. Wheatley](#)

Read more at

<http://www.brainyquote.com/quotes/quotes/m/margaretj295795.html#idKA1EblRjUxXEgv.99>

Compassion may be defined as the capacity to be attentive to the experience of others, to wish the best for others, and to sense what will truly serve others.

[Joan Halifax](#)

Read more at

<http://www.brainyquote.com/quotes/quotes/j/joanhalifa556842.html#fcFss8Y48wl4Ua1o.99>

We are not born all at once, but by bits. The body first, and the spirit later; and the birth and growth of the spirit, in those who are attentive to their own inner life, are slow and exceedingly painful.

[Mary Antin](#)

Read more at

<http://www.brainyquote.com/quotes/quotes/m/maryantin317106.html#x2ITRodLhOb99ACu.99>

The people who work in intelligence work are more conscious, more apt to be attentive.

[William Hedqcock Webster](#)